

Identify and Prepare Dressings

Unit: Preparing Foods

Problem Area: Gardé Mangér

Lesson: Identify and Prepare Dressings

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 **Classify salad dressings.**
- 2 **Describe common dressings and their preparations.**

- **Resources.** The following resources may be useful in teaching this lesson:

“Cheap, Healthy Salad Dressing: 102 Light Dressings,” *Cheap Healthy Good*. Accessed Oct. 20, 2010. <<http://cheaphealthygood.blogspot.com/2008/04/cheap-healthy-salad-dressing-102-light.html>>.

Hyam, Nathan, ed. *Salad Dressing 101: Dressings for All Occasions*. Whitecap, 2010.

Larsen, Linda. “All About Vinegars,” *About.com: Busy Cooks*. Accessed Oct. 20, 2010. <<http://busycooks.about.com/od/quicktips/qt/vinegartips.htm>>.

McGreal, Michael J. *Culinary Arts Principles and Applications*. American Technical, 2008.

“Salad Dressing,” *Recipetips.com*. Accessed Oct. 20, 2010. <<http://www.recipetips.com/glossary-term/t—37511/salad-dressing.asp>>.

Strand, Jessica. *Salad Dressings*. Chronicle, 2007.



■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visuals from accompanying masters
- ✓ Copies of sample test, lab sheet, and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- ▶ balsamic vinegar
- ▶ Caesar dressings
- ▶ cider vinegar
- ▶ creamy dressings
- ▶ emulsions
- ▶ emulsified vinaigrette dressings
- ▶ French dressings
- ▶ infused
- ▶ Italian dressings
- ▶ lecithin
- ▶ light dressings
- ▶ mayonnaise
- ▶ opaque
- ▶ ranch dressings
- ▶ Roquefort dressings
- ▶ Romanoff dressings
- ▶ Russian dressings
- ▶ temporary emulsions
- ▶ Thousand Island dressings
- ▶ Tzatziki dressings
- ▶ vinaigrette dressings
- ▶ vinegar

■ **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Begin by asking students to list the salad dressings they like. Ask them to share their answers with the class. Then ask if they can identify less common dressings. If they cannot, offer some suggestions (e.g., coleslaw dressing, raspberry vinaigrette, and Roquefort).

Ask students to describe the differences between dressings, even the common ones. It is likely the responses will be flavor differences. Have students try to categorize dressings by type.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Classify salad dressings.

Anticipated Problem: What are the classifications of salad dressings?

- I. Dressing classifications: vinaigrette and creamy
 - A. **Vinaigrette dressings** are light, fluid dressings made from oil, vinegar, salt, pepper, and other flavorings. Vinaigrette dressings can be made with any combination of these ingredients. However, classic vinaigrette dressings are based on a ratio of three parts oil to one part white wine vinegar, with added flavorings to complement the salads or dishes in which they are being used. Vinaigrette flavorings are traditionally garlic, herbs, spices, fruit juices, and grated hard cheeses. There are no rules about which flavorings may be incorporated in vinaigrette dressings. These dressings are best made just prior to serving.
 1. Making vinaigrettes requires assembling, preparing, and combining all the ingredients by stirring, mixing (with a spoon or whip), or shaking in a bottle—simple agitation. These mixtures of oil and vinegar separate quickly and are typically mixed and then applied to salads immediately. **Emulsions** are mixtures in which oil particles are held in suspension in liquid—usually surrounded by another liquid, often egg yolks. Emulsions are formed by the addition of an emulsifying agent (e.g., egg yolks) and vigorous agitation (e.g., beating).
 - a. **Temporary emulsions** are mixtures of oil and vinegar without an emulsifying agent—just agitation. All simple vinaigrettes are temporary emulsions.
 - b. **Emulsified vinaigrette dressings** are thin, liquid dressings in which the oil and vinegar have been combined in such a way that they do not separate. This process is accomplished by the addition of an emulsifying agent (e.g., egg yolks) to the mixture. Egg yolks contain the chemical **lecithin** (a waxy phospholipid) that causes unmixable ingredients to combine for a time. In lieu of egg yolks, the isolated chemical lecithin itself may be added. Either way, the mixture will be whipped or intensely mixed, effectively adding energy to it to force the physical emulsion to take place.
 2. In most salad dressings, the oil is the most important ingredient. Most dressing formulas encourage chefs to purchase the best oil they can afford. The oil

chosen to make vinaigrette dressings has a significant impact on the taste of the final products.

