

Dijon Vinaigrette

This is the basic recipe. You can use different vinegars and flavored Dijon mustards. Or to the finished dressing you can add: herbs like tarragon, chives, chervil, or thyme; crushed green peppercorns or coriander seeds; honey; a touch of walnut or hazelnut oil; even some crumbled blue cheese.

Makes about 1/2 cup

- *1 tablespoon minced shallot or red onion*
- *2 teaspoons red or white wine vinegar*
- *1 1/2 tablespoons Dijon mustard (preferably "extra strong")*
- *1/4 teaspoon fine sea salt*
- *1/8 teaspoon freshly ground black pepper*
- *1/3 cup plus 1 tablespoon sunflower seed oil*

Combine the shallot, vinegar, mustard, salt, and pepper in a medium-size mixing bowl.

Let rest for 5 or 10 minutes to soften the shallots.

Whisk the mixture and add a tablespoon or so of oil in a trickle to create a creamy consistency.

Whisk vigorously while adding the remaining oil in a slow, steady stream.

Add one or two teaspoons lukewarm water while whisking if the dressing is too thick.