

# Julia Child's Timeless Vinaigrette Helped Me Fall in Love with Salad

When making her simple Sauce Vinaigrette recipe, Julia Child suggests using high-quality vinegar and oil, as their flavors will really shine through. Recipe adapted from *The French Chef Cookbook* by Julia Child © 1968 by Julia Child with permission of Alfred A. Knopf, a division of Penguin Random House LLC.

By **Julia Child** and **Dillon Evans** | Updated on October 29, 2025

✔ Reviewed by Dietitian **Christa Brown, M.S., RDN, LD**

**Active Time:** 5 mins

**Total Time:** 5 mins

**Servings:** 6

## Nutrition Profile:

Sesame-Free Nut-Free Soy-Free Heart-Healthy Vegan Vegetarian Gluten-Free

## Ingredients

2 tablespoons wine vinegar *or* a combination of vinegar and lemon juice

¼ teaspoon dry mustard

⅛ teaspoon salt

6 tablespoons extra-virgin olive oil *and/or* salad oil, such as grapeseed oil

½ teaspoons minced shallot *or* scallions *and/or* ¼ teaspoon dried herbs, such as tarragon *or* basil

Big pinch of freshly ground pepper

## Directions

### Step 1

Combine 2 tablespoons vinegar, ¼ teaspoon mustard and ⅛ teaspoon salt in a bowl; whisk until dissolved. Whisk in 6 tablespoons oil, ½ teaspoons shallot (or scallions and/or ¼ teaspoon herbs) and a big pinch of pepper. (*Alternatively, combine all ingredients in a screw-top jar; cover and shake vigorously for 30 seconds to blend thoroughly.*) Taste carefully and adjust seasoning as desired.

## Frequently Asked Questions

**What's the difference between vinaigrette vs. a dressing?** ✔

A vinaigrette is primarily made with oil, vinegar and herbs, while dressings can include creamy ingredients like yogurt and mayonnaise.

### Can I use an onion instead of the shallot and scallions?

Yes, you can, but the dressing won't taste the same. An onion has a much stronger flavor than a shallot or scallion, so if you must use an onion, don't use too much of it.

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### Why should I warm a garden salad?

Taking the chill off a salad can enhance the overall flavor of the ingredients and dressing. One method is to microwave the vinaigrette for about 10 seconds until it's slightly warm and then drizzle it over your salad. Alternatively, heat your salad with the vinaigrette for about 10 seconds. The goal is to give it a slight touch of heat and not to cook your lettuce and other ingredients.

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### Besides dressing salads, what else can do with this vinaigrette?

Enjoy the vinaigrette on veggie sandwiches, fish tacos and as a marinade for grilled chicken and fish.

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### How should I store the vinaigrette?

Store it in an airtight container in the refrigerator, where it will last for about 3 days. In contrast, store-bought vinaigrettes can last a month or longer due to the presence of stabilizers and preservatives.

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## Nutrition Facts

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Per serving: **Serving Size about 1 1/2 Tbsp.** 121 calories; total fat 14g; saturated fat 2g; cholesterol 0mg; sodium 43mg; total carbohydrate 0g; dietary fiber 0g; total sugars 0g; protein 0g; vitamin c 0mg; calcium 1mg; iron 0mg; potassium 4mg

*Additional reporting by* Carrie Myers, M.S.

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