- a. Some oils are virtually tasteless (e.g., canola, corn, and other vegetable oils—cottonseed, grapeseed, soybean, and safflower).
 - b. Other oils (e.g., olive) have stronger flavors that add more depth to dressings. Some oils are strongly flavored (e.g., walnut and sesame seed). These oils are pungent and are typically used in a lower ratio than three-to-one in vinaigrettes to ensure that their strong taste does not overpower the taste of the dishes in which they are being used.
 - c. Oils and vinegars can be **infused** (steeped or soaked in a liquid with herbs and/or spices) to add additional flavor. To infuse flavors, selected oils and vinegars are bottled with items such as fresh basil, rosemary, garlic, and tarragon. They are left for days or weeks so the liquids can absorb the flavor.
3. **Vinegar** is an acidic liquid that develops from a two-stage fermentation of almost any product that contains sugar and/or starch (e.g., fruits and grains). In the first stage of fermentation, yeast converts sugar to alcohol. In the second stage, bacteria convert the alcohol to acetic acid. The best vinegar is made from grapes; it is as old as wine. Vinegar is from the French words *vin* (wine) and *agar* (soured). It adds tartness and acidity to salad. Because vinegar can be made from various sources, many flavors are available, including red wine, cider, raspberry, pomegranate, white, rice, and balsamic. All are acidic, ranging in color from clear (white vinegar) to dark purple (balsamic), with many colors in between. They all have different tastes and intensities.
- a. **Balsamic vinegar** is liquid with a rich color and a sweet, intense flavor. Balsamic vinegar comes from Italy and is derived from Trebbiano grape juice that is heated and aged in wooden barrels, sometimes for years. White balsamic vinegar is slightly less intense than its purple cousin and comes from white grapes. The best balsamic vinegars are from the Modena and the Reggio provinces of northern Italy.
 - b. **Cider vinegar** is a mild, golden-colored liquid processed from fermented apples. Before it becomes cider vinegar, it is apple cider. Similarly, all other flavored vinegars—raspberry, tarragon, and pomegranate—are colored and flavored from the fruit, herb, etc. that is the source.
- B. **Creamy dressings** are dressings that are thick in texture and consistency and are usually complete emulsions. They are **opaque** (not allowing light to pass through) and are generally heavy and rich in flavor. The emulsion in creamy dressings is typically made from whole eggs (yolks and whites) or just yolks, with high amounts of neutrally flavored oil. Vinegar and other flavorings are typically added to these creamy mixtures to create different flavors.
1. While creamy dressings generally do not contain traditional cream, they often contain a dairy product (e.g., yogurt, sour cream, or buttermilk). Creamy dressings of this nature may or may not include an emulsifying agent. If they do include an emulsifying agent, the emulsion was made with other ingredients, and the dairy product was added later.

2. Creamy dressings may have strong flavors, but the flavors are seldom due to the pungency of vinegar alone as is the case in vinaigrettes. Vinegar adds tang to creamy dressings, but the most intense flavors in creamy dressings usually come from added flavorings (e.g., chili powder, ketchup, buttermilk, mustard powder, and other herbs and spices). Examples are:
 - a. Thousand Island dressing
 - b. Roquefort dressing
 - c. Ranch dressing
 - d. Green Goddess dressing
3. Mayonnaise is an emulsion of oil, eggs, vinegar, and flavorings.
4. Cooked (or boiled) dressings contain no fat or oil, other than a small amount of butter. They are often tart and are used as binding agents as well as dressings for coleslaw and potato salad.

Teaching Strategy: Use VM–A and VM–B to prompt a discussion of the two basic classifications of salad dressings, their variations, and common ingredients.

Objective 2: Describe common dressings and their preparations.

Anticipated Problem: How are salad dressings prepared?

II. Preparing common salad dressings

A. Simple vinaigrette dressings

1. Simple vinaigrettes can be made with any combination of oil, flavored vinegar, and flavorings (e.g., citrus tarragon, raspberry walnut, and mango pear mint). Vinaigrette dressings offer a wide range of flavors.
2. **Italian dressings** are classic vinaigrettes in their purest form, with three parts oil—either a bland oil such as soybean or a pungent oil such as olive—to one part vinegar (plain white to balsamic), Italian herbs and spices (e.g., oregano, basil, garlic, salt, and pepper), and grated hard cheeses (e.g., Parmesan and Romano). As with all simple vinaigrettes, Italian dressings require a good shake or mixing before use.

