

Poppy Seed Salad Dressing

This is a rich, sweet delicious dressing. It has raw egg, which carries the risk of salmonella contamination. I use local eggs bought from people I know and trust and am not worried, but it's a personal decision. The recipe will work omitting the egg completely.

1 egg	2 T. grated onion
2 T. sugar or honey	2 c. mild oil such as grapeseed, canola, or sunflower
1 T. prepared mustard	1/4 c. poppy seed
2/3 c. red wine vinegar	
1/2 tsp. salt	

Measure all the ingredients into a food processor or blender. Pulse or blend until well mixed. Kids (and us big kids with a sweet tooth) often like this dressing because it's a bit sweet.

Balsamic Vinaigrette

1/2 c. balsamic vinegar	1 tsp. tamari or soy sauce
1/2 c. red wine vinegar	1 clove garlic
1 T. spicy/Dijon mustard	1 small shallot bulb
1 T. maple syrup	3 c. extra virgin olive oil

Add the vinegars, mustard, maple syrup, tamari, garlic, and shallot to a blender. Blend well for 5 seconds. If your blender has a section of the lid that comes out, remove that; otherwise, carefully remove the lid with the blender running. Slowly and steadily drizzle in the oil, a little at a time, with the blender running. It may get quite thick. Thin with fresh apple cider or water until the texture is to your liking.