

The Nightjar's Blueberry Vinny*

To make this amazing dressing, first you'll need to learn how to lacto-ferment your blueberries.

What's that, you say? Well first, weigh out your berries and add 2.5% of that weight in salt to the mixture. Mix, and wait 2-3 days at room temperature until you notice the mixture bubbling. This will really kick up the flavour!



INGREDIENTS:

80g (1/2 c.) white vinegar
 80g (1/2c.) white balsamic vinegar (regular balsamic will work here too)
 60g (1/3c.) organic, locally produced honey
 4 g (1 clove) garlic
 160g (1c.) lacto-blueberries
 14g (2 tsp.) salt
 20g (1/2 clove) shallot
 160g (1 cup) neutral oil (we love grapeseed oil)

DIRECTIONS:

In a blender, combine all the ingredients and purée until super smooth. Enjoy with your favourite mixed greens.

Enjoy this one, courtesy of The Nightjar Diner Co.!

***WARNING!** This recipe requires planning. If you're really hungry, well, it also requires patience.

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