



Buttermilk Mint Dressing

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Medium mixing bowl
- Liquid measuring cup
- Measuring spoons
- Whisk
- Cutting board
- Kid-safe knife
- Citrus squeezer (optional)

Ingredients

Buttermilk Mint Dressing

- 1/4 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk) ****
- 1 tsp granulated sugar
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 lemon

□ 1 mint sprig

Food Allergen Substitutions

Buttermilk Mint Dressing

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Buttermilk Mint Dressing

measure + whisk

Measure and whisk **1/4 cup milk**, **1 teaspoon sugar**, **1/2 teaspoon salt**, and **1/2 teaspoon black pepper** in a medium mixing bowl.

slice + squeeze

Slice **1 lemon** in half and squeeze all the juice into the bowl of milk. This will make the milk turn into buttermilk. Stir the juice and milk together. The milk will start to separate if you let it sit too long, so be ready to toss this dressing on your salad right away.

tear + stir + drizzle

Finally, tear **1 sprig of mint leaves** into tiny shreds. Add the mint to your buttermilk mixture, stir a few times and drizzle over your **Incredible Iranian "Dooymaaj" Bread Salad!**