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10 Easy Japanese Salad Dressings to Know by Heart

[Jump to Recipe](#)[40 comments](#)[5 from 5 votes](#)Author: [Namiko Hirasawa Chen](#) · Published: Aug 1, 2024

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These easy Japanese salad dressings are what you need to upgrade your next salad! From carrot ginger dressing to classic Japanese wafu dressing, and no-fuss sesame dressing, they are bright, bold, and impressively versatile. Each recipe deserves to be known by heart!



EASY JAPANESE SALAD DRESSINGS

JUSTONECOOKBOOK.COM





Salad dressings are essential standbys for any home cooks. In the case of Japanese salads, it's the dressings that define even the most ordinary combination of vegetables, proteins, seeds, and grains. We love them for all of these elements: salty against sweet, tanginess moderating the richness of oil, and unexpected spark from umami ingredients.

Here, we've put together **10 Easy Japanese Salad Dressings** that we know you'll fall in love with. Each offers endless possibilities and enhances salads, noodles, or rice bowls. Best of all, the ingredients are pantry staples, making these dressings surprisingly easy to prepare at home.

Memorize them, and you'll always have a perfect accompaniment for your bento lunch box, wafu pasta, or late-night dinner!

10 Easy Japanese Salad Dressing Recipes

1. Wafu Dressing



Made with soy sauce, rice vinegar, roasted sesame seeds, and grated onion, this versatile wafu dressing pairs well with any salad combination you can think of. Use coconut amino or tamari for gluten-free substitutes. You'll love how it delivers amazing flavors with subtlety. I enjoy it on a simple salad of romaine (or iceberg), cucumber, and radish topped with hard-boiled eggs.

2. Carrot Ginger Dressing



Wondering how to recreate the dressing served over a lettuce salad at your favorite sushi or hibachi restaurant? This Carrot-Ginger Dressing recipe is for you! It's as easy as combining carrot, fresh ginger, miso, sesame oil, sugar, vinegar, and salt in a food processor or blender and blending until smooth.

The result? A salad dressing that tastes even better than what you get at Japanese restaurants!

3. Miso Dressing



Thanks to miso paste, the superstar condiment in Japanese cuisine, this miso dressing is guaranteed to enliven any salad with its umami complexity. It also pairs beautifully as a sauce tossed with your noodle salad!

4. Sesame Dressing



Good Japanese dressing is all about the balancing act. For this homemade sesame dressing, you can easily achieve that by adjusting the ingredients to suit your palate. If you prefer a more tangy taste, use more rice wine vinegar. If you prefer a creamier texture, add in a bit more mayo.

5. Sesame Ponzu Dressing



Ponzu is a citrus-based soy sauce packed with umami. You can use the ready-made bottle or make your own ponzu sauce at home. Full of flavor yet incredibly refreshing, this sesame ponzu dressing is something you wouldn't want to miss out on! It's not only amazing as a salad dressing but also as a great sauce for tossing with soba noodles, tofu, or meatballs.

6. Ponzu Mayonnaise Dressing



Ponzu and Japanese mayonnaise make the perfect blend for a creamy salad dressing. It's especially delicious in Japanese kani salad (crab salad), but you can certainly use this dressing with any other salad combination.

7–10. 4 Basic Japanese Salad Dressings



These are the 4 super basic salad dressings you'll encounter in Japan: Italian salad dressing, French salad dressing, shoyu (soy sauce) dressing, and chuka (Chinese-style) dressing. They require very basic ingredients from your pantry, such as good-quality olive oil (or vegetable oil or canola oil), vinegars, sugar, salt, and pepper. Feel free to amp them up by adding garlic or ginger as you see fit.

Each salad dressing takes only minutes to whisk together, and they store well in the fridge (mason jars are the best!) for at least a week. These are go-to recipes for Japanese home cooks.



Looking for Salad Recipes and Inspirations?

- [Japanese Potato Salad](#)
- [Japanese Cucumber Salad \(Sunomono\)](#)
- [Harusame Salad \(Japanese Glass Noodle Salad\)](#)
- [Japanese Macaroni Salad](#)
- [Steak Salad with Shoyu Dressing](#)



10 Easy Japanese Salad Dressings

★★★★★ 5 from 5 votes

From carrot ginger dressing to classic Japanese wafu dressing to no-fuss sesame dressing, there are the popular Japanese salad dressings you'll enjoy making at home.

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INGREDIENTS

- ☐ [Wafu \(Japanese-Style\) Dressing](#)
- ☐ [Carrot Ginger Dressing](#)
- ☐ [Miso Dressing](#)
- ☐ [Sesame Dressing](#)
- ☐ [Sesame Ponzu Dressing](#)
- ☐ [Ponzu Mayonnaise Dressing](#)
- ☐ [4 Basic Japanese Salad Dressings](#)

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



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INSTRUCTIONS

- 1 Select the salad dressing recipes you want to make from the list above.
- 2 Follow the detailed instruction in each post (tips and substitutions included).
- 3 Make and enjoy the dressings! For easy storage, keep the dressing in a mason jar.
- 4 Do you have a favorite? Share in the comment box below!

Author: Namiko Hirasawa Chen

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

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15 Easy Japanese Salad Recipes



Apple Walnut Salad

★ 4.70 from 13 votes



Arugula Salad with Fennel and Navel Orange (Video)

★ 4.80 from 5 votes



Asian Coleslaw with Sesame Dressing

★ 4.67 from 177 votes



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!

