



All recipes by Katherine Deumling // [www.cookwithwhatyouhave.com/](http://www.cookwithwhatyouhave.com/)

## Classic Vinaigrette

*for: salads of all kinds, grain, bean, green, cooked/roasted veg, bread salads*

I keep my Dressing Jar in the fridge, ready for any lettuces, vegetables—raw or cooked—or grains or beans that might need enlivening. It literally is often the key to quickly turning something into a meal.

You can make this version or use a different vinegar, oil, herb(s), etc. I typically make a batch and then continue topping it off, as needed, for 2 weeks or so and then use it up, clean the jar and start over. Dressing ingredients (vinegars, oils) keep very well so you can do this less often too.

Add fresh tarragon or dill, chives, basil, parsley or most any tender herb to offer some variety when using it.

Yields about 1/2 cup

1 clove garlic, minced  
1/2 – 1 teaspoon Dijon-style mustard  
2 tablespoons red wine vinegar (see above)  
5 tablespoons olive oil  
Salt and freshly ground pepper, to taste  
1/2 teaspoon fresh or dried thyme

Put all dressing ingredients in a pint jar with a tight-fitting lid. Shake well until emulsified. Taste and adjust with more vinegar and/or salt or whatever else you think it needs. It should be bright and strongly flavored.

Use the vinaigrette on most any salad you can think of.



## **Creamy Miso Dressing**

*for green salads, grain, bean, noodle salads*

- 1 tablespoon yellow or white miso
- 1 tablespoon rice vinegar
- 1 tablespoon Mirin (rice cooking wine)
  
- 3 tablespoons plain yogurt (full fat preferably)
- 2 tablespoons olive oil
- Plenty of freshly ground black pepper
- ¼ teaspoon ground cumin
- 1/8 teaspoon red pepper flakes (optional)
- Sea salt (you may not need any as miso is quite salty)

## **Green Sauce (Italian Salsa Verde)**

*For roasted veg, meat, chicken, fish, beans, sandwiches*

Make by hand for a coarser texture or in food processor for finer but don't overprocess.

- 4 cups packed, washed and dried herbs, finely chopped (parsley, cilantro, mint, arugula, sorrel, dill, tarragon, chives)
  - 2 small cloves garlic, chopped
  - 1 tablespoon chopped shallot or onion (optional)
  - 2 teaspoons capers, rinsed (optional)
  - Zest of half a lemon
  - 1-2 tablespoons vinegar or lemon juice—start with 1 and taste and add as needed
  - 1/2 -2/3 cup olive oil, start with 1/2 and add as needed
  - Salt and pepper, to taste
- Stir all ingredient together, taste and adjust seasoning with salt, and/or acid and oil.



## Cilantro Yogurt Garlic Sauce

*For toast, open-faced sandwich, roasted veg, beans/chickpeas, rice, dal, curries, meats, eggs*

I especially love cilantro made into a sauce. I made this one day when I had a bedraggled looking bunch in the fridge and it made the dinner. It's delicious on any grains or fish or with steamed or roasted veggies. It's lovely over roasted or boiled new potatoes and/or carrots with some thinly sliced spring onions. It's a dip, a sandwich spread, and a dressing.

You can substitute parsley for the cilantro for an equally vibrant sauce or mix the two; just discard the parsley stems. You can also vary the sauce by adding fresh hot peppers (jalapeno, serrano, etc.) or a chunk of sweet onion or a pinch or two of cumin. You can thin it with water or cream. You can make it smooth and uniformly green in a food processor or quickly chop it by hand, as above.

Yields about 1 cup

1/2 bunch or 1 small bunch cilantro, washed and dried and chopped up a bit, stems included (or parsley, see headnote)

1-2 cloves garlic, chopped (depending how strong/sharp you want it)

1/2 cup whole milk plain yogurt or Greek yogurt

2 teaspoons lemon juice, more to taste

Salt and freshly ground pepper

1-2 tablespoons olive oil

You can either chop the cilantro and mince the garlic by hand (as seen in photo above) or put everything in a food processor. If using the processor, process you can keep it a bit rough, retaining a bit of texture or process unit smooth for a uniform, green sauce. Taste and adjust seasoning with salt, pepper and/or more lemon juice.



## **Peanut and/or Sesame Sauce**

*for noodles, salad rolls, veg, bowls, rice, salad rolls, grilled meats*

1/3 cup smooth peanut butter or use 1/2 peanut butter 1/2 tahini  
2 tablespoons fresh lime or lemon juice or rice vinegar  
1/4 teaspoon red pepper flakes (or more or use a hot sauce you like)  
1-2 teaspoons finely grated ginger  
1 large clove garlic, minced  
3 teaspoons soy sauce, or to taste  
2 or more tablespoons hot water, to thin to desired consistency  
Stir all ingredients together, taste and adjust seasoning as needed.