

Fresh Peach Salad Dressing: Sweet, Zesty & Unforgettable

Ready to turn a simple salad into something truly unforgettable? This



TIME
10 min

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INGREDIENTS

1/2 large ripe peach
1/4 cup extra virgin olive oil
1 tablespoon lemon juice (or white wine vinegar)
2 teaspoons honey
1/2 teaspoon sea salt

Swaps and Notes:

Peach: Use a fully ripe peach for the best flavor and natural sweetness. The riper, the better for this dressing! If peaches aren't in season, you can try using frozen peach slices (thawed) in a pinch, but fresh is truly superior.

Extra Virgin Olive Oil: A good quality extra virgin olive oil will add a pleasant fruity and peppery note.

Lemon Juice: Freshly squeezed lemon juice brightens the dressing and provides essential acidity. White wine vinegar is a good alternative if you prefer a different tang.

Honey: Honey adds a touch of sweetness and helps emulsify the dressing. Maple syrup can be used as a vegan alternative.

Sea Salt: Sea salt provides a clean, crisp saltiness that enhances all the flavors. Adjust to your taste.

Optional Additions: A tiny pinch of black pepper, a small sprig of fresh thyme, or a basil leaf can add an extra layer of complexity.

DIRECTIONS

1. Let's whip up this beautiful : Fresh Peach Salad Dressing!
2. Combine : Ingredients in Blender: Add the peach (pitted and roughly chopped), extra virgin olive oil, lemon juice (or white wine vinegar), honey, and sea salt to a blender or food processor.
3. Blend : Until Smooth: Blend on high until the mixture is completely smooth and creamy. Scrape down the sides as needed to ensure no chunks remain.
4. Taste and : Adjust: Taste the dressing and adjust the sweetness or salt if needed. If it's too thick, add a tiny bit more lemon juice or a splash of water. If you adjust, blend briefly again to incorporate.
5. Rest (Optional but Recommended): Let the dressing rest at room temperature for at least 10 minutes (or up to 30 minutes). This optional step allows the flavors to meld and intensify, making for an even more delicious dressing.
6. Serve: Drizzle your fresh peach dressing generously over your favorite fresh salads, grilled vegetables, or roasted chicken. Enjoy!

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TIPS FOR SUCCESS

Ripe Peach is KEY: The flavor of your dressing heavily relies on the quality and ripeness of your peach.

A super juicy, fragrant peach will yield the best results.

Taste and Adjust: Fruit sweetness can vary.

Always taste the dressing after blending and adjust the honey and salt to your preference.

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Original recipe: <https://chefmaniac.com/fresh-peach-salad-dressing-sweet-zesty-unforgettable/>