

Sauces & dressings

The more sugar, water and guar gum you can put into a commercially made dressing, the higher your profit margin. For this reason, most shop-bought dressings and sauces are not suitable for optimal nutrition and the LCHF approach avoids them. Most dressings and sauces made traditionally are naturally LCHF and packed with nourishing ingredients. Making a few of the classics ourselves, at home, saves money and adds interest and variety to meals. Our simple recipes show you how easy these kitchen staples are to whip up.

Caesar dressing

The perfect dressing for the Caesar salad (page 119).

Makes 150 ml (just over ½ cup)
Prep time 15 minutes
Carb count 0.07 g (per tbsp)

EQUIPMENT

Grater, chopping board, knife, mixing bowl, whisk, storage container

INGREDIENTS

30 ml (2 tbsp) mayonnaise (page 132)
 10 ml (2 tsp) cider vinegar
 50 g (medium-sized piece) hard Italian cheese, grated (Parmesan, Grana Padano or pecorino as preferred)
 3 anchovies, chopped
 2 cloves garlic, crushed
 60 ml (4 tbsp) water
 15 g (1 tbsp) chopped soft herbs (parsley or chives work well)
 salt and pepper to taste

METHOD

In the bowl, whisk together all the ingredients and season to taste. Transfer to a jar or container with a lid and keep refrigerated for up to 1 week.

Lime & lemongrass dressing

Kept in the fridge, this amazing dressing will last for a month. It is easily halved if you don't have a large family.

Makes 1 litre (4 cups)
Prep time 15 minutes
Carb count 0.4 g (per tbsp)

EQUIPMENT

Chopping board, knife, blender or food processor, fine-meshed sieve, clean storage container

INGREDIENTS

300 g (2 cups) fresh ginger, peeled and roughly chopped
 200 g (1½ cups) lemongrass, roughly chopped
 100 g (about 3) chillies, de-seeded and roughly chopped
 zest and juice of 6 limes
 30 g (1 cup) Kaffir lime leaves (optional)
 8 cloves garlic
 60 ml (4 tbsp) sesame oil
 90 ml (6 tbsp) fish sauce
 100 g (4 cups) picked mint leaves
 100 g (4 cups) picked coriander leaves
 375 ml (1½ cups) water

METHOD

Place all the ingredients in the blender or food processor and blitz for 20–30 seconds. Strain through the sieve, and then bottle the dressing in a suitable container. Keep in the fridge and shake before use, as the layers will separate naturally.