

RANCHO LA PUERTA

# ¡Salad!

## DRESSING

Celebrate salad dressings from Rancho La Puerta and our culinary center, La Cocina Que Canta, with a feast of flavor, spice, and tradition.



  
**RANCHO LA PUERTA**  
Tecate • Baja California • Mexico

  
**La Cocina  
que Canta**  
COOKING SCHOOL & CULINARY CENTER  
AT RANCHO LA PUERTA





# Ranch Green Goddess

Makes about 2 cups

This Ranch favorite is a perfect complimentary pairing for nearly any green salad. It is oil-free, dairy-free, creamy, and delicious. Customize it by changing the herbs and seeds used and the ratios they are used in. Its heartiness and fabulous texture comes from the use of seeds.

## INGREDIENTS

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1 cup fresh herbs (parsley, mint, basil, chives, dill, etc.)

½ cup cashews, sunflower, or pumpkin seeds, soaked overnight or for at least 3 hours

4 garlic cloves

¼ cup lemon juice or apple cider vinegar

1 cup water, or more if needed

1 tablespoon honey or agave, optional

Salt to taste

## PREPARATION

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Blend all the ingredients except salt together until creamy. Season with salt to taste. Loosen up with water if necessary.

Store refrigerated in an airtight container or mason jar. Enjoy within 3-5 days.





# Lemon Garlic Dressing

Makes about 2 cups

A tangy and zesty sauce for salads, vegetables, grains, and meats, featuring a delicious and dynamic duo. Lemon brings a bright boost of acidity while garlic adds a pungent, savory flavor.

## INGREDIENTS

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- 6 garlic cloves, minced
- 1 small shallot, chopped
- ½ cup lemon juice
- ¼ cup rice or apple cider vinegar
- ½ cup sunflower seeds, soaked overnight or for at least 3 hours
- ½ cup water
- Zest of 1 lemon
- 2 tablespoons olive or avocado oil
- Salt and pepper, to taste

## PREPARATION

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Cook garlic and shallot in oil on low heat until translucent, being careful not to burn them. Set aside to cool.

Blend the cooked shallot and garlic with the rest of ingredients until creamy. Season with salt and pepper to taste. Loosen up with water if necessary.

Store refrigerated in an airtight container or mason jar. Enjoy within 3-5 days.





# *RLP Caesar Dressing*

Makes about 1 cup

A Ranch twist on a classic. The additions of hummus and nutritional yeast make its texture thick and creamy while the capers and lemon juice provide an irresistible salty and zestful flavor.

## INGREDIENTS

- ¼ cup hummus
- 1 teaspoon Dijon mustard
- 1 teaspoon nutritional yeast
- ½ cup olive oil
- 2 garlic cloves
- 1 tablespoon capers
- ¼ cup lemon juice
- Salt to taste

## PREPARATION

Blend all the ingredients except salt until creamy. Add salt to taste. Loosen up with water if necessary.

Store refrigerated in an airtight container or mason jar.

Enjoy within 3-5 days.





# Herb Balsamic Vinaigrette

Makes about 1 cup

The presence of fresh herbs and capers elevates this dressing from being a simple balsamic vinaigrette to anything but. The distinct taste of Dijon mustard provides a spicy tang that will keep you coming back for more.

## INGREDIENTS

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- ½ cup balsamic vinegar
- 2 garlic cloves, minced
- 1 tablespoon capers, drained and chopped
- ½ cup fresh herbs (basil, parsley, mint, etc.), chopped
- 1 teaspoon Dijon mustard
- ¼ cup extra virgin olive oil
- Salt and pepper, to taste

## PREPARATION

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Combine vinegar, garlic, capers, herbs, and Dijon mustard. Incorporate olive oil a little at a time to emulsify.

Store in a cool place, in an airtight container or mason jar. Enjoy within 3-5 days.\*

*\*If the oil separates, shake the jar to re-emulsify.*





# *Creamy Herb Dressing*

Makes about 2 cups

This herb dressing gives an exciting Mexican twist on other traditional herb sauces, like chimichurri or pesto. The use of pumpkin seeds lends to its thick and creamy texture and adds protein to the condiment. In addition to being a great dressing for salads, it is also wonderful on fish and grilled vegetables.

## INGREDIENTS

½ cup pumpkin seeds (pepitas), soaked overnight or for at least 3 hours

½ cup water

¼ cup lemon juice or apple cider vinegar

1 teaspoon onion powder

1 teaspoon garlic powder

1 large bunch (about a cup) fresh herbs (thyme, parsley and dill), chopped

Salt and pepper, to taste

## PREPARATION

Blend all the ingredients until creamy. Add salt and pepper to taste. Loosen up with water if necessary.

Store refrigerated in an airtight container or mason jar.

Enjoy within 3-5 days.





# Orange, Ginger & Turmeric

Makes about 2 cups

The powerful pairing of ginger and turmeric is known to reduce inflammation and assist immune and respiratory systems, which means that this dressing will not only taste great on salads but is also excellent for your health.

## INGREDIENTS

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- 1 tablespoon olive oil
- 4 garlic cloves, peeled and chopped
- 1 shallot, roughly chopped
- 2 inches fresh turmeric, chopped or 2 tablespoons powdered turmeric
- ½ inch fresh ginger, chopped
- ¼ cup apple cider vinegar
- Zest of 1 orange
- 1 cup pepitas, cashews or sunflower seeds, soaked overnight or for at least 3 hours
- 1½ cups orange juice
- Salt and pepper to taste

## PREPARATION

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In a medium pan, cook the garlic and shallot in olive oil until fragrant. Add the chopped turmeric and ginger and cook for another 2-3 minutes. Cool.

Combine all ingredients in a blender and blend until smooth. Season with salt and pepper to taste. Loosen up with water if necessary.

Store refrigerated in an airtight container or mason jar. Enjoy within 3-5 days.





# *Jalapeño-Mint Vinaigrette*

Makes about 1 cup

This vegan dressing is perfectly balanced thanks to the way the refreshing mint compliments the spicy jalapeño. It's like a warm summer day with a cool breeze.

## INGREDIENTS

¼ cup lemon juice

¼ cup rice or apple cider vinegar

¼ cup olive oil

¼ cup water, plus more if needed

1 jalapeño, seeded and finely chopped

1 bunch mint, chopped

1 garlic clove

Salt to taste

## PREPARATION

Blend all the ingredients except salt until creamy. Add salt to taste. Loosen up with water if necessary.

Store refrigerated in an airtight container or mason jar.

Enjoy within 3-5 days.



  
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