

Balsamic Vinaigrette

Ingredients:

1-2 Tablespoons barley miso
¼ medium onion, coarsely chopped
1-2 cloves garlic
1-2 tablespoons honey
fresh or dried oregano, basil, rosemary, or thyme to taste
1-2 teaspoons dry or prepared mustard
½ cup balsamic vinegar
½ cup water
1 ¼ to 1 ½ cups best quality olive oil
salt and pepper to taste

Puree in a blender, food processor or in a quart mason jar with an immersion blender all ingredients but the olive oil. While blender or food processor is running, slowly pour in olive oil until dressing is emulsified and reaches a consistency to your liking. Taste, adjust seasonings as desired. Makes about 3 cups.

Coarse Grain Mustard

Ingredients:

1 cup dark beer chilled
½ cup yellow or brown mustard seed
1 ½ cups apple cider vinegar
1 small yellow onion (sweet, if available)
5 to 6 cloves garlic, minced
1 shallot chopped
2 ounces (¾ cup) mustard flour
⅛ cup very cold water
1 ½ teaspoons salt

2 teaspoons sugar
½ teaspoon allspice, ground

Pour the dark beer over the mustard seed and let it sit for at least four hours or overnight. Place the vinegar, onion, garlic and shallot in a heavy saucepan and simmer slowly until mixture is reduced by two-thirds. Strain the liquid and chill it. Make a paste of the mustard flour and water and let it sit for 20 minutes. Stir in the vinegar reduction, salt, sugar and allspice. Add the soaked mustard seed to the mixture. Pulse the mixture in a food processor or blender until the mustard seeds are partially ground and the mixture is well blended. Transfer the mustard to a saucepan and simmer over very slow heat until it thickens, 15 or more minutes. Cool the mixture, place in a glass jar and age on a cool, dark shelf for two to three weeks before using. Makes 1 to 1 ½ pints.

Sambal Bajag

My favorite hot sauce, more of a paste really, comes from *Sundays at the Moosewood Restaurant*.

Ingredients:

3 tablespoons oil
¼ cup minced onion
1-2 tablespoons minced garlic cloves
4-6 teaspoons red hot pepper flakes or crushed tiny dried chiles
⅓ cup finely minced tomato
1 scant teaspoon salt
2 teaspoons sugar
2 teaspoons molasses (4 teaspoons dark brown sugar can be substituted for sugar and molasses)

In a small frying pan (I use a 6-inch cast-iron one) or in a wok, heat the oil and stir fry the onions and garlic. After a minute or so add the hot pepper flakes. Reduce the heat and stir constantly lest the pepper burns. As soon as the flakes darken a little, add the rest of the ingredients and, on the lowest heat, cook the sambal until most of the moisture has evaporated and, as they say, ‘the oil returns’--about 15 to 20 minutes. The final product should be so well cooked that you can’t really detect the tomatoes.

Refrigerated, Sambal Bajag will keep for months.

Ketchup

from *Nourishing Traditions*

Ingredients:

3 cups canned tomato paste, preferably organic
¼ cup whey
1 tablespoon sea salt
½ cup maple syrup
¼ teaspoon cayenne pepper
3 cloves garlic, peeled and mashed
½ cup homemade fish sauce or commercial fish sauce

Mix all ingredients until well blended. Place in a quart-sized, wide-mouth mason jar. The top of the ketchup should be at least 1 inch below the top of the jar. Leave at room temperature for about 2 days before transferring to refrigerator. Makes 1 quart.

Mayonnaise

from *Nourishing Traditions*

Ingredients:

1 whole egg, at room temperature
1 egg yolk, at room temperature
1 teaspoon Dijon-type mustard
1 ½ tablespoons lemon juice
1 tablespoon whey, optional
¾ -1 cup extra virgin olive oil or expeller pressed sunflower oil or a combination
generous pinch sea salt

In your food processor, place egg, egg yolk, mustard salt and lemon juice and optional whey. Process until well blended, about 30 seconds. Using the attachment that allows you to add liquids drop by drop, add olive and/or sunflower oil with the motor running. Taste and adjust seasoning. You may want to add more salt and lemon juice. If you have added whey, let the mayonnaise sit at room temperature, well covered, for 7 hours before refrigerating. With whey added, mayonnaise will keep several months and will become firmer with time. Without whey, mayonnaise will keep for about 2 weeks. Makes 1 ½ cups.

