

THE **EDIBLE**
SCHOOLYARD
PROJECT

CREATE YOUR OWN: SALAD DRESSING

Student Name:

Summary: Salad dressing is easy to make at home! In this lesson, you will learn how to make a salad dressing and practice your skills using a flexible recipe.

Time: 30 minutes

Before you get started:

- Collect all your materials
- Check-in with an adult at home before using a knife (if that isn't something you do normally without supervision)

Materials: See the [Create Your Own: Salad Dressing](#) recipe (linked and attached below) to determine what materials you will use.



CREATE YOUR OWN: SALAD DRESSING

READ: Some recipes have very flexible ingredient lists. Recipes like this are great because the basic instructions remain the same, but many of the ingredients can be substituted. This allows you more flexibility and creativity in the kitchen.

DO: Complete the [Create Your Own: Salad Dressing](#) recipe by following each step and making your own choices.

CLEAN: Clean your knife, dry it, and put it away securely before getting started on the rest of your kitchen clean up using your [Cleaning Checklist](#).

RECORD: Write down your recipe by circling each item you are adding or coloring that item in. Also, write down your completed recipe in the [Recipe Card visual](#) (linked and attached below)

ENJOY: Enjoy your salad dressing over some locally grown and organic salad greens!

WRITE: Reflect on how it felt for you to create your own recipe. Spin your reflection wheel and answer the questions for the section you landed on. If you haven't completed a reflection wheel, see the [Kitchen Reflection Wheel lesson](#) or skip this reflection.

SHARE: Show your classmates or family members what you made!. Ask your teacher *how* they want you to share with your class and which sharing platforms or methods they would prefer you to use.

Student Notes: You can extend this activity and learn more with the following activities:

- Check out our [How to Read a Recipe Lesson](#) if you want to learn more about reading recipes.
- Want to experiment with different flavor profiles? Try these combinations for your next dressing. Flavor profile suggestions:
 - Green onions, pepper, honey, mustard, sesame oil. Try making a miso dressing by omitting ¼ cup extra virgin olive oil and adding ¼ miso paste.
 - Yogurt, buttermilk, dill, mint, shallots
 - Lemon, thyme, red wine vinegar, honey
 - Lemon, garlic, mustard, honey
 - lemon, garlic, capers, mayo, and parmesan



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Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 2.8. The eighth lesson of Unit 2.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.



SALAD DRESSING

[RECIPE VISUAL]

Create your own salad dressing recipe

STEP ONE

IN A BOWL MIX TOGETHER *ACID, *ALLIUMS, HERBS AND SPICES

- CHOOSE *ACID (VINEGAR OR LEMON OR LIME JUICE)



3 TABLESPOONS
RICE VINEGAR



3 TABLESPOONS
APPLE CIDER VINEGAR



3 TABLESPOONS
RED OR WHITE WINE VINEGAR



3 TABLESPOONS
CHAMPAGNE VINEGAR



2 TABLESPOONS
WHITE VINEGAR



JUICE OF HALF OR WHOLE
LEMON OR LIME

- CHOOSE *ALLIUMS (GARLIC, ONIONS, LEEKS)



1 SMALL
SHALLOT



1 CLOVE
GARLIC



1 TABLESPOON
RED ONION



1 SMALL
GREEN ONION



A BUNCH
CHIVES

DIRECTIONS: MINCE YOUR ALLIUM

- CHOOSE FRESH HERBS: 1 TABLESPOON



DILL



THYME



MINT



PARSLEY

DIRECTIONS: MINCE, CHOP OR CHIFFONADE THE HERBS. CHOOSE ONE OR MORE THAN ONE!

• CHOOSE SPICES AND FLAVORINGS:



BLACK PEPPER
*TO TASTE



1 TEASPOON
RED PEPPER FLAKES



2 TEASPOONS
MUSTARD

• CHOOSE SWEETNER: 2 TEASPOONS (OPTIONAL)



BROWN SUGAR



HONEY



PALM SUGAR

STEP TWO

SLOWLY ADD OLIVE OIL TO THE OTHER INGREDIENTS

• CHOOSE OILS



3/4 CUP
EXTRA VIRGIN
OLIVE OIL



1/4 CUP SESAME OIL
+
1/2 CUP OLIVE OIL



1/4 CUP NUT OIL
(WALNUT, AVOCADO, PISTACHIO)
+
1/2 CUP OLIVE OIL

* WE RECOMMEND USING OLIVE OIL FOR THE RICH FLAVOR IT HAS. YOU CAN USE VEGETABLE, CANOLA, OR PEANUT OIL IN A PINCH. BUT THE FLAVOR WILL BE LESS PRONOUNCED.

DIRECTIONS: ADD THE OIL BY POURING A THIN STREAM, WHILE WHISKING CONSTANTLY. IF THE DRESSING IS TOO THICK, ADD A LITTLE BIT OF WATER, 1 TEASPOON AT A TIME. ANOTHER OPTION: PUT ALL INGREDIENTS INTO A JAR AND SHAKE IT VIGOROUSLY. THIS IS A GREAT TASK FOR YOUNG ONES TO HELP WITH IN THE KITCHEN.

WANT TO MAKE YOUR DRESSING
CREAMY? OMIT 1/2 CUP OIL AND ADD:



1/2 CUP YOGURT



1/2 CUP BUTTERMILK



1/2 CUP MAYONNAISE



STEP THREE

ADD SALT TO TASTE





RECIPE CARD VISUAL

RECIPE:

~ INGREDIENTS ~

~ INSTRUCTIONS ~

Front

Fold or cut here

Back

RECIPE:

~ INGREDIENTS ~

~ INSTRUCTIONS ~