Oil and Vinegar Dressings—Basic Vinaigrette

Description
Students will study the procedures, ingredients, and proportions used to produce a basic vinaigrette, and will then make their own using a hand whisk. They will analyze recipes that start with a basic vinaigrette, and identify food safety concerns when making and storing vinaigrette.

Lesson Objectives
Students will be able to:

- identify a variety of oils and acidic ingredients to create a basic vinaigrette
- indicate the ratios of ingredients in a basic vinaigrette
- identify a variety of flavouring ingredients used in vinaigrette production
- demonstrate the correct procedures for creating oil and vinegar-based dressing
- identify potential food safety concerns when making and storing an oil and vinegar-based dressing, and
- demonstrate correct kitchen safety procedures and techniques.

Assumptions

- The teacher will be familiar with correct vinaigrette recipe procedures and will use appropriate resources.
- Students have received orientation on the subject of kitchen and food safety.
- Workstation Set-up and Introductory Knife Skills Activity Plans have been successfully previously completed.
- The teacher will demonstrate the dish to be prepared and all students will have a copy of the recipe.
- The teacher will have the flexibility to choose the recipe based on resources, time, and physical space.

Safety Considerations
Students will practise proper use of personal protective equipment (PPE) at all times.
Terminology

acid: Ingredients with high acid content (pH 0 to 4.0), such as vinegar and citrus juice, do not support the growth of bacteria. Acidic ingredients are typically sour-tasting.

dressing: A dressing is a sauce for salads that commonly contains oil and vinegar and that may or may not be emulsified.

emulsifier: An emulsifier is an ingredient that is used to stabilize an emulsion; it is an ingredient that enables two normally unmixable ingredients to mix.

emulsify: To emulsify is to combine two normally unmixable ingredients to create one solution.

flavouring: Flavouring involves the addition of ingredients used to provide a particular taste to food or drink.

oil: Oil refers to plant or animal fat used for cooking or in foods such as salad dressings. The viscous liquid coats ingredients and may add richness and flavour to dressings.

temporary emulsification: Temporary emulsification refers to an unstable mixture of two normally unmixable ingredients. For example, oil and acid can be combined, but they will separate again when left to rest.

season: To season is to enhance and amplify a food's flavour in order to maximize the pleasure of the palate.

Estimated Time

2 70-minute classes

Recommended Number of Students

24 or maximum classroom capacity

Facilities

Home Economics teaching lab and/or Culinary Arts teaching kitchen

Tools

Tools that pertain to the chosen recipe

Resources


Demonstrating Skills And Knowledge

Procedure

Day 1
1. The teacher will introduce the class to the ingredients, methods, techniques, and science behind the preparation of oil and vinegar-based dressings using desired methods and materials.
2. The teacher will give the class a demonstration of the oil and vinegar dressing(s) recipe(s) chosen.

Day 2
1. Students will use their recipe(s) to create the oil and vinegar-based dressing(s) demonstrated by the teacher. Students may all make the same dish(es) or the teacher may assign various recipes to different groups.
2. As students are making their oil and vinegar-based dressings, the teacher will observe and assist when necessary.
3. As students complete their dish, they will present it to the teacher for both visual and tasting assessment before consuming or packaging their final product for future lab use.

Evaluation Guidelines
If only teaching about emulsified dressings as theory, a summative assessment will be evaluated on:

• completion of oil and vinegar dressing theory
• oil and vinegar cookery quiz

For the lab, students will be formatively evaluated on:

• positive participation in lab
• observational assessment during the lab
• final product meets outlined and demonstrated standards

Extension Activities
Students may be given the opportunity to create their own oil and vinegar-based dressing recipe.

Students may be given the opportunity to make their own oil and vinegar-based dressing recipe in the lab.
This Activity Plan can be adapted in the following ways:

- international cooking
- local agriculture
- can be added to other Activity Plans to complete or complement their results
- nutritional information