

GREAT GRATED Salad Dressing, Sauce & Dip



Green salads tossed lightly with Asian-flavored dressings, made with sesame oil, soy sauce, and rice vinegar, began appearing on menus outside Japan in the 1990's. Many of these were variations on a classic Japanese preparation known as **oroshi aé**, or grated vegetable sauce. In a bit of reverse culinary exchange these mixtures were called *wa fu doreshingu*, literally Japanese-style dressing. These have become enormously popular in Japan, sold at supermarkets everywhere.

Unfortunately, nearly all commercially made dressings include unwanted chemical flavor-enhancers and product stabilizers. I urge you to make your own using the recipe I offer below. My version is a GREAT GRATED DRESSING, easy to assemble from scratch and so good it will disappear before you know it! (Refrigerated shelf life for homemade dressings is about 4 days.)

My recipe is made with lots of grated carrot and ginger; it is a thick, vitamin-packed, spritely flavored mixture. This mixture can do double duty at table: it can be served as a salad dressing – toss with assorted washed and spun-dry lettuces (*mizuna* is my personal favorite) – and the mixture can become a dip sauce for grilled vegetables, pan-seared slabs of *tōfu*, or as pictured above, fresh spring rolls.

Makes 2/3 cup BASIC JAPANESE-STYLE SALAD DRESSING, about 6 servings.



1/3 cup rice vinegar
1 tablespoon sugar
1 and 1/2 tablespoons aromatic sesame oil
1 and 1/2 tablespoons soy sauce

3 ounces (90 gr) carrot, scrubbed but unpeeled and grated (yield 1/3 cup)
1/2 ounce (15 gr) fresh gingerroot, peeled and grated (yield 1 scant tablespoon)

Combine the vinegar and sugar in a small saucepan. Place the pan over low heat, and cook, stirring, just to dissolve the sugar. Remove from the heat and let cool. Pour into a small glass jar, and add sesame oil, and soy sauce. Cap with a tight-fitting lid and shake to mix.

Add the grated carrot and stir; it will become a thick emulsion. Add the grated ginger and stir again. If your grated ginger seems fibrous, squeeze to extract the juice and discard the pulp. Add the ginger juice at the very end and stir again. Briefly shake the dressing just before using.