

Balsamic Vinaigrette

This recipe can be made in a food processor or with a whisk and a bowl. Use a rough estimate for the amount of herbs. If using a whisk, chop the shallot and herbs finely. Use fresh herbs and good quality olive oil and this will become a favorite staple.

- 1 small shallot, roughly chopped
- 4 large leaves basil, stems removed
- 6 sprigs parsley, stems removed
- 8 leaves oregano, stems removed
- 1 teaspoon Dijon mustard
- 1/2 cup balsamic vinegar
- 1 teaspoon natural sugar
- 1/2 sea salt
- fresh ground pepper, to taste
- 1 cup extra virgin olive oil, preferably organic

Place the shallot in the bowl of food process and mince. Add herbs and chop again. Add mustard, vinegar, sugar, salt and pepper and process. While the processor is running, open the food tube and slowly add oil so dressing emulsifies. If making by hand, whisk in olive oil slowly to other ingredients. Taste and adjust for flavor. Put in covered jar in fridge. Dressing needs to be brought to room temperature before using. Stir before using. Can be used on salads, grains, potatoes or as a marinade for chicken, grilled vegetables or steak.