

Savory Essentials

Sauces, Dressings and Dips

Twelve finishing touches for vegetables, grains and the shared table



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Lemon Tahini Dressing 5

Herby Yogurt Dip 7

Edition, use and support 8

Typeface license 9

Make this kitchen yours

A useful sauce changes how a familiar ingredient feels at the table. This development edition includes twelve separate preparations: creamy yogurt, crushed beans, roasted peppers, cooked mushrooms and several pourable dressings. Each has a clear role, but most can move between a salad bowl, a grain plate and a tray of vegetables. Begin with the measured acid and salt, then taste with the food you plan to serve; a spoonful alone may seem stronger than it does on a full plate. Add thinning water a little at a time so texture stays under your control. These original development drafts make small quantities and use ordinary refrigeration. Fresh herbs and garlic belong in promptly chilled sauces, and none of these preparations is intended for canning or long room-temperature storage.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lemon Tahini Dressing - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Tahini Dressing

About 3/4 cup | Prep: 10 minutes | Cook: 0 minutes

Ingredients

- 1/4 cup well-stirred tahini
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 small garlic clove, grated
- 1/4 teaspoon fine salt
- 1/4 cup water, plus up to 2 tablespoons if needed

Method

1. Whisk tahini, lemon juice, olive oil, grated garlic and salt in a bowl. The mixture may become thick at first; continue stirring until it is evenly blended.
2. Whisk in water a tablespoon at a time, stopping when the dressing falls from a spoon in a smooth ribbon. Add the extra water only if the tahini remains unusually thick.

3. Taste on a piece of the vegetable or grain you plan to dress. Transfer to a covered jar and refrigerate, or spoon a small amount over the meal immediately. Stir again after chilling before pouring.

Cook's tip

Tahini separates in the jar; stir from the bottom before measuring so the dressing is balanced.

Substitution

Use smooth sunflower seed butter instead of tahini; its flavor will be different but the method works.

Storage

Refrigerate covered at 40°F or below within 2 hours. Use within 3 days; keep toppings separate.

Ingredient allergen notes

Sesame

Herby Yogurt Dip

About 1 1/4 cups | Prep: 15 minutes | Cook: 0 minutes

Ingredients

- 1 cup plain Greek yogurt
- 2 tablespoons chopped dill
- 1/4 cup chopped parsley
- 1 tablespoon lemon juice
- 1 small garlic clove, grated
- 1/4 teaspoon fine salt
- 1/8 teaspoon black pepper

Method

1. Wash herbs, dry well and chop finely, removing tough stems. Combine yogurt, dill and parsley in a bowl with enough space for thorough stirring.
2. Add lemon juice, grated garlic, salt and black pepper. Fold until herbs are evenly dispersed, scraping the bowl sides and bottom once.
3. Cover and refrigerate 20 minutes if time permits, allowing flavors to mingle; chilling is additional to active preparation. Stir before serving and taste with a vegetable or cracker. Portion into a small serving bowl while keeping the remainder chilled.

Cook's tip

Dry herbs well after washing so they do not loosen the dip or create a watery surface.

Substitution

Replace dill with chopped chives, or use thick plain dairy-free yogurt and check its ingredient label.

Storage

Refrigerate covered at 40°F or below within 2 hours. Use within 3 days; keep toppings separate.

Ingredient allergen notes

Milk

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Give vegetables and grains a finishing touch

A sauce changes the way a meal comes together, but its thickness and seasoning need to suit the food beneath it. *Sauces, Dressings and Dips* offers twelve fresh dips, spoonable sauces, and dressings with clear consistency cues. Whisk water gradually into tahini, build a mushroom sauce in the skillet, or blend carrots and ginger into a finely textured dressing. Learn to taste each finish with its intended food and to keep fresh sauces cold between uses. *Junction Table* by CrownThrive, LLC gives you small, useful preparations that can become part of your cooking routine, from a quick tomato sauce to a bean dip or green seed sauce.

- Whisk water into lemon tahini until the dressing falls in a smooth ribbon.
- Brown mushrooms, cook flour, and add broth gradually for a pan sauce.
- Blend finely chopped carrot and ginger into a pourable dressing.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Carrot Ginger Dressing

AI-generated realistic food artwork