

## Chef Wade's Maple Dijon Vinaigrette

Ingredients:	Amount:
Vegetable oil	1 cup
Pure maple syrup	¼ cup
Grainy dijon style mustard	2 tbsp
Apple cider vinegar	1 tsp
Salt	1 tsp
Ground black pepper	To taste

### Supplies:

1) Mixing bowl 2) Hand blender

### Method:

1) Combine maple syrup, vinegar and mustard with salt and pepper in a steep sided two-cup mixing vessel. 2) Blend together while slowly adding the oil until combined. 3) Add pepper to taste - we generally add about two to three teaspoons as this is a great recipe for adding sweet spiciness to a variety of dishes (for milder palates use a pinch of white pepper).

**Uses:** Great for salads, glaze for salmon, marinade for chicken or pork or stir-fry sauce

**Tip:** You can substitute vegetable oil for grapeseed or a sesame oil blend. If the recipe splits or is having trouble emulsifying, add a tablespoon of cool tap water at a time while blending until it comes together.

*We would like to thank the Skwxwú7mesh Nation, upon whose unceded traditional territory Cheakamus Centre resides.  
We value the opportunity to welcome others to learn, gather and share in nature on this traditional territory.*