

Blood Orange & Poppy Seed Dressing

This recipe has evolved over the last 15 years, as have the salads it has been used with. I started out using nothing but regular orange juice and raspberry vinegar in the recipe, a tasty option that is still viable (substitute vinegar for the blood orange juice.)

Various versions of this dressing have been used on a spinach salad with mandarin oranges and walnuts, the same salad with grilled duck breast added, and now, the Duck with Mandarin Oranges recipe—see Poultry.

The poppy seeds can be omitted, and sometimes are, depending upon what I am dressing.

1/2 cup	extra-virgin olive oil
2 Tbs	blood orange juice
2 Tbs	orange juice
1/4 tsp	salt
1/4 tsp	black pepper

Optional

2 Tbs	poppy seeds
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Procedure

- Put all the ingredients into a blender EXCEPT the poppy seeds. Blend until emulsified. If desired, add the poppy seeds and blend for mere moments; NO MORE than 2 seconds! Over blending of the poppy seeds will make the dressing bitter.

Yield: approximately 7 ounces