

Ruby Vinaigrette

Adapted slightly from *Vinaigrette and Other dressings (Jordan) 2013*



Servings: 6

Notes: this version made my way in the blender - can also be made in a jar and shaken - just mince the shallots and garlic very, very fine.

1. Start the blender on low and drop in the shallot and garlic. Whiz until finely minced. Add salt, then gather the remaining ingredients while you allow garlic and shallot to marinate in the salt.
2. Add the red wine vinegar, herbs, pepper and sugar, if using. Blend until smooth, scraping sides of any shallot & garlic if needed.
3. Through the screw top slowly add the EVOO, blending on low. It may spatter - if so, put a towel over your hand. Taste the dressing - add more oil or vinegar if needed. Pour into a jar and allow to sit for about an hour to allow the flavors to develop.

Yield: 2/3 cup

Per Serving (excluding unknown items): 171 Calories; 18g Fat (92.7% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

1 small shallot, or red onion

Kosher salt to taste

2 whole garlic cloves, minced

2 tablespoons red wine vinegar (use very good quality)

1/2 cup extra virgin olive oil

Freshly ground black pepper to taste

2 teaspoons Italian herbs, dried (oregano & thyme)

1 teaspoon fresh lemon juice

1 tablespoon sugar, scant (or Splenda) [optional - my addition]

Serving Ideas: The original recipe (the "base" recipe) doesn't use garlic, herbs, or lemon juice.

The sugar was my addition. Another variation includes anchovy paste, or a couple of anchovy fillets, if desired.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>