

Instructor: Tamika R. Francis, Food & Folklore LLC

Maple Dressings

6:30pm - 7:30pm | 03.03.2022



CLASS FOCUS:

This class will focus on acquiring more basic culinary skills. We will be making dressings that can be used in salads, as a marinade or dip. Our focus will be using the natural sweetener, maple syrup, because it's at its peak in March, and also learn little about natural sweeteners. We will make two basic dressings and a salad to try it out on.

Tools

- 2-3 small bowls & 1 large bowl
- Cutting board and knife
- 2 medium bottle or glass jars with lids
- A whisk **or** blender if you have it
- Tasting spoons

Maple Vinaigrette

Ingredients

- ½ cup balsamic vinegar
- ¼ cup maple syrup
- 2 teaspoons Dijon mustard
- salt and pepper to taste
- 1 cup extra-virgin olive oil

Directions

- Place vinegar, maple syrup, Dijon mustard, salt, and pepper into a blender.
- Pulse to combine, then add the olive oil in a steady stream with the motor running.

Creamy Maple Dressing

Ingredients

- 1/4 cup Mayonnaise
- 1/4 cup Olive oil

- 1/4 cup Maple syrup
- 1/4 tsp Sea salt
- 1 tbsp Stone ground mustard
- 1/4 tsp Black pepper
- 1 tbsp Apple cider vinegar

In a small bowl, whisk together all ingredients until smooth. Alternatively, blend all ingredients in a jar using an immersion blender. Store in an airtight container in the refrigerator for up to 2 weeks.

Apple Slaw with Maple Dressing

Slaw: (serving 4)

Dressing: (serving 4)

INGREDIENTS:

Slaw:

- 2 large crispy apples, such as honey crisp-cut into matchstick pieces
- 1 large carrot, peeled and grated
- 1/2 head red cabbage -sliced very thin
- 1 small red onion -sliced very thin
- 1/2 cup currants or raisins

Dressing:

- 1/2 cup balsamic vinegar
- 1/4 cup maple syrup
- 2 teaspoons Dijon mustard
- salt and pepper to taste
- 1 cup extra-virgin olive oil
- 1 Tablespoon minced fresh ginger
- salt and pepper to taste

DIRECTIONS:

1. In a large bowl, toss together the apple, carrot, cabbage, onion, and currants or raisins and mix well
2. Make the dressing and add it gradually, until the slaw is well coated.
3. Season to taste with salt and pepper.
4. Serve the slaw within 2 hours so that the apple does not leach too much water into the dressing.