

# IN THE KITCHEN <sup>with</sup> TAKE A BITE OF BC!

## SALAD DRESSINGS



Watch our [salad dressings video](#) to learn from BCAITC's Chef Randle all about creating temporary emulsion and permanent emulsion dressings!

The bases of these dressings can then be used in a variety of recipes in your home economics classroom.

### ITALIAN VINAIGRETTE RECIPE

**YIELD:** 240mL

- 15mL shallot, minced
- 4 garlic cloves, minced
- 180mL BC canola oil
- 60mL red wine vinegar
- 30mL lemon juice
- 30mL dried oregano
- 15mL dried basil
- 15mL dijon mustard
- 5mL salt
- 2mL ground black pepper

Place all ingredients in a small bowl or mason jar and whisk together.

**TEMPOARY EMULSION:** a blending of ingredients that eventually separate (e.g. A vinaigrette)

**PERMANENT EMULSION:** a blending of ingredients that remains unified in its thickened state because a binding agent is used (e.g. A mayonnaise)

**Standard ratios for vinaigrette dressings:**  
3 parts oil, 1 part vinegar



Looking for more recipes to use in your home economics classroom?

Visit [BCAITC.ca/recipes](https://www.bcaitc.ca/recipes)



**ALSO...**

Visit [BCAITC.ca](https://www.bcaitc.ca) for more information about BC canola oil!

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## SALAD DRESSINGS

### MAYONNAISE RECIPE

YIELD: 240mL

- 1 large BC egg yolk
  - 10mL lemon juice
  - 5mL dijon mustard
  - 2mL salt
  - pinch pepper
  - 240mL BC canola oil
  - 5mL white wine vinegar
1. In a bowl, whisk together the first four ingredients.
  2. Start to add the oil, drop by drop, into the egg mixture, whisking constantly.
  3. When 1/4 of the oil (60mL) has been added, stir in the vinegar to thin.
  4. Continue to drizzle in the remaining oil, whisking constantly until all is combined.

### MAYONNAISE RATIOS:

1 BC egg yolk to 240mL BC canola oil.

### TIPS FOR MAKING MAYONNAISE:

If you don't have a friend to help hold the bowl, fold a damp towel to make a nest for your bowl! Then it won't move around.



### BC BUTTERMILK RANCH DRESSING RECIPE

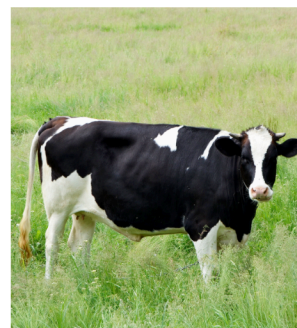
YIELD: 360mL

- 120mL mayonnaise
- 120mL BC sour cream
- 120mL BC buttermilk
- 30mL fresh dill, chopped
- 30mL fresh parsley, chopped
- 30mL fresh chives, chopped
- 3mL salt
- 1mL pepper
- juice of 1 lemon



1. Whisk together the first three ingredients.
2. Add herbs and spices, combine.
3. Add lemon juice, combine.
4. Taste and season as desired.

Learn more about how BC Dairy products are produced by watching a [video tour of a BC Dairy Farm](#).



ALSO...

Visit [BCAITC.ca](http://BCAITC.ca) for more resources all about BC dairy!

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SALAD  
DRESSINGS

### Video Student Handout

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

*Fill in the blanks and answer the questions while watching the video.*

1. The first dressing that Chef Randle is making is an \_\_\_\_\_.
2. Chef Randle is using a neutral oil - what type of BC oil is he using? \_\_\_\_\_
3. The standard ratio for a vinaigrette is 3 parts \_\_\_\_\_ to 1 part \_\_\_\_\_.
4. Chef Randle uses this tool to mix the vinaigrette: \_\_\_\_\_. He also suggests you can use a \_\_\_\_\_ to make it smoother.
5. An emulsion is when you combine two ingredients that \_\_\_\_\_ naturally come together.
6. How do you get the two ingredients to come together? \_\_\_\_\_
7. The emulsifier that Chef Randle uses in the BC mayonnaise is \_\_\_\_\_.
8. What does Chef Randle make to keep his bowl from slipping when whisking the mayonnaise? \_\_\_\_\_
9. The more oil you add the \_\_\_\_\_ the mayonnaise will get.
10. As the mayonnaise gets thicker the colour becomes \_\_\_\_\_
11. Chef Randle adds white wine vinegar at the end, which is an acid - what did it do?  
\_\_\_\_\_
12. To make thick, creamy mayonnaise the ratio is 1 \_\_\_\_\_ to 1 cup (250 mL) \_\_\_\_\_
13. The ranch dressing ratio is 1 part \_\_\_\_\_, 1 part \_\_\_\_\_, 1 part \_\_\_\_\_
14. For how long can you keep your fresh mayonnaise in the fridge? \_\_\_\_\_
15. What can ranch dressing be used for? \_\_\_\_\_
16. Where can you find more recipes? \_\_\_\_\_