B. Emulsified vinaigrette dressings

1. These dressings (e.g., Caesar) are not creamy in appearance and do not require mixing because all ingredients are evenly suspended. **Caesar dressings** are spicy and flavorful emulsified vinaigrette dressings prepared from oil (usually olive oil), vinegar (usually white or red wine), eggs, smashed anchovies, salt, pepper, Parmesan cheese, and other spices. To make the emulsion, a person must vigorously blend the eggs while slowly adding a stream of oil. Vinegar and other ingredients are added after the emulsion has formed and thickened.
2. **French dressings** and **Russian dressings** are examples of emulsified vinaigrettes that do not include eggs as emulsifying agents. These dressings

are emulsified through energy by mixing their ingredients at high speeds, usually in a food processor or blender. Both are based on blended mixtures of oil, vinegar, ketchup (or some other tomato product), sugar, garlic, and other flavorings. Although similar in appearance, Russian dressing is spicier and often sweeter and is typically a deeper red color than French dressing. (Note: In some preparations, lecithin or another emulsifier may be added to keep the mixture in suspension for a longer time period.)

C. Creamy dressings

1. Creamy dressings are the richest and most stable dressings (e.g., mayonnaise). **Mayonnaise** is a semi-solid creamy emulsion of vegetable oil, eggs, vinegar and/or lemon juice, and flavorings. It is prepared by whipping the eggs and then beating into them a slow, steady stream of oil (to create the emulsion). Then it is blended with a small amount of lemon juice or vinegar and spices, as desired. A basic mayonnaise dressing may be prepared by hand with a wire whisk, in a blender, in a food processor, or with an immersion blender. Several techniques are associated with making a mayonnaise dressing that does not separate and that stands up well under normal conditions. These factors and techniques are:
 - a. Eggs, oil, and all dressing ingredients should be at room temperature for ease of emulsification. It is more difficult for cold oil to be broken into small droplets or globules.
 - b. Egg yolks are more efficient emulsifying agents than whole eggs because yolks are able to hold more fat globules in suspension than whole egg mixtures. The spices and any other dry ingredients are beaten into the egg yolks or whole eggs before the addition of oil.
 - c. Fresh eggs produce a more stable mayonnaise mixture than frozen eggs.
 - d. Eggs and oil must be beaten rapidly at the beginning of the mayonnaise process to obtain the volume and lightness of a good, stable dressing.
 - e. The amount of oil added to an emulsion is a key factor in its stability and volume. At the beginning of the emulsifying process, the oil is added slowly and in small quantities. Once the emulsion has some volume and form, the oil may be added in larger quantities and more quickly.
 - f. Vinegar (or other acid) tends to thin the emulsion and bleach the color of the eggs or egg yolks. An acid is often added after the emulsion has some volume and form and alternately with the addition of oil.
 - g. Separation (or breaking of the emulsion) of a mayonnaise dressing occurs for several reasons:
 - (1) Adding the oil too quickly
 - (2) Adding too much oil at one time
 - (3) Using poor or inefficient mixing methods
 - (4) Using ingredients at the wrong temperature
 - h. Correcting a broken mayonnaise mixture requires one of two things:
 - (1) Placing a fresh egg yolk in a clean bowl and slowly beating in the separated mixture, as with the addition of oil to the original mixture

