

Recipes



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Mustard Vinaigrette from : "Vegetarian Cooking for Everyone" by Deborah Madison

2 tablespoons aged red wine vinegar, or fresh lemon juice 2 tablespoons sour cream

2 shallots, finely diced 1/3 cup extra virgin olive oil

1 garlic clove, minced 2 tablespoons snipped chives

Salt and freshly milled pepper 1 tablespoon chopped parsley

1 tablespoon Dijon mustard 3 tablespoons capers, rinsed

Combine the vinegar, shallots, garlic and 1/4 teaspoon salt in a small bowl. Let stand for 15 minutes, then vigorously whisk in the mustard, sour cream, and oil until thick and smooth. Grind in a little pepper, then stir in the herbs and capers. Taste and adjust the seasonings if needed.

The mustard and the vigorous whisking make a very thick dressing. When applied to warm foods, it immediately thins. Use this robust dressing with warm beans (dried or fresh), grated celery root, steamed potatoes, grilled fennel, broccoli, and cauliflower.