

# Building a Better Salad

## Without a recipe!

It's late summer and your garden is flush with bumper crops of all the luscious produce you dreamt about in the cold months of winter. The fresh ingredients are ripe for the picking but what do we do with all of it?

There's canning, freezing and drying, and fermenting but how to enjoy the fresh bounty on a day to day basis, when you're ready to eat it, without any pre-planning?



Lead by our Executive Chef and co-founder of the Culinary Medicine program at UVMCC, Leah Pryor, this class will help you to build confidence with using your garden as your pallet of flavors to build delicious meals without a recipe.

While recipes are useful tools that we turn to often, there are times that they can be road blocks to spontaneity. Increasing your comfort level with going recipe-free can unlock your creativity, and allow you to have more fun with the YUM of what your garden offers!

### ***Why did the tomato turn red? It saw the salad dressing!***

One could easily turn red like a tomato after reading all the strange ingredients that lurk in many store bought dressings... Dressings advertised as "light," "low calorie" or "low fat" are often loaded with sugar, additives, emulsifiers, artificial sweeteners and dyes that you really don't need in order to make a great salad. Whether you prefer zingy, bright flavored vinaigrettes, or more subtle, mellow ones, or dressings creamy enough to use as a dip, there are so many ways to bring your salads to the next level of flavor while also saving you money. You don't need a lot of time either, they really whip up in a pinch and can be stored in the fridge for 3–4 days!

Most dressing recipes just follow a very simple formula: oil + acid + emulsifier + salt + herbs/aromatics. Here are some examples of ingredients you can mix and match:

Oil	Acid	Emulsifier	Aromatics
Olive	Lemon juice	Mustard	Garlic
Sesame	Apple cider vinegar	Tahini	Shallots
Peanut	Balsamic vinegar	Egg yolk	Scallions
Canola	Red wine vinegar	Yogurt	Fresh or dried herbs
Safflower	Rice vinegar	Honey	Red chili pepper flakes
Avocado	Sherry wine vinegar	Mayonnaise	Fennel
Walnut		Buttermilk	