

BASIC BALSAMIC VINAIGRETTE

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Making our own balsamic vinaigrette at home is so much more flavorful and better for us than the bulk of those available in stores. Use a good quality E.V. olive oil and aged balsamic vinegar, such as those offered by oil and vinegar shops. The flavor should have a nice balance of sweet and tart, not overly acidic as is most often produced from a poor quality balsamic.

This recipe uses classic proportions of 2 parts oil to 1 part vinegar. Depending on the flavor and thickness of the vinegar used, the proportion could easily be adjusted to 3 parts oil to 1 part vinegar. Play around with it using your ingredients to find the right mix for your taste.

To learn about balsamic vinegar and how to select, store, and use it, check out my post, [Cooking with Balsamic Vinegar](#).

BASIC BALSAMIC VINAIGRETTE

1/2 cup extra-virgin olive oil
1/4 cup good quality balsamic vinegar
2 teaspoons Dijon mustard
1 teaspoon diced shallot (or 1/4 teaspoon dried shallot or onion)
1/2 teaspoon dried herb blend (such as [Bouquet Garni](#), or [Mediterranean Herb Blend](#))
1/4 tsp Kosher salt
1/8 tsp freshly ground black pepper

Combine all ingredients in a small mixing bowl or jar; whisk together or shake vigorously until emulsified. Allow the flavors to blend for about 30 minutes at room temperature or store for up to 2 weeks in the refrigerator. Shake to combine when ready to serve.

NOTE: Vinaigrette may become solid during refrigeration. Remove from refrigerator 20 minutes prior to using, shake well to combine and emulsify once again, then serve.