

French vinaigrette

The secret to this vinaigrette is to allow some time for the flavours to develop. We give it 3 weeks to mature.

Makes 500 ml (2 cups)
Prep time 8 minutes
Carb count 0.1 g (per tbsp)

EQUIPMENT

Mixing bowl, whisk or food processor, measuring jug, scales, clean jar or bottle

INGREDIENTS

85 ml (⅓ cup) cider vinegar or white wine vinegar
 15 ml (1 tbsp) Dijon mustard
 300 ml (1¼ cups) olive oil
 2 cloves garlic
 15 g (3 sprigs) fresh thyme
 15 g (3 sprigs) fresh rosemary
 5 g (1 tsp) peppercorns
 2 bay leaves
 10 g (2 tsp) salt

METHOD

Mix the vinegar with the mustard. Slowly whisk the oil into the vinegar-and-mustard mix until fully incorporated. Add the rest of the ingredients and bottle. You can skip the slow-whisking part and simply mix all the ingredients together, but the vinaigrette will be split; just remember to shake the vinaigrette thoroughly before use. Alternatively, use a food processor to combine the vinegar, mustard and oil and then add the rest of the ingredients.

Pesto

Makes enough for a small jar that will keep you going for a week plus.

Makes 1 x 200 ml jar
Prep time 15 minutes
Carb count 0.3 g (per tbsp)

EQUIPMENT

Grater, food processor or hand blender or jug blender, clean jar

INGREDIENTS

50 g (medium-sized piece) hard Italian cheese (Parmesan, Grana Padano or pecorino as preferred)
 100 g (4 cups) picked basil leaves
 30 g (2 tbsp) toasted pine nuts (see page 100 for instructions)
 15 g (1 tbsp) cashew nuts
 1 clove garlic
 50 g (1½ cups) rocket
 125 ml (½ cup) olive oil or extra-virgin olive oil
 15 ml (1 tbsp) water
 salt and pepper to taste

METHOD

Grate the cheese into the appropriate bowl or container for the blending machine you are using. Add the remaining ingredients except the oil and water. Begin to blitz the ingredients and steadily pour in the oil until the pesto (paste in Italian) begins to look creamy. Add a splash of water to help the pesto stay creamy, and give a last blend as you season to taste. Transfer to a suitable jar or container. Best used within 2 weeks.