Cestari Introduces Homemade Salad Dressing Guidance for New Year Cooking

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As home cooks set resolutions to eat fresher and spend less in the new year, Cestari is drawing attention to a shift that supports both goals: preparing salad dressing at home rather than relying on bottled versions. Making dressing from scratch typically costs less per serving and avoids the preservatives and stabilizers common in commercial products, while giving cooks control over flavor and ingredients.

The approach centers on the Cestari borosilicate glass salad dressing shaker, a tool designed with a mixer insert that emulsifies oil and vinegar into a blend. Because the vessel is built from borosilicate glass, it resists staining and odor retention and withstands temperature changes, which allows it to serve beyond dressings. The same shaker handles marinades, pan sauces and brines, meaning a single tool can replace several single-purpose items on a counter.

The timing reflects a seasonal pattern. Interest in home cooking tends to rise in January as households reassess grocery budgets and eating habits after the holidays. Dressing made at home can be assembled in minutes and stored for several days, making it a low-effort entry point for cooks who want fresher meals without a major change in routine.

To help cooks get started, Cestari points to a simple French Dijon vinaigrette as a reference recipe. The formula combines three ounces of olive oil, one and a half ounces of lemon juice, half a tablespoon of red wine vinegar, half a tablespoon of Dijon mustard, half a portion of minced shallots, half a teaspoon of salt and an eighth of a teaspoon of white pepper. This ratio appears on the Cestari shaker bottles, allowing cooks to measure and mix directly in the vessel. From that base, cooks can adjust toward herbs, garlic or citrus, and easy vinaigrette recipes often grow from this single formula with minor variations.

"Most people assume dressing is complicated, but it comes down to a ratio and a good shake," said Susan MacDowell, spokesperson for Cestari. "The ratio printed on the bottle removes the guesswork. Someone can make a fresh batch in the time it takes to find the bottle in the refrigerator door."

MacDowell added that versatility is part of the design intent. "The goal was a vessel that earns its space," she said. "A cook can mix a vinaigrette at lunch and a marinade at dinner in the same shaker. That dual use is what makes home dressing stick as a habit rather than a one-time experiment."

The borosilicate construction also allows the shaker to move from counter to refrigerator and back, so leftover dressing can be stored and shaken again before the next meal. Cestari points to this cycle as a reason the method tends to last beyond the initial weeks of January, when many resolutions fade.

Cestari is a kitchenware company that designs and sells cooking and food preparation tools through its online catalog. Every Cestari tool is backed by a lifetime guarantee, reflecting the company's focus on durability. Beyond its product line, the company maintains a blog and news room offering recipes, kitchen techniques and industry information for home cooks.

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For more information about Cestari, contact the company here:CestariSusan MacDowell1-978-800-1013support@cestarikitchen.comCestari Kitchen451 King StreetLittleton MA 01460

Cestari

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Website: http://www.cestarikitchen.com

Email: support@cestarikitchen.com

Phone: 1-978-800-1013