Dressings, Sauces, Seasonings, and Other Essentials

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Caesar Salad Dressing

- The equivalent of 1 egg using flaxseed or chia seed egg replacer (Page 84)
- 1 tablespoon anchovy paste
- 1 tablespoon Dijon mustard (no sugar)
- Olive oil to desired consistency
- 1 clove garlic, minced
- Sea salt and pepper

In mixer bowl, beat egg until fluffy. Add anchovy paste and mix. Add mustard, olive oil, garlic, salt, and pepper to taste. Beat at low speed until desired consistency is reached. Store in refrigerator. Makes 1 cup.

Greek Dressing

- 4 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 1 tablespoon onion
- 1 teaspoon sea salt
- ½ teaspoon Dijon mustard (no sugar)
- 3 large basil leaves, chopped

Blend all ingredients until smooth. Keeps about 3 days in an airtight container in the refrigerator. Makes ½ cup.

Coconut Milk

- 2 cups water
- 1 cup shredded coconut, unsweetened

Place in blender and blend for 3 minutes or until desired consistency is reached. Store in refrigerator. Makes 2 cups.

Italian Vinaigrette Dressing

- ¼ cup red wine vinegar
- 1 teaspoon grated onion
- 2 cloves garlic, chopped
- 1 teaspoon Dijon mustard (no sugar)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¾ cup olive oil
- Sea salt and pepper

Combine the vinegar, onion, garlic, mustard, basil, and oregano in a small bowl. Add the olive oil in a slow, steady stream while whisking constantly, until all the oil is mixed thoroughly. Season with sea salt and pepper to taste. Keeps in an airtight container in the refrigerator for 1 week. Makes 1 cup.

Balsamic Vinaigrette Dressing

- 1 teaspoon Dijon mustard
- 2 tablespoons plus 1 teaspoon balsamic vinegar
- ½ cup olive oil

Whisk ingredients together thoroughly. Makes ½ cup.

Mixed-Fruit Spread

- ½ cup dried prunes, roughly chopped
- ½ cup dried apricots, roughly chopped
- 1 teaspoon vanilla extract

Put the prunes, apricots, and vanilla in a pan and pour over 1¾ cups water. Bring to a boil. Turn down heat, cover, and simmer for 40 minutes or until the fruit is very tender. Transfer fruit to a blender and process with 5 tablespoons water to make a thick, spreadable paste. Set aside to cool. Store in an airtight container in the refrigerator. Makes 1 cup.

Sesame Milk

- 2 cups water
- ¾ cup sesame seeds (best if toasted to improve flavor)

Place in blender and blend for 2 minutes or until desired consistency is reached. Store in refrigerator. Shake well before using. Makes 2 cups.

Lime Cilantro Marinade

- ¼ cup olive oil
- 3 small limes, peeled and halved
- ½ cup fresh cilantro leaves
- ½ teaspoon sea salt
- 1 clove garlic
- ¼ teaspoon ground pepper
- ¼ teaspoon dried oregano

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute or until thoroughly mixed. This marinade is great for vegetables or fajitas. Makes ⅓ cup.

Tahini Marinade

- ½ cup chicken broth
- 1 tablespoon fresh lemon juice
- 2 teaspoons diced onion
- 2 teaspoons raw sesame seeds
- ½ teaspoon cumin
- ¼ teaspoon black pepper
- ½ teaspoon sea salt
- ½ clove garlic

Place all ingredients into blender and secure lid firmly. Blend for 1 minute. This marinade is excellent for lamb or chicken. Makes ¾ cup.

Lemon Garlic Dressing

- 1 lemon, peeled, halved, seeds removed
- ½ teaspoon hot sauce
- 2 cloves garlic
- ½ teaspoon paprika
- ¼ teaspoon cumin
- 1 teaspoon sea salt
- ⅓ cup olive oil

Place all ingredients except olive oil into blender. Secure lid firmly. Blend for 1 minute. Remove lid; while machine is still running, slowly pour olive oil into mixture. Serve immediately. Makes 1 cup.

Zesty Salad Dressing

- ¼ cup olive oil
- ½ cup apple cider vinegar
- 2 tomatoes, quartered
- 1 tablespoon whole-leaf stevia powder
- 1½ teaspoons sea salt
- 1 teaspoon tomato paste
- ¼ teaspoon paprika
- 1 clove garlic

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute or until smooth. Makes 1 cup.

