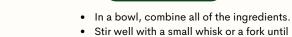
## SIMPLE VINAIGRETTE



- 3/4 cup olive (or avocado) oil
- 1/4 cup vinegar or lemon/lime juice
  - Red wine vinegar for red meat/salmon
  - White wine vinegar for fish or chicken
  - Rice vinegar for Asian flavor
- 1 tsp 1 tbsp dijon mustard (brown, deli, or yellow mustard can be substituted)
- 1 tbsp 3 tbsp pure maple syrup or honey
- Salt and pepper to taste



• Stir well with a small whisk or a fork until the ingredients are thoroughly mixed.

Kodiak Archipelago

• Taste and adjust as necessary.

INSTRUCTIONS:



Parts example: if 3 parts equals 3/4 cup, 1 part equals 1/4 cup

If the mixture is too acidic, thin it out with a bit more oil or balance the flavors with a little more maple syrup or honey. If it doesn't have enough tang, add vinegar by the teaspoon.

\*Flavor variations listed on next page

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## SIMPLE VINAIGRETTE FLAVOR VARIATIONS



For variations make Simple Vinaigrette and add herbs of your choice and 1 clove of garlic (can substituted with garlic powder)

Herb Variations: Dill - pairs well with fish Basil - pairs well with fish and chicken Parsley - pairs well with beef

Flavor Variations: Herbal - add lemon zest from 1/2 an organic lemon Asian or Mexican flavor - use cilantro and rice wine vinegar and lemon or lime Italian flavor- oregano, thyme, and rosemary (about 10 leaves or so)



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