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# Carrot Ginger Dressing にんじん ドレッシング

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Author: Namiko Hirasawa Chen · Published: Apr 23, 2020 · Updated: Jul 17, 2024

*If you enjoy the salad dressing served at Japanese restaurants, this delicious Carrot Ginger Dressing recipe is for you. Seasoned with miso, rice vinegar, and sesame oil, this sweet-tangy dressing will zest up your salad. It's a light and refreshing addition to any meal.*





Many Japanese restaurants in the U.S. serve a salad with either **Sesame Dressing** or **Carrot Ginger Dressing** (にんじんドレッシング). While the sesame dressing is creamy and mild, this carrot ginger dressing is light and refreshing with a kick of ginger. My homemade recipe tastes just like the restaurant version. If you're a fan of this dressing, I hope you give it a try!

## Why You'll Love Carrot Ginger Dressing

- **Easy and quick to make** – It's ready in just 10 minutes.

- **Tastes just like Japanese restaurant dressing** that you love. Maybe better!
- **Healthier than store-bought** – You can control the ingredients when you make it homemade.
- **Versatile** – Works great in any salad combination.
- **Bright, refreshing, and zingy** – Just look at the color!



## Ingredients You'll Need for Carrot Ginger Dressing

If you cook Japanese dishes, you will likely have these 10 ingredients in your pantry and refrigerator.

- **carrot**
- **onion**
- **fresh ginger**
- **Japanese rice vinegar** – for an authentic taste, please use unseasoned **rice vinegar** because it is much milder in flavor than other vinegars; in a pinch, you can substitute diluted white wine vinegar or apple cider vinegar mixed with some sugar
- **neutral oil** – includes avocado oil, untoasted sesame oil, rice bran oil, canola oil, refined safflower oil, sunflower oil, vegetable oil, refined olive oil, grapeseed oil or peanut oil
- **toasted sesame oil**
- **miso** – I use mellow and mild white miso
- **sugar**
- **salt**
- freshly ground **black pepper**

## Blend It Fast In a Food Processor

Using a food processor to blend the ingredients makes it easier to create a smooth texture and cuts down on prep time and total time!



Process until the dressing is completely smooth. Taste the dressing and adjust the seasoning with salt. If it's too sour, add a bit more sugar. You can add water to thin it to your desired consistency. However, I don't add water so the dressing will keep longer.

I use my [Cuisinart Food Processor](#) that I have had for years, but if you have a high-powered home blender such as [Vitamix](#), it will work really nicely, too.





Shake well and serve over a green salad. Here, I drizzle a tablespoon or two of this Japanese carrot ginger dressing over a salad of iceberg lettuce, cucumber slices, and tomatoes.

## How to Store Carrot Ginger Dressing

You can store this homemade dressing in an airtight container like a mason jar for up to 1 week in the refrigerator. I recommend pouring out what you want to use in another serving dish and putting the rest of the ginger carrot dressing back in the refrigerator right away. That way, you can keep it for up to 2 weeks. Shake well before you use it.

## More Delicious Japanese Salad Dressings

- [Miso Dressing](#)
- [Sesame Dressing](#)
- [Wafu Dressing\\_\(Japanese Salad Dressing\)](#)
- [A Million-Dollar Japanese Onion Dressing](#)



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## Carrot Ginger Dressing

★★★★★ 4.86 from 245 votes

If you enjoy the salad dressing served at Japanese restaurants, this delicious Carrot Ginger Dressing recipe is for you. Seasoned with miso, rice vinegar, and sesame oil, this sweet-tangy dressing will zest up your salad. It's a light and refreshing addition to any meal.

PRINT

PIN

PREP TIME:

10 mins

TOTAL TIME:

10 mins

**SERVINGS:** 6 (roughly 1½ cups per batch)

*Tap or hover to scale the recipe!*

## INGREDIENTS

US Customary

Metric

1x

2x

3x

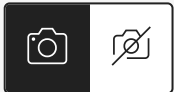
- ☐ 1 **carrot** (4.8 oz, 135 g)
- ☐ ¼ **onion** (2.5 oz, 70 g)
- ☐ 1 knob **ginger** (1 inch, 2.5 cm; 0.6 oz, 17 g; use young/spring ginger for a milder taste, preferably)
- ☐ 1½ Tbsp **sugar**
- ☐ 1 Tbsp **miso** (use white miso for a mild, mellow taste)
- ☐ ¼ tsp **Diamond Crystal kosher salt** (to taste)

- ☐ **freshly ground black pepper** (to taste)
- ☐ 1 tsp **toasted sesame oil**
- ☐ ½ cup **rice vinegar (unseasoned)** (rice vinegar is mild; DO NOT substitute it with other vinegars as they are too acidic and strong)
- ☐ ¼ cup **neutral oil**

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

☐ **Cook Mode** Prevent your screen from going dark

## INSTRUCTIONS



- 1** Gather all the ingredients.



