

5 Authentic Italian Dressings & Sauces

1. Italian Lemon Dressing (Citronette)

Prep: 5 min | Cook: 0 min | Total: 5 min | Servings: 6

Ingredients

- 1/3 cup (80 ml) extra virgin olive oil
- 3 tbsp (45 ml) fresh lemon juice
- 1/4 tsp sea salt
- 1/8 tsp black pepper

Instructions

1. Squeeze and strain fresh lemon juice.
2. Dissolve the salt in the lemon juice; add pepper.
3. Whisk in the olive oil slowly until lightly emulsified.
4. Serve immediately; whisk again if separated.

Nonna's tip: Use fresh lemon. Reduce lemon to 2 tbsp for a milder result.

2. Classic Italian Oil and Vinegar Dressing

Prep: 5 min | Cook: 0 min | Total: 5 min | Servings: 6

Ingredients

- 1/3 cup (80 ml) extra virgin olive oil
- 3 tbsp (45 ml) red or white wine vinegar
- 1/4 tsp sea salt
- 1/8 tsp black pepper (optional)

Instructions

1. Add vinegar and salt to a bowl; stir to dissolve.
2. Slowly whisk in olive oil; season with pepper if using.
3. Toss with dried salad greens and serve immediately.

Nonna's tip: Vinegar and oil can also be added directly to the salad, as often done in Italian homes.

3. Authentic Italian Salsa Verde

Prep: 15 min | Cook: 0 min | Total: 15 min | Servings: 8

Ingredients

- 2 packed cups (about 60 g) flat-leaf parsley leaves
- 1/3 cup (80 ml) extra virgin olive oil, plus more if needed
- 2 tbsp (30 ml) red wine vinegar
- 2 tbsp (about 20 g) capers, drained
- 3 anchovy fillets in oil, drained
- 1 small garlic clove
- 1 slice (about 30 g) day-old Italian bread, crust removed
- Up to 2 tbsp (30 ml) water
- Black pepper and salt if needed

Instructions

1. Soften bread in vinegar, adding a little water if necessary; squeeze lightly.
2. Wash and dry parsley; finely chop with garlic, capers and anchovies.
3. Mix with softened bread, or pulse briefly for a rustic texture.
4. Add olive oil gradually until thick and spoonable.
5. Season carefully; refrigerate 15-20 minutes before serving.

Nonna's tip: Taste before adding salt: anchovies and capers are already salty. Refrigerate promptly; use within 1-2 days.

4. Traditional Salmoriglio Sauce

Prep: 10 min | Cook: 0 min | Total: 10 min | Servings: 8

Ingredients

- 1/2 cup (120 ml) extra virgin olive oil
- 3 tbsp (45 ml) fresh lemon juice
- 2 tbsp (30 ml) warm water
- 1 tsp dried oregano
- 1 small garlic clove, minced
- 1 tbsp finely chopped parsley (optional)
- 1/4 tsp sea salt
- Black pepper to taste

Instructions

1. Mince the garlic finely.
2. Combine lemon juice, warm water, salt, pepper and oregano.
3. Slowly whisk in olive oil until lightly emulsified.
4. Add garlic and optional parsley; rest 5 minutes.
5. Spoon over freshly grilled fish, chicken or vegetables.

Nonna's tip: Do not boil this sauce. Refrigerate and use within 1-2 days.

5. Authentic Italian Pinzimonio

Prep: 15 min | Cook: 0 min | Total: 15 min | Servings: 6

Ingredients

- DIP: 1/3 cup (80 ml) extra virgin olive oil
- 1/4 tsp sea salt
- 1/8 tsp black pepper
- 1 tbsp (15 ml) lemon juice or wine vinegar (optional)
- VEGETABLES: 2 carrots; 2 celery stalks; 1 small fennel bulb
- 1 red bell pepper; 6 radishes; 1 small cucumber

Instructions

1. Wash and thoroughly dry the vegetables.
2. Cut carrots, celery, fennel, pepper and cucumber into sticks or wedges.
3. Combine olive oil, salt, pepper and optional lemon or vinegar in a small bowl.
4. Arrange vegetables on a platter and serve with the oil dip.

Nonna's tip: Serve vegetables cool and olive oil at room temperature. For sharing, use individual dipping bowls.