



Basic Vinaigrette Salad Dressing

From Martha Stewart's *Living The Good Long Life*, pg. 65. Makes about one cup.

Ingredients

- ¼ cup vinegar (i.e., red wine, balsamic, rice) or fresh lemon juice
- 1 teaspoon Dijon mustard
- Coarse salt (such as sea salt or kosher salt)
- Freshly ground pepper
- ¼ teaspoon sugar (optional)
- ½ cup extra-virgin olive oil

Whisk together vinegar, mustard, salt, pepper and sugar in a bowl (If desired, you may also add other flavorings at this point, such as finely chopped fresh herbs, finely grated citrus zest, minced shallot, or a small amount of crumbled cheese.) Whisking constantly, add gradually the oil until emulsified. Refrigerate in an airtight container up to 2 weeks.

Martha's notes from the book:

You will be much more likely to eat a salad every day if you have the components on hand and ready to serve. Get in the habit of prewashing and portioning your greens, and making weekly batches of a basic vinaigrette.

Wash your greens by swishing them in a large bowl filled with cool water. The greens will rise to the surface; the sand and sediment will fall to the bottom of the bowl. Lift the greens from the water and transfer to a salad spinner; spin until very dry. Tear the lettuce into bite-size pieces.

Mixing a salad is a matter of proportion. You'll get the best results with four parts greens to one part dressing, and two to three parts oil to one part acid (vinegar, citrus juice, or a combination of both.) Here's an easy, reliable recipe for an everyday salad dressing.