The World’s Best Salad Dressing

Are you or your taste buds ready for the most outrageously good AND healthy taste experience?
Whether you're a healthy food fan or a dedicated food hedonist, you must try Lawrence Ball's recipe for a new threshold in tongue ecstasy.

It has a taste that grabs you and refreshes your vitality, through sheer taste richness, not through heat or spiceyness.
It makes you feel great to be in the kitchen.
Do, do try it yourself and on all your friends and family, they'll be transported.

The dressing recipe has been honed and improved for over a decade.
It has the express aim to drive your taste buds wild.
Most of my friends now have wild taste buds.

The essential basis for the recipe is Olive oil/tamari soy sauce/tahini paste. This recipe is now open sauce.

As you make this recipe, you'll be inspired to put together more combinations gorgeously outrageous taste combinations, you'll not look back.
Its not so much a recipe, more a revolution in flavour alchemy.
More wild taste bud recipes will be available very soon.

Pete Townshend says of it "Its wonderful!"
Children, not restricted, have been known to spoon it up, neat.
One man I know wanted to put it on everything savoury he was eating.
Some folk have decided to make a salad in order to be able to have the dressing.

Recipe for those who like instructions:

Blend all the following well:

Olive Oil	500 ml
Tahini	160 ml
Tamari	160 ml

half a lime, peeled
8, not too thin, slices of ginger
(cut into smaller pieces)
2 tbsp honey or date syrup

optional:
1 tbsp sunflower seeds
1 tbsp pumpkin seeds
1 tbsp flaxseeds or hemp seeds

makes about 3 jars of dressing

If you use a Vitamix blender (recommended) do still cut the ginger small

Watch how the mixture bubbles vigorously after blending!

Recipe for those who like flexibility and variation:

Blend all the ingredients you choose

Olive Oil/tamari/tahini in the ratio 3:1:1
(make sure to use less tahini and tamari than olive oil)

Add other ingredients at your whim:

very good to use:
ginger
lime
honey or date syrup
tamarind paste (not too much)

spicier variations:
chilli
garlic

nutritional extension:
pumpkin, sunflower, flax and/or hemp seeds

Who is Lawrence Ball?

I am a composer, musician and teacher and in recent years my culinary activity has expanded considerably beyond a means to an end. I routinely prepare original recipes "on the hoof" for my friends, and for some time my salad dressing has been receiving extraordinary outbursts of dining acclaim.

Music and more: http://www.lawrenceball.org