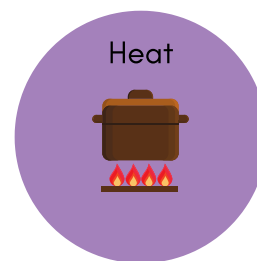
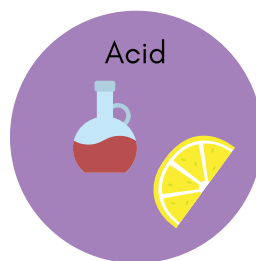


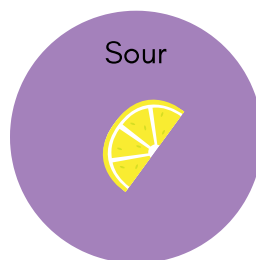
Salad Dressing Ratios

LET'S EXPLORE HOW TO MAKE SALAD DRESSING!

Recipes are a wonderful way to teach yourself how to cook, but sometimes you might be missing an ingredient or you might want to try making up your own recipe. The best way to improvise and create your own recipe is by understanding how different factors can change how food works together. For example fat, salt, acid and heat can all drastically change how our food combines and tastes.



Remember the TWK@Home activity (Becoming a Sensory Sleuth) where we learned about “sweet”, “salty”, “sour”, and “bitter” and how each of those elements of taste work together in all sorts of things we eat. Chocolate pretzels are a classic example of salty and sweet, and the combination is what makes them taste so good! The best recipes combine the perfect amount of these flavors to create the food we love.



When making your own salad dressing you want to find a similar balance. But how do you know how much of each ingredient to use without a recipe?

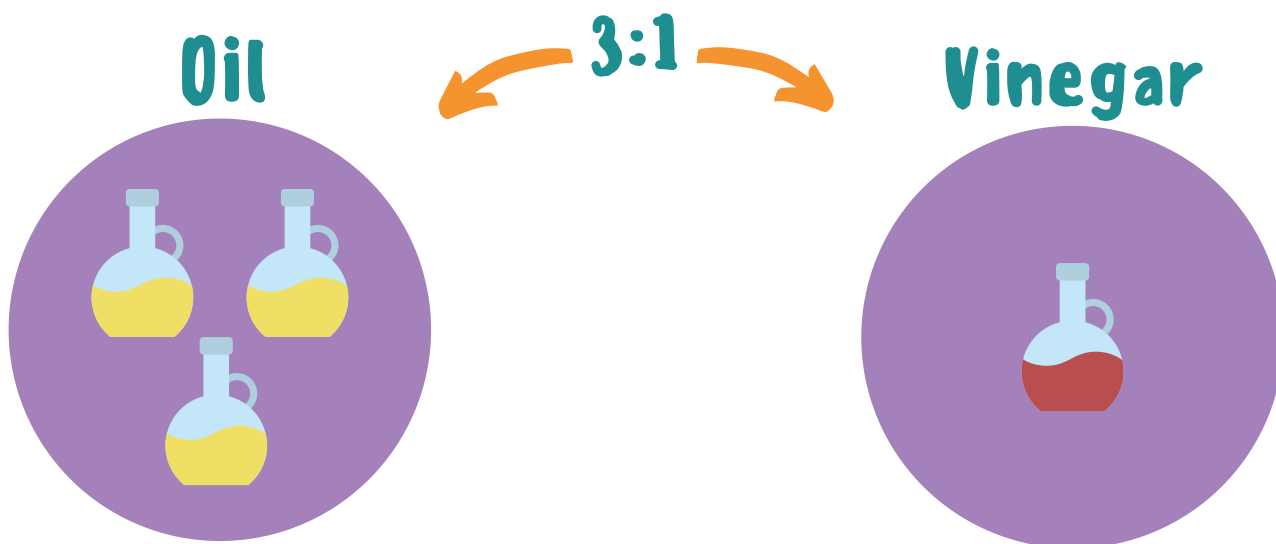
That's where understanding ratios comes in! A ratio is a way to explain how much of one thing there is compared to another thing. For example a good dressing ratio is:

3 parts Oil and 1 part Vinegar

or

3 to 1

or



"Parts can be cups, tablespoons or even liters. As long as you have 3 parts of oil and 1 part vinegar you will have the perfect base for a salad dressing. Here are some different oils and vinegars you can choose from:



Now that we have an overview of ratios, let's put it to some practical use with examples! Each of these dressings use the 3:1 ratio, the only thing that makes them different is the added flavors we choose. Combine ingredients in a bowl and whisk together and enjoy!

Mustard Dressing

Base

3/4 cups vegetable oil
+
1/4 cups
apple cider vinegar

+

Extra Flavors

2 tablespoons
Dijon Mustard
+
2 tablespoons
Honey
+
pinch of salt

spicy!

sweet!

salty!

Avocado Dressing

Base

3/4 cups olive oil
+
1/4 cups
red wine vinegar

+

Extra Flavors

2 tablespoons
avocado
+
2 tablespoons
lemon juice
+
pinch of salt

creamy!

sour!

salty!

Herb Dressing

Base

3/4 cups sunflower oil
+
1/4 cups
balsamic vinegar

+

Extra Flavors

2 tablespoons
fresh herbs
+
1 garlic clove
+
pinch of salt

sweet and
earthy!

spicy!

salty!

Using the lesson from above try writing your own dressing recipe using the template below:

Dressing

Base

3/4 cups

oil

+

1/4 cups

vinegar

+

Extra Flavors

+

+

pinch of salt

_____!

_____!

_____!

Debrief/Key Points:

- A ratio is a way to explain how much of one thing there is compared to another thing.
- The foods we eat balance many different elements of taste.
- We can use ratios to better understand how to mix food and create our own recipes.