

Tomato- Shallot Vinaigrette

Chef Kathryn and The South Huntington Library

Yield: 1 1/3 cups

Ingredients:

1/4 cup minced shallot
1/2 cup minced ripe plum tomatoes
2 garlic cloves minced
2 tablespoons sherry vinegar
2 tablespoons fresh lemon juice
2 teaspoons kosher salt
1/2 teaspoon black pepper
1/2 cup cold pressed olive oil
2 teaspoons minced fresh Italian parsley leaves
2 teaspoons minced fresh chives
1 teaspoon minced fresh tarragon

Procedure:

1. Put the shallot, tomatoes, garlic, vinegar, lemon juice, salt & pepper in a small bowl, stir to mix and set aside for ten minutes (time to soak up the juices)
2. Slowly pour the oil in while whisking continuously. Add the parsley, chives and tarragon and stir through
3. The vinaigrette is a bit chunky if doing by hand
4. Only use the amount you need to dress correctly, depending on the size of your salad

Chef's notes:

You can also use a small food processor or Ninja to do the dressing. If using a machine don't mince the tomatoes, cut in chunks and just pulse to smash them. Use same directions as above.

Use only fresh herbs in summertime.

Recipes adapted by Chef Kathryn Bari-Petritis, 2021.

Kathryn@thehealthchef.com, www.thehealthchef.com , 516-8180643

Author of Health Transforming Foods, Their Stories and Recipes, sold on Amazon