



# Farm Fresh Living.com

healthy recipes from our farm to your family

*Stargazer Perennials Farm and Nursery, Summerville Oregon*

## Asian Sesame Salad Dressing

This zesty, sweet, spicy and sour salad dressing has all the needed attributes for a finely balanced salad dressing.

Easy to make, Asian Sesame Salad Dressing works well with plain fresh greens or in a Chinese Chicken Salad. I have also drizzled this fresh salad dressing over ripe pears and alpine strawberries for a light and healthy dessert in the summer. Try this salad dressing with our Mesclun, Pear, Pecan and Gorgonzola Salad for saucy surprise!

- 1 tablespoon sweet rice vinegar
- 1 tablespoon balsamic vinegar
- Juice from 1 fresh orange
- 2 teaspoons fresh orange zest
- 1 teaspoon finely grated fresh ginger
- 2 teaspoons honey
- 1 teaspoon soy sauce
- 1/2 teaspoon sesame oil
- 6 tablespoons organic virgin olive oil
- 1 tablespoon toasted sesame seeds

In a glass bowl whisk all ingredients together except olive oil, salt and pepper. Add olive oil by continuing to whisk mix while pouring in at a steady stream. Add salt and pepper to taste. Mix in sesame seeds.

**All about Ginger:** The ginger root is not really a root at all, but a rhizome or underground stem. It's harvested nearly year-round. The young ginger that is harvested approximately 5 months after planting is used primarily to make candied ginger and ginger syrup. The mature ginger root is used for cooking, spices and teas. The longer that the ginger remains underground before harvest, the hotter and spicier it gets. When purchasing ginger, look for hard, firm rhizomes.

To cook with ginger, peel away the hard skin and then mince, shred or juice as needed. Use ginger in cookies, breads, jams, jellies, sauces, salad dressings or teas. To make a quick and healthy ginger tea, boil a section of peeled root, strain and then add honey and lemon to taste.

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