



Favorite Vinaigrettes

By Chef Veera Gaul, Ph.D.



Our favorite vinaigrette recipes include equal parts of oil and vinegar (approximately 1 tablespoon of each) with the addition of ½ teaspoon of the binder. You can leave out the binder if you prefer, or increase it to taste to ensure the right flavor combination for your palate.

Basil EVOO + Tomato Pulp vinegar with a Pesto Limone binder

Drizzle over a tomato and spring green salad or over orzo pasta or cous cous

Make this delicious [Tuna & Bean Salad](#)

Season white fish with salt and pepper, or your favorite lemony seasoning. Cook in some basil oil and then drizzle with this vinaigrette

Basil EVOO + Limoncello vinegar with a binder of minced herbs

Try this [herby vinaigrette salad](#) served with crispy chicken.

Drizzle this over a spring green or arugula salad

Lemon EVOO + Fig vinegar with a binder of Runamok Maple Syrup

This is a fabulous salad dressing especially over a regular tossed salad

Use the lemon oil and fig vinegar on these [Roasted Brussel Sprouts](#)

[Roasted Garlic Grapeseed Oil](#) or [Garlic EVOO](#) + [Marc de Champagne vinegar](#) with a binder of [Mélange de France Seasoning](#)

The combo without the binder is like liquid garlic bread! Great to dip bread in
Make this delicious [Mediterranean Pasta Salad](#), or just drizzle the vinaigrette over your favorite mix of greens and veggies
Marinate chicken in this combination

**[Lime Grapeseed Oil](#) + [Elderflower Apple Lime vinegar](#) with a binder of honey
[Seared scallops and butter lettuce salad](#)**

A simple arugula salad with shaved parmesan cheese on top
Any fruit salad or one like this [Watermelon Salad](#)

**[Peperoncini EVOO](#) + [Mango Pulp vinegar](#) with a binder of [Spicy Mango Dip](#)
[Mango and Cucumber Salad](#)**

Delicious on this [Mango and Cucumber Salad](#)
Drizzle this over some grilled chicken
Toss this with lots of veggies and shrimp to make a stir fry

**[Blood Orange Grapeseed Oil](#) + [Cherry Almond vinegar](#) with a binder of Runamok
[Sugarmakers Cut maple syrup](#) or honey**

A fruit salad like [this one](#) or [this one!](#)
A spinach salad with fresh cherries or strawberries, goat cheese and toasted almonds

**[Roasted Sesame Oil](#) + [Ginger Yuzu vinegar](#) with some minced garlic as the binder
[Cold Almond & Sesame Noodles](#)**

A [garlicky spinach salad](#) with this dressing
A quick sauté of veggies and shrimp using the roasted sesame oil, minced garlic and finished at the end with a splash of the Ginger Yuzu vinegar.

[Unflavored EVOO](#) + [Marc de Champagne vinegar](#) and [Lemon Dill mustard](#) as the binder.

One of my favorite salads – a meal in itself – this [Nicoise Salad](#)
This simple, [healthy salmon](#) recipe

[Tuscan Herb EVOO](#) + [Red Wine vinegar](#) + [Garlic mustard](#)

A fabulous marinade for chicken
This delicious and filling [Wedge Salad](#)
Drizzled over a warm roasted potato salad like [this one](#)

Notes

* All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Article, Mediterranean Lifestyle, Mediterranean Diet Basics, Making Vinaigrettes, Marinades, Combinations.