

## DIY Dressings Urbandale Library

Jamie Oliver's Principles for Superb Salads <https://www.youtube.com/watch?v=-9p31reoSD8>

Basic:

1. 3 parts oil
  - 1.1. Olive, avocado, sesame, etc
2. 1 part acid
  - 2.1. Vinegar, lemon juice, wine, etc
3. Salt/pepper

Pro Home Cooks <https://www.youtube.com/watch?v=qBGsQT6b7D0>

Pantry Salad Dressing:

1. Base Flavor (soaked cashews, sundried tomatoes, miso)
2. Aromatics (herbs, spices; cilantro, garlic, cumin seeds, parsley, ginger)
3. Sweet/Spicy (optional; smoked paprika, honey, mirin, chili paste)
4. Acid (mandatory; lime juice, lemon juice, rice vinegar)
5. Oil (mandatory; avocado oil, olive oil, canola oil)
6. Adjustments (salt, sweetness)

### Salad Dressing Components:

Oil:

- Choose healthy fats
- Both saturated and unsaturated fats are important for health
- Saturated fats give structure to blood vessels and cell membranes
- Some tissues prefer saturated fats for fuel (heart, liver, resting muscles)
- Healthy ratio of fats supports healthy levels of inflammation
- Polyunsaturated fats help cell membranes stay fluid
- In general, Omega 6 oils like soybean oil and canola oil promote inflammation while Omega 3 oils like flax, chia and EPA/DHA modulate inflammation
- REMOVE: chips, crackers, donuts, cakes/fried foods, margarine, conventional meat/dairy
- ADD: Salmon, tuna, sardines, olive oil, coconut oil, grass fed meat and pastured eggs, nuts/seeds, fruits and veggies
- Olive oil supports heart health, brain function and mood, healthy insulin sensitivity and blood sugar balance

Acid:

- Adds depth of flavor
- Tenderizes
- Promotes digestion of foods, especially proteins

#### Other ingredients:

- Balances dressing/marinade
- Can be simple (salt/pepper) or more complex by adding herbs and other spices

#### Emulsifiers:

- Help bind your ingredients together
- Honey, mustard, tomato paste, miso, avocado

#### Marinades:

- Length of time depends on cut of meat
- Fish marinade less time, tender cuts of beef longer, tough cuts of beef longest

#### Salad Dressing

- ¼ cup oil
- 2 tsp lemon juice
- 1 tsp brown sugar
- ½ tsp dijon mustard
- Salt and pepper to taste

#### Beef Marinade <https://thousandhillslifetimegrazed.com/recipes/marinade-beef-kabobs/>

- ¼ cup olive oil
- ¼ cup soy sauce low sodium
- ¼ cup Worcestershire sauce
- 1½ tbsp dijon mustard
- 1½ tbsp brown sugar
- 1/2 lemon juiced
- 3/8 tsp garlic powder
- 1 tsp parsley dried
- 1 tsp basil dried
- salt and pepper to taste

#### Fish Marinade <https://www.orcabayfoods.com/thai-garlic-chili-mahi-mahi>

- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 1/2 teaspoons minced garlic
- 1 1/2 teaspoons fish sauce (optional)
- 1 tablespoon brown sugar
- 1/2 lemon, juiced (about 1 tablespoon)
- 2 tablespoons Thai sweet chili sauce
- 1 green onion, thinly sliced