

Buttermilk Salad Dressing

Makes about 1 cup

To hold up to the buttermilk's creaminess, chef Brandon Jew recommends using this on lettuces that have a little more water in the stems, such as Little Gems and butter lettuce. If you like, toss in delicate herbs like chervil, lemon verbena, chives and anise hyssop. To make it a more substantial salad, add French breakfast radishes, soft-boiled eggs and croutons.

2 tablespoons Champagne vinegar

¼ cup extra-virgin olive oil

¼ cup grapeseed oil

2½ to 3 tablespoons buttermilk

2½ to 3 tablespoons heavy cream

¼ cup mixture of chopped herbs, such as lemon verbena, chives, chervil, cilantro, anise hyssop

Sea salt and black pepper, to taste

Instructions: Add the vinegar to a bowl. Whisk briskly while slowly adding the olive and grapeseed oils. Whisk in the buttermilk, heavy cream and herbs. Season to taste with sea salt and black pepper.

Per tablespoon: 71 calories, 0 g protein, 0 g carbohydrate, 8 g fat (1 g saturated), 3 mg cholesterol, 4 mg sodium, 0 g fiber.