Balsamic Mustard Sauce

- 1 tablespoon olive oil
- Sea salt and pepper
- ½ cup balsamic vinegar
- ¼ cup Dijon mustard (no sugar)

Heat oil in a large skillet over medium heat. Add vinegar to skillet and boil until syrupy—about 1-2 minutes. Remove from heat. Whisk in mustard, salt, pepper. If you are also preparing meat and have accumulated juice from that, you can also mix in that juice.

Ginger Citrus Marinade or Dip Sauce

- ¼ cup white wine vinegar
- 2 teaspoons whole-leaf stevia powder
- 1 medium orange, peeled, halved
- 1 lemon, peeled, halved, seeds removed
- 1 lime, peeled, halved
- 1 tablespoon chopped green onion
- 1 tablespoon fresh ginger, minced
- ¾ cup olive oil
- 2 teaspoons sesame oil
- ¼ cup fresh parsley
- ¼ cup fresh cilantro leaves

Place first 7 ingredients into blender and secure lid firmly. Blend for 30 seconds. Remove lid. While machine continues to run, slowly add oils in a thin stream. Reduce speed and add parsley and cilantro. Blend for another 15 seconds. Makes 1 cup.

Tomato Basil Dressing

- 1 medium tomato, chopped
- 2-4 tablespoons apple cider vinegar
- ½ cup olive oil
- ¼ cup fresh basil leaves
- 1 clove garlic, chopped
- Sea salt and pepper

Blend all ingredients in a food processor thoroughly. This dressing keeps in an airtight container in the refrigerator for 3 days. Makes 1 cup.

Taco Seasoning

- 2 tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons dried oregano
- ½ teaspoon sea salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper

Combine all ingredients into a sealed plastic bag and shake until mixed thoroughly. To make taco meat, add seasoning mix to 1 pound of ground beef or ground turkey along with ½ to ¾ cup water and cook to desired consistency.

Curry Vinaigrette

- 2 cloves garlic, minced
- 1 teaspoon capers, rinsed
- 2 tablespoons vinegar
- 1 teaspoon Dijon mustard (no sugar added)
- 1 teaspoon coarse mustard
- 1 teaspoon curry powder
- ¼ teaspoon ground pepper

In a small bowl, whisk together all ingredients. Serve over salad. Makes 1 serving.

Simple Homemade Tomato Sauce

- 2 tablespoons olive oil
- Ground pepper
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1 pound tomatoes, chopped
- Sea salt and herbs of your choice

Place olive oil, pepper to taste, onion, garlic, basil, and oregano in a medium saucepan over medium heat. Cook for 5 minutes or until fragrant. Add chopped tomatoes and bring to a boil. Reduce heat and let simmer for 10 minutes. Season with salt and any additional herbs of your choice. Serves 4.

Lemon Dill Dressing

- 3 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard (no sugar)
- ½ teaspoon dill weed
- ¼ teaspoon hot pepper sauce

In a small bowl, whisk together all ingredients thoroughly. Makes 1 serving.

Caesar Dressing With Roasted Garlic

- 1 whole bulb garlic
- ¼ cup white wine vinegar
- ¼ teaspoon ground pepper
- 4 anchovies, mashed
- ¾ cup olive oil

Preheat oven to 375 F. Cut off the top of the garlic bulb, and wrap the bulb in foil. Bake for 45 minutes or until fragrant and soft when pressed. Cool the garlic enough to handle, then squeeze the garlic cloves out of their peels and mash them. In a blender or food processor, blend together garlic, vinegar, pepper, and anchovies. While the machine continues to run, gradually add the oil. Store in the refrigerator in a sealed container. Bring to room temperature before using and whisk gently before serving. Makes 1 cup.

Flax or Chia Seed Egg Replacer

- 1 tablespoon chia seeds or flaxseeds
- 3 tablespoons cold water

Grind 1 tablespoon of either type of seed in a clean coffee grinder. In a small bowl, mix the seeds with water. Soak for 10-15 minutes until gel-like. When the mixture gels, use it right away to get the best flavor. Replaces 1 egg. Makes ¼ cup.