- (2) Placing a small amount of commercial mayonnaise in a clean bowl and slowly beating in the separated mixture, as with the addition of oil to the original mixture
 2. Mayonnaise, on its own, is considered a condiment or sandwich spread and is a common dressing for salads (e.g., tuna, egg, pasta, potato, and ham). It is also the centerpiece ingredient for numerous other dressings, including:
 - a. **Thousand Island dressings** are creamy dressing mixtures prepared from mayonnaise, ketchup or chili sauce, pickles or pickle relish, onion, spices and herbs, and chopped hard-cooked eggs.
 - b. **Ranch dressings** are creamy dressing mixtures prepared from mayonnaise and/or buttermilk, garlic, cilantro or parsley, chives, fresh lime juice, and spices. Some recipes call for sour cream to replace mayonnaise.
 - c. **Roquefort dressings** are creamy dressing mixtures prepared from mayonnaise, Roquefort blue cheese (from France), garlic, sour cream, lemon juice or red wine vinegar, salt, pepper, and snipped parsley.
 - d. Some dressings categorized as creamy are not emulsified (and are not based on mayonnaise). These types include simple mixtures of ingredients along with a creamy substance, such as yogurt or sour cream.
 - (1) **Tzatziki dressings** are creamy Greek dressings prepared from yogurt and cucumbers, typically served with gyros and lamb dishes. Raita dressings are Indian yogurt salad dressings similar to Tzatziki dressings and include chopped mint, cumin, and jalapeño peppers.
 - (2) **Romanoff dressings** are creamy dressings for fruit dishes (e.g., Strawberries Romanoff) prepared as a mixture of sour cream, brown sugar, cinnamon and/or nutmeg, and dark rum.
- D. Light dressings
1. Salad dressings tend to be high in fat and calories. **Light dressings** are reduced fat and calorie versions of common dressings, from Italian to mayonnaise to Thousand Island. The taste usually differs from the original versions due to the change of ingredients that reduces the overall fat and calories. Simple, natural, fat-free ingredients are used to dress salads, including fresh lemon juice or vinegar with a sprinkling of herbs and spices.
 2. Commercially prepared light dressings generally remove part of the oil and replace it with water and thickening agents. The look remains similar, but the taste is notably different.
 3. Making light dressings is as simple as decreasing the amount of oil in the vinaigrette or using light or non-fat prepared mayonnaise as the base for creamy dressings.

Teaching Strategy: Use VM–C and VM–D to aid in a discussion. Assign LS–A.

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. Questions at the ends of chapters in the textbook may also be used.
- **Application.** Along with a class discussion and lecture, use the included visual masters and lab sheet to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.
- **Answers to Sample Test:**

Part One: Multiple Choice

1. c
2. c
3. b
4. d
5. a
6. b

Part Two: True/False

1. T
2. F
3. T
4. F
5. F
6. F
7. T
8. T

Part Three: Completion

1. balsamic
2. creamy
3. Roquefort
4. buttermilk
5. eggs (egg yolks)
6. oil
7. acetic acid
8. room temperature

Identify and Prepare Dressings

► Part One: Multiple Choice

Instructions: Circle the letter of the correct answer.

- ____ 1. Dressings that require shaking or mixing to combine because they separate after a short time are called _____.
 - a. mayonnaise
 - b. emulsions
 - c. temporary emulsions
 - d. Italian dressing
- ____ 2. Classic vinaigrette is based on a ratio of _____.
 - a. equal parts of oil and vinegar
 - b. three parts vinegar and one part oil
 - c. three parts oil and one part vinegar
 - d. two parts oil to one part eggs
- ____ 3. Caesar is classified as a _____ dressing.
 - a. creamy
 - b. emulsified vinaigrette
 - c. vinaigrette
 - d. sour cream
- ____ 4. An example of infused vinegar is _____.
 - a. oregano olive oil
 - b. balsamic vinegar
 - c. cider vinegar
 - d. None of the above
- ____ 5. Lecithin is _____.
 - a. an emulsifying agent found in egg yolks
 - b. a chemical additive
 - c. a type of oil
 - d. a flavoring



- _____ 6. Romanoff dressing is a creamy dressing for _____ dishes, prepared from sour cream, brown sugar, cinnamon and/or nutmeg, and dark rum.
- a. vegetable
 - b. fruit
 - c. meat
 - d. dairy

► **Part Two: True/False**

Instructions: Write T for true or F for false.

- _____ 1. The primary ingredients in mayonnaise are oil and eggs.
- _____ 2. Russian dressing is a spicy, sweet, and white mayonnaise-based dressing.
- _____ 3. Simple vinaigrettes are shaken just before use.
- _____ 4. Emulsified vinaigrette dressings separate in a short time.
- _____ 5. Vinegar provides the bulk of the flavor in a salad dressing; the oil plays a minor part.
- _____ 6. Cider vinegar is a mild, golden-colored liquid made from pears.
- _____ 7. Egg yolks are more efficient emulsifying agents than whole eggs because yolks are able to hold more fat globules in suspension.
- _____ 8. All simple vinaigrettes are temporary emulsions.

► **Part Three: Completion**

Instructions: Provide the word or words to complete the following statements.