- 2** Peel **1 carrot** and chop it into ½- to 1-inch (1.25- to 2.5-cm) pieces.



3 Chop  $\frac{1}{4}$  **onion** into 1-inch (2.5-cm) pieces.



4 Peel **1 knob ginger** and slice into small pieces. Put all the chopped vegetables into a food processor.



5 Purée until fine and smooth.



- 6** To the food processor, add **1½ Tbsp sugar**, **1 Tbsp miso**, **¼ tsp Diamond Crystal kosher salt**, and **freshly ground black pepper**.



- 7** Add **1 tsp toasted sesame oil**, **½ cup rice vinegar (unseasoned)**, and **¼ cup neutral oil**.



- 8** Process again until the dressing is completely smooth. Taste the dressing and adjust the seasoning with salt. If it's too sour, add a bit more sugar. If you prefer the dressing to be lighter, add water to thin it (I don't add water so the dressing will keep longer).



## To Serve

- 1 Shake well and serve over a green salad (here, I have iceberg lettuce, cucumber slices, and tomatoes).



## To Store

- 1 You can store the dressing in an airtight container or mason jar for up to 1 week. If you take out the portion you need and put the dressing back into the refrigerator right away, it will keep for up to 2 weeks. Or, you can store it in the freezer for up to a month.

## NUTRITION

**Calories:** 121 kcal · **Carbohydrates:** 7 g · **Protein:** 1 g · **Fat:** 10 g ·  
**Saturated Fat:** 8 g · **Sodium:** 170 mg · **Potassium:** 96 mg · **Fiber:** 1 g ·  
**Sugar:** 5 g · **Vitamin A:** 3792 IU · **Vitamin C:** 2 mg · **Calcium:** 13 mg · **Iron:**  
1 mg

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

**Keyword:** carrot, dressing, ginger, miso, salad

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Instagram **@justonecookbook** [📷](#)!

**Editor's Note:** This post was originally published on Mar 23, 2014. The post has been updated with new images and step-by-step images in April 2020.

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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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158 COMMENTS



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LENA

🕒 11 days ago

OMG SO GOOD. TOO EASY!!100% BETTER THAN MOST RESTAURANT





0



Reply

**Naomi (JOC Community Manager)**

Admin

Reply to [LENA](#) 9 days ago

Hi LENA! Aww. We are so happy to hear that you enjoyed this recipe as much as we do!  
Thank you for trying Nami's recipe and for your kind feedback.  
Happy Cooking!



0



Reply

**Jane Meyer**

3 months ago

This is amazing! Fast. Easy. Better than what you get at restaurants. Thank you!!



0



Reply

**Naomi (JOC Community Manager)**

Admin

Reply to [Jane Meyer](#) 2 months ago

Hello, Jane! Awesome! We're so glad you enjoyed Nami's dressing recipe!  
We hope you enjoy the other dressing recipes as well. Happy cooking! 😊  
<https://www.justonecookbook.com/#search/q=dressing>



0



Reply

**Katrina**

3 months ago

I used red miso paste because that's all I can get nearby (I live in a very rural place). I halved the amount in the recipe and it tastes great! The dressing isn't as brightly colored though since red miso is so much darker. I just wanted to leave this comment here in case anyone else is only able to find red miso paste.



0



Reply

**Katrina**Reply to [Katrina](#) 3 months ago

I meant to add: this dressing is so good I had to stop myself from just eating it with a spoon. Thanks for the amazing recipe!!!!



0



Reply

**Naomi (JOC Community Manager)** AdminReply to [Katrina](#) 3 months ago

Hi, Katrina! Aww. 🥰 Nami and all of us at JOC are happy to hear you enjoyed the dressing. Thank you very much for your kind words and for sharing your experience with us!



0



Reply

**Patrick M**Reply to [Katrina](#) 2 minutes ago

Thank you for this tip! I also only have the red miso paste but wanted to try this recipe.



0



Reply

**Khall**

4 months ago

I love this recipe and really appreciate that you included weights for the fresh ingredients.



1



Reply

**Naomi (JOC Community Manager)** AdminReply to [Khall](#) 4 months ago

Hello, Khall. Thank you very much for your kind feedback! It means a lot to us. Happy cooking! 😊



0



Reply

**Maya**

6 months ago

This was SO tasty and tastes identical to the stuff at restaurants! And very easy too now that I finally got a food processor. Thank you Nami-san!



0



Reply

**Naomi (JOC Community Manager)** AdminReply to [Maya](#) 6 months ago

Hi Maya! Thank you so much for trying Nami's recipe!

We are so happy to hear you enjoyed her recipe.

Happy Cooking!

