

CRUNCH TIME

Vinaigrette



INGREDIENTS:

1 Tablespoon white wine vinegar
Half a teaspoon Dijon mustard
1 Eschalot - peeled and finely chopped
Pinch of Salt and Pepper
3 Tbsp olive oil

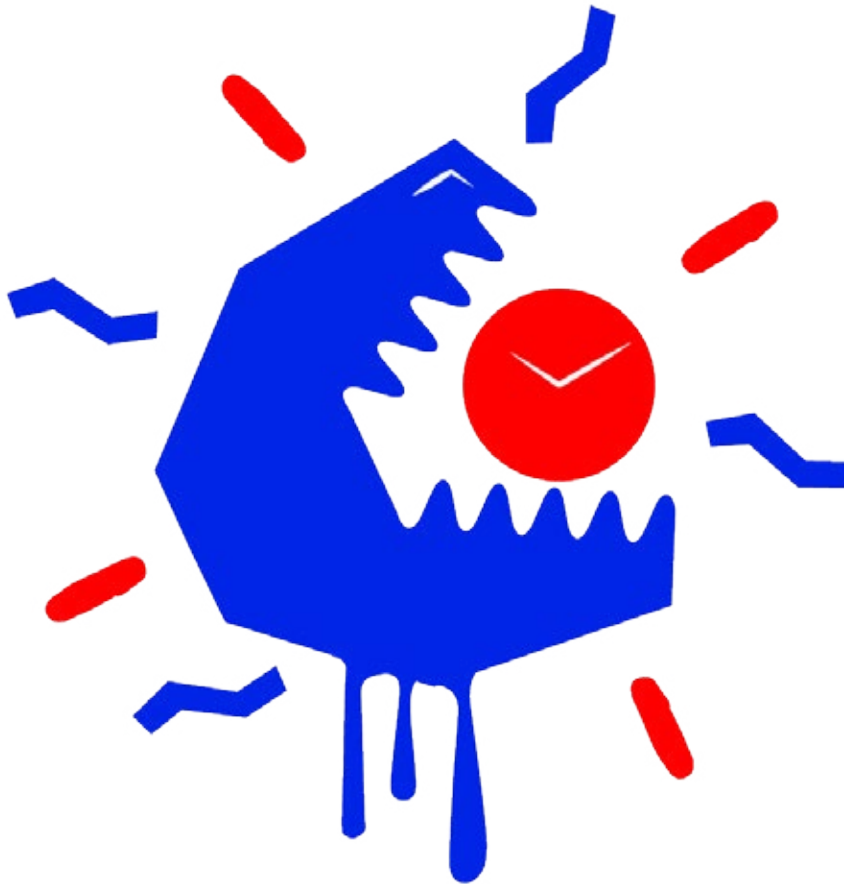
EQUIPMENT:

1 small non reactive mixing bowl - glass
or porcelain
Measuring Spoons
Knife
Chopping Board
Whisk
Small jug
Tea Towel



METHOD:

1. Place the vinegar, mustard, chopped eschalot and a small pinch of salt and pepper into a mixing bowl.
2. Fold a tea towel into a square and place it under the bowl - this helps keep the bowl in place while you are mixing.
3. Using a whisk, whisk the ingredients until they are combined and the mixture starts to look "milky".
5. Pour the oil into a small jug so that it is easy to pour.
6. Slowly pour the oil into the vinaigrette mixture. Small pools of oil may appear on the surface and this is OK, just stop pouring the oil in for a minute, keep whisking until the pools disappear and then start pouring in the rest of the oil.
7. Continue to add all of the oil. When finished, the mixture should be glossy and slightly thick.
8. Just before serving, pour the vinaigrette over your favourite salad ingredients and toss.



crunch-time.tv