



GROUP RECIPE PRO - USAF - 2

Base-Cider Vinaigrette

Categories: Dressings, Marinades

Yield: Prep Time: Portion Size:

1 gal 15 minutes 1.5 oz

Step 1

1/2 cup • Cornstarch

Vegetable stock, low sodium as needed

Combine the cornstarch with enough cold stock to form a watery thin paste.

Step 2

64 fl oz • Vegetable stock, low sodium

32 fl oz • Apple Cider vinegar

Bring the stock to a boil, stir in cornstarch slurry. Return to a boil, stirring constantly until stock thickens, about 2 minutes. Remove from heat, stir in vinegar, and cool completely.

Step 3

32 fl oz • Olive oil

1/4 cup • Fresh basil leaves • chopped

1 tbsp • Kosher salt

Black pepper to taste

Gradually whisk in oil. Season with basil, salt and pepper. Store for later use.

(If fresh isn't available, add in dried herbs)

Nutritional Analysis

Calories	96		
Protein	0g	0	0%
Carbs	1g	4	4%
Fat	10g	90	94%
Cholesterol			
Sodium	78mg		

Information is on a per portion basis.

Notes

Saturated Fat: 1g

Fiber: 0g

Sugar: 0g