👍 0

➡ Reply

**yogi**

🕒 7 months ago

This looks just like the dressing that was served at a Japanese Hot Pot restaurant — w/ cabbage. I loved it. You provide nutrition info. What is the serving size for that data?

👍 0

➡ Reply

**Naomi (JOC Community Manager)** Admin

🗨 Reply to [yogi](#) 🕒 7 months ago

Hi, yogi! Thank you for reading Nami's post.

This recipe yields roughly 6 servings, with each serving equivalent to around 7 tablespoons.

We hope this helped!

👍 0

➡ Reply

**Anne**

🕒 1 year ago

so good and easy and keeps great in the fridge. a staple for me!

★★★★★

👍 0

➡ Reply

**Naomi (JOC Community Manager)** Admin

🗨 Reply to [Anne](#) 🕒 1 year ago

Hi Anne! Thank you so much for trying Nami's recipe and for your kind feedback!

We are so happy to hear you enjoyed her recipe. Happy Cooking! 😊

👍 0

➡ Reply

**John H**

🕒 1 year ago

This dressing is A+.

Prepare this. Use it throughout the week. Live a happy life. Convince your loved ones that they too love eating healthy salads.



0



Reply

**Naomi (JOC Community Manager)**

Admin

Reply to [John H](#) 1 year ago

Hello, John! Thank you very much for your A+ rating. 😊

Nami and the rest of us at JOC are overjoyed that you enjoyed the homemade dressing.

Happy Cooking!



0



Reply

## Speedwell

2 years ago

I made this on a whim on a hot day because I had a fist-sized chunk of daikon and wanted to julienne it into a salad. All I had to do was slice up a baby gem lettuce, grate the daikon on the big holes, chop up half a red pepper, and make this dressing. I'm disabled and it was so easy. Of course my own two-year homemade miso (too mature for a white miso, just on the light side of red) played a great supporting role, haha. I will have to make my next batch early to get a head start on how many times I want to make this dressing in the future. Fresh > store shelf every time!



0



Reply

**Naomi (JOC Community Manager)**

Admin

Reply to [Speedwell](#) 2 years ago

Hi Speedwell, Thank you very much for reading Nami's post and trying her recipe!

We are so happy to hear you enjoyed Carrot Ginger Dressing with homemade Miso! Homemade is the best! ☺

Happy Cooking!



0



Reply

## Jen

2 years ago

I recently visited Hawaii, and one of the dishes I fell in love with during my visit was carrot dressing over a bed of shredded carrots, and topped with crushed macadamia nuts. Your recipe takes me back to Hawaii – sitting in my hotel room after a day of swimming in the ocean and biting into a refreshing carrot salad.

Thank you for providing this wonderful recipe. I have already made this dressing twice, and it's perfect just the way it is.

★★★★★

 Last edited 2 years ago by Jen

 0  Reply

**Naomi (JOC Community Manager)** Admin

 Reply to [Jen](#) ⌚ 2 years ago

Hi Jen! Aww🥰. We are so happy to hear this Dressing brings you back your good memory. Thank you very much for trying Nami's recipe and for sharing your story!

 0  Reply

**Dana**

⌚ 2 years ago

This dressing is so easy and SOOO good!!! I love your stuff!<3 Thank you!

★★★★★

 0  Reply

**Naomi (JOC Community Manager)** Admin

 Reply to [Dana](#) ⌚ 2 years ago

Hi Dana! Aww. Thank you very much for your kind words! We are so happy to hear you enjoyed Nami's Carrot Ginger Dressing recipe. 😊

 0  Reply

**Jham**

⌚ 2 years ago

I loved Salad i want to taste different salads, this time i craved japanese food, and i got lucky to found this salad recipes of japan. if i get all the ingredients i need for this i will make it today so excited. Thank you for sharing this wonderful recipe, I am looking forward to see more such type of recipe.

 0  Reply

**Naomi (JOC Community Manager)** Admin

 Reply to [Jham](#) ⌚ 2 years ago

Hi Jham! Thank you very much for your kind words!

We hope you enjoy many homemade Japanese dressings.

Here are 10 Easy Japanese Salad Dressings to Know by Heart for you!

<https://www.justonecookbook.com/easy-japanese-salad-dressings/>

👍 0

↩ Reply

### LD Lawrence

🕒 2 years ago

Such a delicious dressing! I made it exactly as written. Was super lucky that I had young tender ginger on hand but even with older ginger it would still be a huge hit. Sooooo good! Thank you!

👍 0

↩ Reply

**Naomi (JOC Community Manager)**

Admin

💬 Reply to [LD Lawrence](#) 🕒 2 years ago

Hi LD Lawrence! Nami and JOC team are so happy to hear you enjoyed the Homemade Carrot Ginger Dressing recipe!

Thank you very much for trying her recipe and for your kind feedback.

👍 0

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