

DIPS AND SALAD DRESSINGS

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Those recipes are very simple to make and they all use My Basic Mayonnaise recipe.

Preparation Time; 5 Minutes

Total Cooking Time; 0 Minutes

To do those DIPS and SALAD DRESSINGS you must first make MY MAYONNAISE recipe the day before, or just use regular mayonnaise. Simply add the recommended Spices to 1 to 2 cups of My Basic Mayonnaise Recipe to make the desired DIPS or SALAD DRESSINGS BELOW. The spices below mixed with 1 cup will be very spicy and with two cups will be very mild, so depending on how spicy you like your Dips and Salad Dressings, will determine how much Mayonnaise you will use to mix with the spices in the recipes below. Note that the word Spicy here does not mean HOT but rather very tasty.

CESAR GARLIC DIP & SALAD DRESSING.

- 2 Table Spoons of White vinegar. **(For the Salad Dressing Only)**
- 1 Tea Spoon of Cesar Salad Spices or Salad Herbs.
- ¼ Tea Spoon of Lemon Pepper.
- 1 Tea Spoon of Garlic Powder.
- 1 Pinch of Sage.
- 1 Tea Spoon of Cilantro.
- 2 Tea Spoon of Grated Parmesan Cheese.



Crush and mix all the above Spices (except the Parmesan Cheese) and then add them all with the Parmesan Cheese to ONE to TWO CUPS of MY Mayonnaise or the Mayonnaise of your choice and mix well and serve. If you find it too thick just add a bit of water, or Vinegar or the juice of one Lemon.

BARBECUE DIP.

- ¼ Tea Spoon of Sea Salt.
- ½ Tea Spoon of Lemon Pepper.
- ¼ Tea Spoon of Garlic Powder.
- 1 Tea Spoon of Mexican Paprika.
- ¼ Tea Spoon of Cayenne Pepper.
- ½ Tea Spoon of my Barbecue Chicken Seasoning Mix.



Crush and mix all the above Spices and add them to ONE to TWO CUPS of MY Mayonnaise or the Mayonnaise of your choice and mix well and serve. If you find it too thick just add a bit of water, or Vinegar or the juice of one Lemon.

DILL PICKLES DIP & SALAD DRESSING.

- 2 Table Spoons of White vinegar. **(For the Salad Dressing Only)**
- ¾ Tea Spoon of Dill Weed.
- 1 Pinch of Thyme.
- 1 Pinch of Celery Salt.
- 1 Pinch of White Pepper.
- 1 Tea Spoon of Cilantro.
- 1 Tea Spoon of Chicken Base Powder.



Crush and mix all the above Spices and add them to ONE to TWO CUPS of MY Mayonnaise or the Mayonnaise of your choice and mix well and serve. If you find it too thick just add a bit of water, or Vinegar or the juice of one Lemon.

ITALIAN DIP AND SALAD DRESSING.

- 2 Table Spoons of White vinegar. **(For the Salad Dressing Only)**
- 1 Tea Spoon of Italian Spice Mix.
- 1 Pinch of Oregano.
- ¼ Tea Spoon of Onion Salt.
- 1 Pinch of White Pepper.
- 1 Tea Spoon of Cilantro.



Crush and mix all the above Spices and add them to ONE to TWO CUPS of MY Mayonnaise or the Mayonnaise of your choice and mix well and serve. If you find it too thick just add a bit of water, or Vinegar or the juice of one Lemon.

GREEK DIP AND SALAD DRESSING.

- 2 Table Spoons of White vinegar. **(For the Salad Dressing Only)**
- 1 ½ Tea Spoon of Greek Spices or Greek Salad Seasoning mix.
- 1 Pinch of Ground Mustard.
- ¼ Tea Spoon of Onion Salt.
- 1 Pinch of Sage.
- 1 Tea Spoon of Cilantro.
- 1 Tea Spoon of Chicken Base Powder.



Crush and mix all the above Spices and add them to ONE to TWO CUPS of MY Mayonnaise or the Mayonnaise of your choice and mix well and serve. If you find it too thick just add a bit of water, or Vinegar or the juice of one Lemon.

Use a spice crusher before you put them here in the above recipe. What I do is that I measure all the spice and I crush them all together and then pour them in my Mayonnaise. (See Photo Below)



By now I am sure that you get the Idea and now you can make your own Recipe for your DIPS and Salad Dressings using my Healthy Mayonnaise a perfect Base to do it.

All the above are only a few examples of what you can do with my Basic Mayonnaise Recipe. I am sure that you can do much more then that, just let your imagination run wild. My mayonnaise and DIPS are also Excellent to use in your Sandwiches, Subs and Tacos or Tortillas.

**Most Important thing of all, HAVE FUN DOING IT,
and I wish you all a long Life with lots of Healthy Eating.**

BON APETIT.