FRENCH · SAUCE

Classic Shallot and Dijon Vinaigrette

5 min · Makes 5 × 2 tbsp · 150 kcal a portion · Video 4:27 · Martha Stewart

Vegan · Gluten-free ingredients · Nut-free

Mostly olive oil, so the fat is largely monounsaturated, with no added sugar and under 1 g of net carbs a portion.

Diet notes: Keto (0.9 g net carbs a serve).

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Ingredients

6 · MAKES 5 × 2 TBSP

- [ ] 2 tbsp **champagne vinegar**
- [ ] ½ tsp **salt**
- [ ] ½ tbsp **Dijon mustard**
- [ ] ¼ tsp **freshly ground black pepper**
- [ ] 1 **shallot**, very finely minced
- [ ] about 6 tbsp **olive oil**

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the champagne vinegar in the salad bowl you will serve from and stir in the salt until it dissolves. 1:08
2. Whisk in the Dijon mustard and the black pepper, then add the finely minced shallot. 1:45
3. Pour in the olive oil drop by drop and then in a thin, steady stream, whisking hard the whole time, until the dressing thickens and looks creamy (about 3 parts oil to 1 part vinegar). 2:47
4. Add the greens straight to the bowl and toss so every leaf is coated and no dressing is wasted.

> **Tip** Martha suggests swapping in sherry, red wine or rice vinegar, or grapeseed, walnut or hazelnut oil; keep about 3 parts oil to 1 part vinegar. Makes enough for one large green salad.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
150 kcal	0.2 g	1.2 g	0.3 g	16 g	250 mg
630 kJ	0% of a day	0.9 g net · 0.5 g sugars	1% of a day	2.2 g saturated	11% of a day
		0% of a day		21% of a day	

Energy from net carbs 2% · protein 1% · fat 97% — fits keto: 0.9 g net carbs, 97% of the energy from fat

Source of (10–19%) Vitamin E 16%

Recipe and video: Martha Stewart (@MarthaStewart) on YouTube — youtube.com/watch?v=atDUSVeP_YM, published 10 October 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/shallot-dijon-vinaigrette