

Tarragon Dressing

Fagleyville Country Hotel - Gilbertsville, PA
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 1 1/2 cups

4 tablespoons lemon juice
4 tablespoons tarragon vinegar
1 tablespoon sugar
1 1/4 teaspoons salt
1/2 teaspoon pepper
1 teaspoon dry mustard
4 cloves garlic
1 egg yolk
1 cup peanut oil
1 teaspoon dried tarragon OR 2
teaspoons fresh tarragon

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Place the following ingredients in a blender in the order listed: Lemon juice, tarragon vinegar, sugar, salt, pepper, mustard, garlic and egg yolk. Blend on low speed for 10 seconds.

Turning the blender to high speed, slowly add the peanut oil. Blend until the mixture thickens.

Turn off the blender. Add the tarragon. Blend for 5 seconds.

(The dressing keeps in the refrigerator for several days.)

One way to serve this dressing is with tossed mixed lettuce, sliced scallions and firm white mushrooms. Use approximately two tablespoons per serving.

Per Serving (excluding unknown items): 2068 Calories; 222g Fat (94.2% calories from fat); 4g Protein; 27g Carbohydrate; 1g Dietary Fiber; 213mg Cholesterol; 2676mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 44 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2068
% Calories from Fat:	94.2%
% Calories from Carbohydrates:	5.0%
% Calories from Protein:	0.8%
Total Fat (g):	222g
Saturated Fat (g):	38g
Monounsaturated Fat (g):	102g
Polyunsaturated Fat (g):	70g
Cholesterol (mg):	213mg
Carbohydrate (g):	27g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	33mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 4g
 Sodium (mg): 2676mg
 Potassium (mg): 227mg
 Calcium (mg): 80mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 32mg
 Vitamin A (i.u.): 343IU
 Vitamin A (r.e.): 99RE

Grain (Starch): 0
 Lean Meat: 1/2
 Vegetable: 1
 Fruit: 1/2
 Non-Fat Milk: 0
 Fat: 44
 Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 2068 **Calories from Fat:** 1948

% Daily Values*

Total Fat 222g 341%
 Saturated Fat 38g 190%
Cholesterol 213mg 71%
Sodium 2676mg 111%
Total Carbohydrates 27g 9%
 Dietary Fiber 1g 3%
Protein 4g

Vitamin A 7%
Vitamin C 54%
Calcium 8%
Iron 9%

* Percent Daily Values are based on a 2000 calorie diet.