

## LETTUCE

# Foundational Vinaigrette

Recipe by  
**FREIGHT FARMS**

Today's recipe is not just any vinaigrette—it's every vinaigrette. Because once you master the fundamentals, you can dress a salad for any flavor profile. If you've never made a dressing from scratch before, you won't believe how easy this is.



**2 salads**

Serving Size



**5 min**

Cook Time

## Ingredients & Equipment

### Whisk

Large prep bowl

### FROM YOUR FARM SHARE

**4 mini-heads mixed  
lettuce**

### FROM YOUR PANTRY

**3 tsp extra virgin olive oil  
2 tsp white vinegar  
Kosher salt  
1 tsp Dijon mustard**

## Instructions

1. Pour vinegar into a large prep bowl. While whisking the vinegar vigorously, use your other hand to stream oil slowly and steadily into the bowl. The two liquids should mix or "emulsify."
2. Season with a pinch of salt and stir. At this point you have created the most basic possible vinaigrette: a fat, an oil, and seasoning.
3. We recommend whisking in a bit of Dijon mustard as well. It's an emulsifying agent and will prevent your vinaigrette from separating.
4. Add lettuce to the bowl and toss to coat. Serve immediately.

Modify this recipe to adjust flavor profile. For example, add cilantro and substitute vinegar for lime juice to create a Mexican-style dressing. Add a bit of soy sauce for Asian, or a tsp of maple syrup for sweet. Add a tbsp of sour cream for creamy dressings, or swap the oil for avocado. The possibilities are endless here.