

Bleu Cheese Dressing

A delicious and versatile staple for dressing salads and dipping vegetables, chips and crackers. This recipe makes enough for a party dip container or several meals worth of salads, and can be multiplied to suit the occasion.

Tools

Nonreactive mixing bowl with at least one quart capacity
Rubber spatula
Quart refrigerator container

Ingredients

One recipe C
Splash red or white wine vinegar
Splash Worcestershire sauce
Freshly ground black pepper
8 oz. bleu cheese, crumbled
8 oz. container premium reduced fat sour cream (not nonfat)

Method

Put first three ingredients and a few twists of freshly ground black pepper in mixing bowl.
Stir to combine and let sit for a few minutes while you open the blue cheese and sour cream containers and crumble bleu cheese.
Put sour cream and crumbled bleu cheese into bowl. Stir until well combined.
Refrigerate overnight so the flavors meld and marry. Stir before using.

Variations

Substitute Roquefort or Stilton cheese for bleu.
Increase crushed garlic for wang.

Comments

Choose your sour cream wisely. The flavor and texture of of fresh, premium, organic sour cream is incredible. Your local specialty market is likely to be a good source for quality sour cream. If you're adventurous, make your own sour cream.

For stronger flavor: when combining cheese and sour cream with other ingredients, stir until the color of the sour cream starts darkening from pure white to blue (to taste). This dissolves more of the cheese into the sour cream.

Use within one week.

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