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## Teacher Answer Key



1. The first dressing that Chef Randle is making is an **Italian vinaigrette (0:19)**
2. Chef Randle is using a neutral oil - what type of BC oil is he using? **Canola (0:36)**
3. The standard ratio for a vinaigrette is 3 parts **oil**, 1 part **vinegar (1:26)**
4. Chef Randle used this tool to mix the vinaigrette: **Whisk**. He also suggested you could use a **blender/immersion blender** to make it smoother. **(3:00)**
5. An emulsion is when you combine two ingredients that **do not** naturally come together. **(3:28)**
6. How do you get the two ingredients to come together? **Introduce an emulsifier (3:39)**
7. The emulsifier in the BC mayonnaise is **BC egg yolks (3:42)**
8. What does Chef Randle make to keep his bowl from slipping when whisking the mayonnaise? **A towel nest (4:27)**
9. The more oil you add the **thicker** the mayonnaise will get. **(5:58)**
10. As the mayonnaise gets thicker the colour becomes **lighter. (6:42)**
11. Chef Randle added white wine vinegar at the end, which is an acid - what did it do? **Bring out or enhanced the flavours (7:47)**
12. To make thick, creamy mayonnaise the ratio is 1 **BC egg yolk** to 1 cup (250 mL) **oil (8:20)**
13. The ranch dressing ratio is 1 part **mayonnaise**, 1 part **sour cream**, 1 part **buttermilk (8:57)**
14. How long can you keep your fresh mayonnaise in the fridge for? **One week (9:15)**
15. What can ranch dressing be used for? **Salads, veggie crudité plate (11:05)**
16. Where can you find more recipes? **BCAITC.ca/recipes (11:53)**



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SALAD  
DRESSINGS

## BCAITC's Chef Randle

### ITALIAN DRESSING

YIELD: 240mL (1 cup)

- 15mL (1 Tbsp) shallot, minced
- 4 garlic cloves, minced
- 180mL (3/4 cup) BC canola oil
- 60mL (1/4 cup) red wine vinegar
- 30mL (2 Tbsp) lemon juice
- 30mL (2 Tbsp) dried oregano
- 15mL (1 Tbsp) dried basil
- 15mL (1 Tbsp) Dijon mustard
- 5mL (1.5 tsp) salt
- 2mL (1/4 tsp) ground black pepper



#### Method:

1. Place all ingredients in a small bowl or mason jar.
2. Use an immersion blender or cover the jar and shake until combined.

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DRESSINGS

## BCAITC's Chef Randle

### MAYONNAISE

YIELD: 240mL (1 cup)

- 1 large BC egg yolk
- 10mL (2 tsp) lemon juice
- 5mL (1 tsp) Dijon mustard
- 2mL (1/4 tsp) salt
- pinch pepper
- 240mL (1 cup) BC canola oil
- 5mL (1 tsp) white wine vinegar



### Method:

1. In a bowl, whisk together the first 4 ingredients.
2. Start to add the oil drop by drop into the egg mixture, whisking constantly, increasing the oil slightly as you go.
3. When 60 mL (¼ cup) of oil has been added, stir in vinegar to thin.
4. Continue to drizzle in the remaining oil, whisking constantly, until all combined.

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## BCAITC's Chef Randle

SALAD  
DRESSINGS

### BC BUTTERMILK RANCH DRESSING

YIELD: 360mL (1 ½ cups)

- 120mL (1/2 cup) mayonnaise
- 120mL (1/2 cup) BC sour cream
- 120mL (1/2 cup) BC buttermilk
- 30mL (1 Tbsp) fresh dill, chopped
- 30mL (1 Tbsp) fresh parsley, chopped
- 30mL (1 Tbsp) fresh chives, chopped
- 3mL (1/4 tsp) salt
- 1mL (1/8 tsp) pepper
- juice of 1 lemon



#### Method:

1. Whisk together the first 3 ingredients.
2. Add herbs and spices, combine.
3. Add lemon juice and combine.
4. Taste and season as desired.