

Standard French Dressing

Ingredients

- 1 Clove Garlic
- 1 level teaspoon fine sea salt
- 1 level teaspoon sugar
- 20 –30 grinds of the pepper mill
- 1 teaspoon French mustard
- 1 tablespoon white wine vinegar
- 4 tablespoons Donegal Rapeseed Oil**

With the tip of a sharp knife crush the peeled clove of garlic in the salt at the base of your salad bowl. Mix in the sugar, pepper, mustard and vinegar. When they are amalgamated, stir in the Donegal Rapeseed Oil until you obtain a smooth emulsion.



Herb Vinaigrette Dressing

Ingredients

- 1 level teaspoon fine sea salt
- 1 small clove of garlic
- 1 level teaspoon sugar
- 20—30 grinds of the pepper mill
- 1 tablespoon of white wine vinegar
- 4 tablespoons of Donegal Rapeseed Oil**
- 1 small onion, finely chopped
- 1 tablespoon of mixed herbs

Crush the garlic with the salt and dissolve in the vinegar along with the sugar and pepper. Stir in the oil to make an emulsion. Then add the chopped onion and mixed herbs and stir.