1. The sweet, strong-flavored, and aged vinegar from Italy is _____.
2. Tzatziki is a _____ dressing made from yogurt and cucumbers.
3. The classic French blue cheese dressing is _____.
4. Ranch dressing contains mayonnaise, _____, and various spices.
5. French dressing is creamy in texture and is well blended, but it contains no _____.
6. The most effective way to reduce the calories and fat in dressings is to reduce the amount of _____ in the recipe.
7. In the first stage of vinegar's fermentation, yeast converts sugar to alcohol. In the second stage, bacteria convert the alcohol to _____.
8. When making mayonnaise, all ingredients should be at _____ for ease of emulsification.

DRESSING CLASSIFICATIONS

VINAIGRETTE

- ◆ It is a simple mixture of oil, vinegar, salt, pepper, and flavorings (e.g., garlic, herbs, and spices).
- ◆ It is a temporary emulsion.

The lightest dressing

EMULSIFIED VINAIGRETTE

- ◆ It has similar ingredients to vinaigrette. It is emulsified with egg yolks or lecithin powder, plus vigorous mixing.

The second lightest dressing

CREAMY

- ◆ It is a fully emulsified mixture of oil and eggs, plus additional flavorings.
- ◆ It could possibly be an emulsified mixture of oil and other ingredients, using energy (instead of eggs) for emulsification purposes.
- ◆ It may be based on dairy products.

The heaviest dressing

LIGHT

- ◆ It is used in recipes that replace oil with water and/or thickeners.
- ◆ It can be as simple as fresh lemon juice or vinegar, with a sprinkling of salt and pepper.

Lowest calorie dressing



SALAD DRESSING INGREDIENTS

- ◆ Look at the difference between white and red wine vinegar on the left and the dark syrupy balsamic vinegar on the right. Consider how the choice of vinegar affects the salad dressing.



- ◆ This image shows balsamic vinegar and olive oil. They clearly do not mix. It will take energy and/or an emulsifying agent to bring these two elements together.



- ◆ These are colorful examples of infused oils.



SALAD DRESSING PREPARATION

- ◆ A simple vinaigrette demonstrates a temporary emulsion. This mixture has already begun to separate.



- ◆ Creamy dressings are heavy and rich, such as this Thousand Island dressing.



◆ Emulsions require an emulsifying agent (egg yolks) and/or energy to be incorporated into the ingredients to change the consistency. Whipping vigorously moves energy into the ingredients and helps create a smooth emulsion.



◆ Notice how oil is slowly added to whipping eggs to make mayonnaise. Using an immersion blender or a food processor will produce the mayonnaise consistency quicker than a wire whisk.



TECHNIQUES FOR PREPARING MAYONNAISE

1. All ingredients should be at room temperature for ease of emulsification.
2. Egg yolks are more efficient emulsifying agents than whole eggs because yolks are able to hold more fat globules in suspension.
3. Beat the spices and any other dry ingredients into the eggs before adding oil.
4. Use fresh eggs. They produce a more stable mayonnaise than frozen eggs.
5. Beat eggs and oil rapidly at the beginning of the process to obtain the volume and lightness of a good, stable dressing.



6. Add oil slowly and in small amounts at the beginning of the emulsifying process. Once the emulsion has some volume and form, oil may be added in larger quantities and more quickly.
7. Vinegar tends to thin the emulsion and bleach the color of the eggs, so add it after the emulsion has some volume and form. Then add it alternately with the additions of oil.
8. Separation (or breaking of the emulsion) can occur for several reasons:
 - Adding the oil too quickly
 - Adding too much oil at one time
 - Using poor or inefficient mixing methods
 - Using ingredients at the wrong temperature
9. Correcting a broken mayonnaise mixture requires one of two things:
 - Placing a fresh egg yolk in a clean bowl and slowly beating in the separated mixture, as with the addition of oil to the original mixture
 - Placing a small amount of commercial mayonnaise in a clean bowl and slowly beating in the separated mixture, as with the addition of oil to the original mixture

Prepare Classic Salad Dressings

Purpose

The purpose of this activity is to apply energy transfer to the preparation of three classic salad dressings.

Objectives

1. Produce a vinaigrette dressing using agitation.
2. Produce an emulsified vinaigrette dressing using vigorous agitation.
3. Produce an emulsion by preparing mayonnaise dressing.
4. Evaluate the taste, appearance, volume, stability, and preparation time of mayonnaise emulsions prepared by various methods.
5. Create an original dressing recipe. (Ask your instructor if this is optional.)

