

Erin French's Shallot Vinaigrette

The Lost Kitchen Cookbook

Adapted very slightly from Erin French's cookbook, The Lost Kitchen



Servings: 4

1. Mince the shallot into the tiniest of little pieces. Once you do the original mincing, continue to mince using a large chef's knife until it's almost mushy.
2. Place shallot in a glass jar. Add seasoned rice wine vinegar just until the shallots are covered. If you've used a large shallot you'll need more vinegar (and therefore, more oil also). You will use twice as much oil as you use vinegar, a different proportion to most salad dressings. Allow to rest for 30 minutes if time permits. Add sugar and salt and pepper to taste and shake. Add olive oil or EVOO and shake well, then taste for balance.
3. Pour onto greens (or over roasted vegetables) and make sure you serve some of the shallots also - they sink to the bottom of the jar, so you'll need to spoon them out.

1 medium shallot, finely diced, then chopped further

2 tablespoons seasoned rice wine vinegar, approximate

1/4 cup olive oil, approximate (I use EVOO)
salt and pepper to taste

1/2 teaspoon sugar, or less (optional)

Per Serving (excluding unknown items): 126

Calories; 14g Fat (95.3% calories from fat);
trace Protein; 1g Carbohydrate; trace
Dietary Fiber; 0mg Cholesterol; 30mg
Sodium; 1g Total Sugars; 0mcg Vitamin D;
1mg Calcium; trace Iron; 8mg Potassium;
2mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com