

LETTUCE

Storage Tips

- Place the lettuce in a bath of cold water and swish it around and then spin dry before storing.
- Store the lettuce in a plastic bag in the fridge. Storing the lettuce with a paper towel will often keep the lettuce from becoming soggy.

Basic Vinaigrette

2 cloves of garlic

2 T white wine vinegar

1 T honey

¼ cup vegetable stock

2 teas. Soy or tamari sauce

Pinch of cayenne

Fresh ground black pepper

½ teas. Salt

1 to 1/12 cup good quality olive oil

Fresh herbs

Roughly chop garlic and sauté in a tablespoon of olive oil for just one minute. Do not brown! Add the garlic and the remaining ingredients except the olive oil to a blender, food processor or a tall container if you'll be using a hand blender. Very slowly add the olive oil in a very thin stream as the blender or processor is running. This will create an emulsion. An emulsion is a uniform mixture of two unmixable liquids, often temporary (ex. Oil in water). Add a few teaspoons minced fresh herbs such as parsley, chives, or thyme.