Materials

- ◆ lab sheet
- ◆ writing utensil
- ◆ VM-D
- ◆ Quantities of ingredients below, as needed:
 - canola or vegetable oil
 - fresh eggs\
 - vinegar (white and cider; red wine and balsamic are optional)
 - lemons
 - salt, peppercorns, white pepper, fresh garlic cloves, granulated sugar, paprika, and a variety of other spices and herbs
 - onions
 - ketchup
 - Worcestershire sauce
 - Dijon mustard



- ◆ mixing bowls
- ◆ blender (standard and immersion type)
- ◆ food processor
- ◆ hand whip
- ◆ fresh greens
- ◆ disposable plates or bowls, forks, napkins, and tasting spoons
- ◆ measuring cups and spoons

Procedure

1. Work in pairs.
2. Prepare each of the three salad dressing recipes shown below. One each of the following dressings: vinaigrette, emulsified vinaigrette, and mayonnaise emulsion.
3. Ask your instructor which method your team will use to prepare mayonnaise:
 - a. Using a hand whip
 - b. Using a standard blender
 - c. Using an immersion-type blender
 - d. Using a food processor
4. Record the amount of time it takes your team to prepare the mayonnaise recipe in the assigned method.
5. Follow the recipe directions carefully. Practice mise en place. Review VM–D prior to preparing the mayonnaise.

Vinaigrette: Fresh Lemon Vinaigrette

Ingredients:

- ◆ $\frac{1}{4}$ C. fresh lemon juice
- ◆ 1 t. Dijon mustard
- ◆ 1 clove garlic, minced
- ◆ $\frac{1}{4}$ t. salt
- ◆ $\frac{1}{4}$ t. freshly ground black pepper
- ◆ $\frac{1}{2}$ C. vegetable oil

Directions:

1. Mise en place—assemble all ingredients and equipment.
2. Whisk together the first five ingredients.
3. Gradually add oil in a slow, steady stream, whisking until all oil is incorporated and the mixture is well blended.

Emulsified Vinaigrette: French Dressing

Ingredients:

- ◆ $\frac{2}{3}$ C. ketchup
- ◆ $\frac{3}{4}$ C. granulated sugar
- ◆ $\frac{1}{2}$ C. white vinegar
- ◆ $\frac{1}{2}$ C. vegetable oil
- ◆ 1 small onion, peeled and quartered
- ◆ 2 t. paprika
- ◆ 2 t. Worcestershire sauce

Directions:

1. Mise en place—assemble all ingredients and equipment.
2. Combine all ingredients in a blender or a food processor.
3. Blend until the onion is finely chopped.

Emulsion: Mayonnaise

Ingredients:

- ◆ 1 large egg yolk at room temperature (out of the refrigerator for about 30 minutes)
- ◆ $\frac{1}{4}$ t. salt
- ◆ $\frac{3}{4}$ C. vegetable oil
- ◆ 1 t. white or cider vinegar
- ◆ $1\frac{1}{2}$ t. fresh lemon juice
- ◆ salt and white pepper (as needed, to taste)

Directions:

1. Mise en place—assemble all ingredients and equipment.
2. Whisk together yolk and $\frac{1}{4}$ teaspoon salt until well combined.
3. Add about $\frac{1}{4}$ cup oil (drop by drop), whisking constantly until the mixture begins to thicken.
4. Whisk in vinegar and lemon juice. Then add the remaining $\frac{1}{2}$ cup of oil in a very slow, thin, steady stream, whisking constantly until well blended. If at any time it appears the oil is not being incorporated, stop adding oil and whisk the mixture vigorously until smooth. Then continue adding oil.
5. Whisk in salt and white pepper to taste.
6. Label your mayonnaise with the mixing method (hand whip, standard blender, immersion blender, or food processor) and the time required to prepare it.

7. Your teacher will have set up a taste test area with a bowl of fresh greens, disposable plates or bowls, forks, napkins, and tasting spoons. Conduct a taste test of the dressings. Compare the mayonnaise dressings by method for:
 - a. Taste
 - b. Appearance and color
 - c. Volume
 - d. Stability
 - e. Preparation time

8. If time and resources permit, your teacher will have you create an original salad dressing—vinaigrette, emulsified vinaigrette, creamy, flavored mayonnaise, or light or low-fat. Prepare enough for the class to taste (about 1 cup). Ask your instructor which ingredients are available for use during this activity. Record your ingredients on a card, and display it with the final product.