
Sherry Vinegar and Lemon Dressing

Adapted from Jean Francois Meteigner, an L.A. chef

Internet Address:



You could also call this a Lemon Juice Vinaigrette with Sherry Vinegar, to be more precise.

3 tablespoons agave nectar, or honey

3 tablespoons sherry vinegar

1 tablespoon Dijon mustard

1/2 cup fresh lemon juice, fresh squeezed

1 cup extra virgin olive oil

2 large garlic cloves, peeled, smashed and minced

Salt and pepper to taste

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

Servings: 8

The only change I made to this recipe was the use of agave nectar instead of honey. He also called for the "juice of 2 lemons." I made a measuring assumption that a lemon yields about 1/4 cup of lemon juice each. Use more if you want to, but you may need to add additional honey.

1. In a medium-sized bowl whisk together (in order) the Dijon mustard, sherry vinegar, lemon juice, garlic.
2. Slowly add in a steady stream, whisking continuously, the olive oil. If made ahead whisk together again before pouring onto any salad. Refrigerate and use within a week, if possible.

Per Serving (excluding unknown items): 246 Calories; 27g Fat (96.4% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.