

cookus*INTERRUPTUS

*how to cook fresh local organic whole foods
despite life's interruptions*

Creamy Ginger Dressing

The dressing for this salad may seem a bit fussy but trust me it is excellent. It comes from a quiet vegetarian restaurant in Seattle called Silence-Heart-Nest. Watercress is rich in minerals and is usually free of pesticides as it grows easily and abundantly.

2 tablespoons chopped ginger
2 teaspoons chopped celery
½ teaspoon maple syrup
6 tablespoons extra-virgin olive oil
3 tablespoons toasted sesame seeds
1/8 teaspoon white pepper
1/8 teaspoon celery seed
½ teaspoon catsup
3 tablespoons soy sauce
3 tablespoons brown rice vinegar
3 tablespoons water

Place ginger, celery, maple syrup, oil, seeds, pepper, celery seed, and catsup in the blender and blend. Add soy sauce, vinegar and water; blend again until creamy. Before serving, toss salad with about ½ of the dressing. The remainder of the dressing will keep in the refrigerator for at least a week (it is great over plain cooked brown rice!).

Preparation time: 10 minutes
Makes 6 servings, ¾ cup dressing

Recipe reprinted with permission from Feeding the Whole Family (third edition) by Cynthia Lair (Sasquatch Books, 2008)