



*Brunoise can also be thought of as a very small dice. Start by cutting your shallot/onion in half. Lay halves flat and starting ¼ inch in from the end of the allium, drag the tip of your knife lengthwise. Then, slice in the opposite direction to get small squares.

Dried Fruit Vinaigrette

Ingredients

MAKES 2 CUPS

- ▶ 7.5 Oz Extra Virgin Olive Oil (by vol.)
- ▶ 2.5 Oz Dried Pears (by weight)
sub: pears for any dried fruit
- ▶ 5 Oz Champagne Vinegar (by vol.) **sub: white wine vinegar**
- ▶ 2 Tbsp - ¼ cup Shallots
sub spring onions
- ▶ 2 tsp - 1 Tbsp Fresh Mint
- ▶ Salt (to taste)

About The Ingredients

The dried fruit rehydrates more evenly if it is chopped into pieces no larger than ¾ inch.

Champagne vinegar pairs well with pears, but white wine vinegar will provide a similar flavor.

Shallots are a great allium of choice for vinaigrettes, but I'll make exceptions during summer when farms have fresh, bright onions.

Get creative and experiment! Try with a variation of dried fruits, vinegars, alliums, spices, herbs, etc.

Directions

UNDERSTANDING VINAIGRETTES

The foundation for vinaigrettes is about the ratio of acid to fat. The general guideline is a ratio of 3:1 fat to acid, but don't be afraid to experiment!

This recipe is a wonderful way to use dried pears, apples, or other dried fruits you've preserved or have on hand. This vinaigrette recipe is a well-rounded, sweet, and savory delight.

MAKING YOUR VINAIGRETTE

1. Cut the dried fruit into ¾ inch pieces or smaller.
2. Mince or brunoise* the shallot/onion. See photos above right for instructions.
3. Add your salt to the vinegar.
4. Mix the vinegar, shallots/onions, diced dried pear, and salt.
5. Steep overnight to allow time for the pears to rehydrate, the onions to denature (mellow in flavor), and for the flavor to infuse into the vinegar.
6. Gently slice mint to avoid bruising, and add it to the vinegar. Mix the mint and vinegar together very well, and pour into a jar.
7. Top this jar with olive oil. Adding a fat layer on top will keep oxygen out and help to increase the shelf life of the vinaigrette.