

Basic Vinaigrette with ratios

Melissa
Chappell
.com



ingredient list

3:1 ratio (3 parts oil to 1 part acid)

example:

3T olive oil

1T acid

preparation

The general rule is to use a 3 : 1 ratio when making a basic salad dressing. That's three parts oil to one part of acid. For example, 3 T olive oil and 1 T acid. This obviously doesn't take into account the different levels of acidity and the various flavors of oils you'll be working with, so keep in mind that it doesn't always have to be exactly that. I suggest starting out with those ratios and then adding more as your taste prefers. Like I mentioned in the show, I also like to add salt and sweet to taste.

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