

Less than 1 hour

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Passion fruit and pineapple vinaigrette



Makes about 2 ½ cups


Ingredients

- 1 Tbsp (15ml) wholegrain mustard
- ½ cup (125ml) olive oil
- 3 Tbsp (45ml) white wine or apple cider vinegar
- ⅓ cup (80ml) pineapple juice
- 2 tubs (115g each) granadilla pulp
- Salt and milled pepper

Method

1. Combine mustard, olive oil and vinegar.
2. Add pineapple juice and granadilla pulp, and season.
3. Whisk vigorously until well combined.
4. Serve over salad.

Creamy honey-garlic dressing

Makes about 2 cups 

Ingredients


- ¼ cup (60ml) olive oil
- ¼ cup (60ml) water
- 2 Tbsp (30ml) soy sauce
- Juice (60ml) and grated peel of 1 lemon
- 1½ Tbsp (22ml) honey
- 1 tsp (5ml) vanilla paste
- 2 bulbs garlic, roasted

- ½ cup (125ml) mayonnaise or plain yoghurt
- Salt and milled pepper

Method

1. Combine olive oil, water, soy sauce and lemon peel and juice.
2. Add honey, vanilla paste and flesh of roasted garlic.
3. Blitz for 30 seconds.
4. Add mayonnaise or yoghurt, and season.
5. Blitz until fully incorporated and smooth.
6. Serve over salad or drizzled over avo toast with nuts.

Homemade garlic aioli

Makes about 1 cup 

Ingredients

- ¼ cup (60ml) chickpea brine
- ½ tsp (3ml) Dijon mustard
- 1 Tbsp (15ml) lemon juice or white wine vinegar
- 1 bulb garlic, roasted
- ½ cup (125ml) olive oil
- Salt and milled pepper

Method

1. Combine chickpea brine, Dijon mustard, lemon juice or white wine vinegar and flesh from roasted garlic.
2. Slowly stream olive oil while blitzing with a stick blender until mixture thickens.
3. Season and serve on sandwiches or as a dip.

COOK'S NOTE

An emulsion is a mixture of two liquids that don't ordinarily mix, like oil and vinegar. Emulsions can be hot or cold, sweet or savoury. Keep it silky smooth and add texture with herbs and spices.

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