

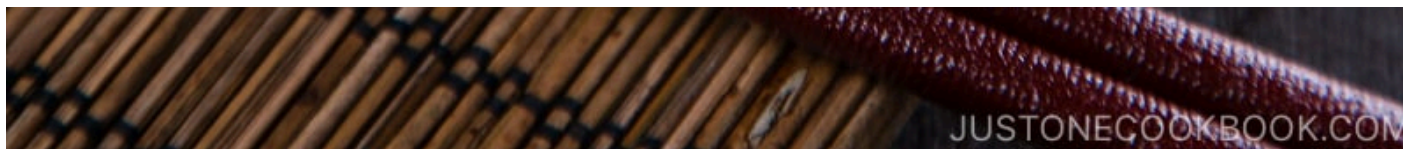
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Wafu Dressing (Japanese Salad Dressing) 和風ドレッシング

[Jump to Recipe](#)[10 minutes](#)[68 comments](#)[4.58 from 175 votes](#)Author: [Namiko Hirasawa Chen](#) · Published: Oct 14, 2011 · Updated: Jul 6, 2024

Try my simple and refreshing Japanese-style vinaigrette called Wafu Dressing. It's a versatile and delicious homemade Japanese salad dressing that pairs well with any type of salad combo. You can make it at home in just 10 minutes!





Today, I'm sharing a reader recipe request for my Japanese salad dressing called **Wafu Dressing**. *Wafu* (和風) means Japanese-style. You might have heard another Japanese food term that starts with “wa” and that is *wagyu* (和牛), which means Japanese beef. *Washoku* (和食) means a Japanese meal and *wagashi* (和菓子) means a Japanese confectionery.



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What is Wafu Dressing?

Generally, **wafu dressing** (和風ドレッシング) is a Japanese-style salad dressing made with vegetable oil, rice vinegar, and soy sauce. Japanese home cooks each have their own recipe for it. I add grated onion to my version to make it extra flavorful.

I drizzle this vinaigrette on a simple wafu salad of hand-torn iceberg lettuce topped with tomatoes, boiled egg, *wakame* (seaweed), cucumbers, and red radishes. You also could try it on any cooked or raw salad, a noodle salad with soba noodles, or your favorite mix of lettuces.

There are so many kinds of wafu dressing choices available in Japanese supermarkets. In my opinion, dressing made from scratch is superior because it has no MSG or preservatives. Also, I love that you can adjust the taste as you wish. The ingredients and condiments are very typical for a Japanese kitchen, so I hope you will give this recipe a try!



Ingredients You'll Need

This Japanese dressing comes together in just 10 minutes. Simply combine the ingredients in a bowl or mason jar and whisk:

- **grated onion** — my special ingredient for extra flavor!
- **neutral oil** — for a variation, you can replace with olive oil or your favorite type; replace some of it with sesame oil to make Chinese-style dressing called ***chuka dressing*** (中華ドレッシング)
- **Japanese soy sauce**
- **Japanese rice vinegar (unseasoned)**
- **sugar** — I use granulated sugar; feel free to experiment with other sweeteners like brown sugar
- **freshly ground black pepper**
- **toasted white sesame seeds**

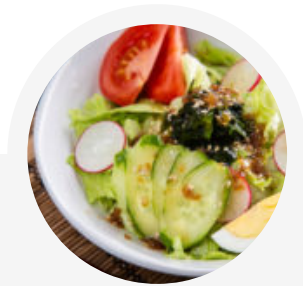
This versatile salad dressing keeps for 7–10 days in the refrigerator. Make a big batch in a blender and use it in your menu throughout the week!



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Wafu Dressing (Japanese Salad Dressing)

★★★★★ 4.58 from 175 votes

Try my simple and refreshing Japanese-style vinaigrette called Wafu Dressing. It's a versatile and delicious homemade Japanese salad dressing that pairs well with any type of salad combo. You can make it at home in just 10 minutes!

PRINT

PIN

PREP TIME:
10 mins

TOTAL TIME:
10 mins

SERVINGS: **3**

Tap or hover to scale the recipe!

INGREDIENTS


US Customary

Metric

1x

2x

3x

- ☐ 1 Tbsp **grated onion** (I use a [ceramic grater](#) )
- ☐ 3 Tbsp [neutral oil](#)
- ☐ 3 Tbsp [soy sauce](#)
- ☐ 3 Tbsp [rice vinegar \(unseasoned\)](#)
- ☐ 1 Tbsp **sugar**
- ☐ **freshly ground black pepper**
- ☐ 1 tsp [toasted white sesame seeds](#)

***Japanese Ingredient Substitution:** If you want substitutes for Japanese condiments and ingredients, click [here](#).*



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INSTRUCTIONS



- 1** Combine all the ingredients in a bowl or mason jar and whisk everything together. Drizzle on top of a simple salad. Here, I prepared hand-torn iceberg lettuce topped with tomatoes, boiled egg, wakame, cucumber, and red radish.



To Store

- 1 Keep the dressing in an airtight container and store in the refrigerator for 7–10 days.

NUTRITION

Calories: 159 kcal · **Carbohydrates:** 6 g · **Protein:** 2 g · **Fat:** 14 g ·
Saturated Fat: 2 g · **Polyunsaturated Fat:** 8 g · **Monounsaturated Fat:** 3 g · **Trans Fat:** 1 g · **Sodium:** 961 mg · **Potassium:** 8 mg · **Fiber:** 1 g ·
Sugar: 4 g · **Vitamin A:** 1 IU · **Vitamin C:** 1 mg · **Calcium:** 8 mg · **Iron:** 1 mg

Author: Namiko Hirasawa Chen **Course:** Condiments **Cuisine:** Japanese **Keyword:** dressing

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Update: The post was originally published on October 14, 2011. The photos are updated in November 2013.

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About Namiko Hirasawa Chen

I'm Nami, the recipe developer and founder of Just One Cookbook. I was born and raised in Yokohama, Japan, and now live in San Francisco with my family. Here, you will find easy and authentic Japanese recipes you'll love and enjoy!

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68 COMMENTS



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Don

🕒 4 months ago

Where does the 1g trans fat come from??

👍 0

↩ Reply

Naomi (JOC Community Manager)

Admin

🗨 Reply to Don 🕒 4 months ago

Hi Don! Thank you for reading Nami's post.

The exact amount of trans fat in your oil will depend on the type of oil you're using. So please use our data as a reference. However, please note that our data calculates trans fat based on a database, which means that a small amount of trans fat may be automatically rounded up to 1 g.

 0  Reply**Shirley** 1 year ago

This was soooo delicious! Tastes just like what one gets at a Japanese restaurant!

★★★★★

 0  Reply**Naomi (JOC Community Manager)** Admin Reply to [Shirley](#)  1 year ago

Hi Shirley! Thank you so much for trying Nami's recipe and for your kind feedback!
We are so happy to hear that you enjoyed her recipe. Happy Cooking! 😊

 0  Reply**Marlene** 1 year ago

Hi. Can't wait to make this. What kind of onion should I use? Should it be sweet like Vidalia? Does it make a difference? Thank you in advance!

 0  Reply**Naomi (JOC Community Manager)** Admin Reply to [Marlene](#)  1 year ago

Hi Marlene! Thank you for trying Nami's recipe!
Yes! Sweet or yellow onions work well, but any onion will do. The flavor will vary depending on the type of onion used.
We hope this was helpful!

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