

Vinaigrette (Emulsion)

PREPARATION TIME 10 MINUTES

EMULSION FOR GREEN AND MIXED SALADS

(Lamb's lettuce, chicory, arugula, dandelion)

- 2 teaspoons of oil, 1 of vinegar, 1 tablespoon of water.
- A pinch of chopped parsley, a few capers (in this case, salt can be omitted), pepper to taste. Emulsify and dress.
- Optionally, capers can be replaced with 1 teaspoon of mustard.

EMULSION FOR CHICORY SALAD WITH APPLE CUBES.

(Curly endive, Treviso or Chioggia radicchio, cut chicory)

- 2 teaspoons of oil, 1 of vinegar, 1 tablespoon of water, 1 teaspoon of chopped almonds or walnuts, a few strands of chives (if not liked, replace with chopped thyme), pepper to taste, and a pinch of salt.
- Emulsify and dress.

EMULSION FOR WHITE MEAT AND STEAMED OR GRILLED FISH

- 2 teaspoons of oil, 1 tablespoon of lemon juice, parsley, oregano for meat and fish or dill for fish only. Emulsify and season.
- Dress just before consuming to avoid “cooking” the foods.
- Prefer vinegar for bitter vegetables, lemon for delicate and sweet ones.