

17 facts, views and tips on olive oil

Blog post 11/13

14. How do I prepare a salad dressing with olive oil?

A good salad dressing stands on two pillars. The second is olive oil, the first pillar everything else.

The first pillar includes, for example:

Sweets: sugar, agave syrup, maple syrup, honey, stevia, sugar beet syrup, molasses, marmalade (I like to use marmalade because of its fruity note, but the fruit of the marmalade must of course go well with the salad. And I do not use industrially produced jam - it has to be homemade :-)

Sour: lemon, lime, lemongrass, aceto balsamico, vinegar

Salty: salt, soy sauce, fish sauce

Hot: chilli, pepper, wasabi, sambal oelek, ginger

Binding agent: Mustard or egg yolk are used to bind the dressing, but have nothing to do with its taste.

Herbs and spices can be added to the ingredients of the first column if you want to achieve a certain flavour. These ingredients, together with the binding agent, are mixed with a magic wand until a homogenous mass is created which already contains all the individual elements of the first column of the dressing - none of these are added afterwards.

Now the second column comes into play. At least as much olive oil as in mayonnaise, for example, is mixed in drop by drop with the magic wand until the mass becomes creamy and forms a uniform emulsion. At this stage, in addition to the olive oil, you can also mix in other oily components such as tahini.

When it is ready, please do not simply pour the dressing over the salad. It is better to mix the salad well in a large bowl with the dressing - preferably by hand - and then portion it into salad bowls. However, the dressing should only be added immediately before the meal.

All these various culinary uses of olive oil, which I was able to present to you in the last two episodes of the blog, are of little use to you if you do not purchase high quality oil. Therefore, in the next part we will pick up the thread from the eighth blog post again and dedicate ourselves once more to the questions of the right way to buy olive oil.

DO YOU HAVE ANY QUESTIONS, SUGGESTIONS, ADVICE, MESSAGES, PROPOSALS?

PLEASE CONTACT US.

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