

# The Good Food Oxford Salad Dressing Toolkit

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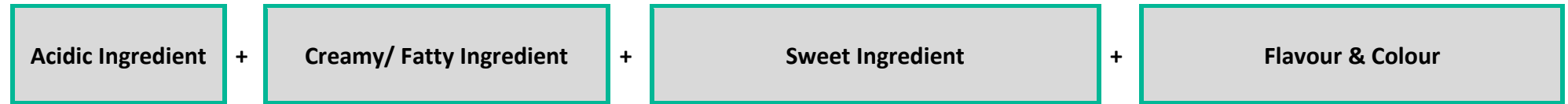
Make any number of creative dressing from this table, add to a leafy, grated veg or roasted veg salad and enjoy!

Acidic Ingredient	+ Creamy/ Fatty Ingredient	+ Sweet Ingredient	+ Flavour & Colour
<ul style="list-style-type: none"><li>• Lemon or lime juice</li><li>• Vinegar</li><li>• Mustard</li><li>• Wine</li></ul>	<ul style="list-style-type: none"><li>• Tahini</li><li>• Almond butter or other nut butter</li><li>• Soaked nuts, seeds or almonds</li><li>• Milk, cream or oat mylk</li><li>• Avocado</li><li>• Hummus</li><li>• Olive oil, sunflower oil or other cold-pressed oil</li><li>• Mayonnaise</li></ul>	<ul style="list-style-type: none"><li>• Dates, raisins or other dry fruits</li><li>• Fruit or fruit juice e.g. orange segments or juice, grated apple, pear, banana, mango or pomegranate berries</li><li>• Agave syrup, maple syrup or honey</li><li>• Tomato paste</li><li>• Jam</li><li>• Chutney</li><li>• Ketchup</li></ul>	<ul style="list-style-type: none"><li>• Ginger or ginger juice</li><li>• Mustard</li><li>• Lemon or orange zest</li><li>• (Roasted) garlic</li><li>• Grated coconut</li><li>• Capers/ olives</li><li>• Roasted red peppers</li><li>• Nutritional yeast</li><li>• Miso or soy sauce</li><li>• Salt</li><li>• Pepper</li><li>• Paprika, chilli, other spices</li><li>• Steamed vegetables</li><li>• Sundried tomatoes, blended or chopped finely</li><li>• Fresh or dried herbs</li></ul>

## Useful tips:

- ✓ Mix all ingredients either by whisking with a whisk or fork, or blending with a blender or stick blender. Blend until smooth and then add some water if needed. When using a whisk or fork, mix all ingredients well to emulsify before adding more water or liquid to avoid lumps.
- ✓ Add a small cooked potato and blend well with water to make the dressing more thick.
- ✓ Roast garlic cloves in bulk with the peel, then peel and freeze to always have some ready.
- ✓ Don't blend fresh herbs unless you would like a green dressing (why not!)

Some ideas for dressings you can create with the Good Food Oxford Salad Dressing Toolkit



<b>Orange and Ginger Dressing</b>						
<ul style="list-style-type: none"> <li>• Lemon juice</li> </ul>	+	<ul style="list-style-type: none"> <li>• Tahini</li> <li>• Toasted sesame oil</li> </ul>	+	<ul style="list-style-type: none"> <li>• Orange segments or juice</li> <li>• Maple syrup or soaked raisins</li> </ul>	+	<ul style="list-style-type: none"> <li>• Ginger or ginger juice</li> <li>• Orange zest</li> <li>• (Roasted) garlic</li> <li>• Salt</li> </ul>

<b>Almond Vinaigrette</b>						
<ul style="list-style-type: none"> <li>• Lemon juice or white wine vinegar</li> </ul>	+	<ul style="list-style-type: none"> <li>• Almond butter</li> <li>• Olive oil</li> </ul>	+	<ul style="list-style-type: none"> <li>• Agave syrup or honey</li> </ul>	+	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• (Roasted) garlic</li> <li>• Salt, pepper</li> </ul>

<b>Cocktail Dressing</b>						
<ul style="list-style-type: none"> <li>• Lemon juice</li> </ul>	+	<ul style="list-style-type: none"> <li>• Tahini or almond butter</li> </ul>	+	<ul style="list-style-type: none"> <li>• Ketchup</li> </ul>	+	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• Tomato puree</li> <li>• Salt, pepper</li> </ul>

<b>My favourite:</b>						
<ul style="list-style-type: none"> <li>•</li> </ul>	+	<ul style="list-style-type: none"> <li>•</li> </ul>	+	<ul style="list-style-type: none"> <li>•</li> </ul>	+	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>