

IN THE KITCHEN ^{with} TAKE A BITE OF BC!

BCAITC's Chef Randle

SALAD
DRESSINGS

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.