LEARN MORE ➤

Introducing JOC Goods

JOC Goods, our new online shop, offering Japanese tableware and kitchenware, is now open. It is a natural extension of Just One Cookbook's mission to teach home cooks how to prepare and enjoy delicious Japanese meals. We believe that beautifully plated food can bring joy and happiness to people's lives.



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40 COMMENTS



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Rubirosa Navarro Guzman

 2 months ago

Hi, i am Ruby Guzman, I love watching your videos on how to make salad dressing and japanese, dishes, please kindly send me more recipes on how to make japanese vegetable salads and dressings and dishes. Thank you so mch

 0  Reply

Naomi (JOC Community Manager) Admin

 Reply to [Rubirosa Navarro Guzman](#)  2 months ago

Hello Ruby, Thank you for your kind words and your interest in Nami's recipes and videos!
You can find a variety of recipes on Nami's website by using the recipe filter. Please click on the

following link and select the desired option at the top of the page.

<https://www.justonecookbook.com/recipes/>

We also recommend signing up to receive Nami's weekly newsletter, where she shares the latest recipe and more. You can find the sign-up option at the bottom of the website page.

Thank you for your love and support!

👍 0

↩ Reply

John Marshall

🕒 3 years ago

I'm always looking for a better salad dressing than just the usual Italian or French. These are brilliant. Shall be using them all without a doubt. Thank you. John M (in the UK)

👍 1

↩ Reply

Naomi (JOC Community Manager) Admin

💬 Reply to [John Marshall](#) 🕒 3 years ago

Hi John! Thank you very much for your kind feedback!

Nami and JOC team are so happy to hear you enjoyed Nami's salad dressing recipes! 😊 Happy Cooking!

👍 1

↩ Reply

Saki Naomi Moore

🕒 3 years ago

Nami-San, I really enjoy reading your emails. My mother was Japanese and I really miss her cooking but your recipes brings back a taste of home. Arigato gozaimasu Nami- san

👍 0

↩ Reply

Namiko Hirasawa Chen Author

💬 Reply to [Saki Naomi Moore](#) 🕒 3 years ago

Hi Saki-san! Thank you so much for your kind words! I'm glad to hear my recipes remind you of your mom's cooking. Hope you enjoy cooking Japanese food at home! x

👍 0

↩ Reply

Rose Nakamiyo

🕒 3 years ago

I love these dressing recipes. My favorite is wadi Nd miso. I'm excited to try them all. Thank you

 0  Reply

Naomi (JOC Community Manager)

Admin

 Reply to [Rose Nakamiyo](#) ⌚ 3 years ago

Hi Rose, Thank you for reading Nami's post!

We hope you find your favorite one from this post. 😊

 0  Reply

Connie Labutap

⌚ 4 years ago

I love dressings

 0  Reply

Naomi (JOC Community Manager)

Admin

 Reply to [Connie Labutap](#) ⌚ 4 years ago

Hi Connie, Thank you very much for your feedback! We hope you find your favorite dressing from our site!

 0  Reply

Frankie

⌚ 4 years ago

Thank you for doing this! I've been looking for the simplest Japanese salad dressing and never found its name till you wrote this article. I had a tiny recipe book on salads and I lost it.

Wafu has always been a hit in my family but we moved on to other dressings since then. Now it's gonna make a come back!!!!

 0  Reply

Naomi (JOC Community Manager)

Admin

 Reply to [Frankie](#) ⌚ 4 years ago

Hi Frankie, We are glad to hear you enjoy this post! We hope these recipes can be the replacement for your lost recipe book. Thank you very much for your kind feedback!

 0  Reply

Judith Edwards

🕒 4 years ago

Had a salad dressing years ago in a small diner in Japan. It was the best and have never forgotten it. All I do remember is that it was a light green in color. Sure would love to know what it was. I lived in Japan for 2 years.

👍 0 ➡ Reply

Naomi (JOC Community Manager)

Admin

🗨️ Reply to [Judith Edwards](#) 🕒 4 years ago

Hi Judith!

It's not very common to see a light green dressing, so we assume it's housemade. Was it like parsley, green onion, or wasabi taste? When we search "green dressing," here's what we find online:

[https://www.google.com/search?](https://www.google.com/search?q=%E7%B7%91%E8%89%B2%E3%81%AE%E3%83%89%E3%83%AC%E3%83%83%E3%82%B7%E3%83%B3%E3%82%B0&rlz=1C5CHFA_enUS727US727&source=lnms&tbm=isch&sa=X&ved=2ahUKEwj2Knc0MbsAhXXqp4KHayMCo4Q_AUoAXoECAwQAw&biw=1371&bih=1027)

[q=%E7%B7%91%E8%89%B2%E3%81%AE%E3%83%89%E3%83%AC%E3%83%83%E3%82%B7%E3%83%B3%E3%82%B0&rlz=1C5CHFA_enUS727US727&source=lnms&tbm=isch&sa=X&ved=2ahUKEwj2Knc0MbsAhXXqp4KHayMCo4Q_AUoAXoECAwQAw&biw=1371&bih=1027](https://www.google.com/search?q=%E7%B7%91%E8%89%B2%E3%81%AE%E3%83%89%E3%83%AC%E3%83%83%E3%82%B7%E3%83%B3%E3%82%B0&rlz=1C5CHFA_enUS727US727&source=lnms&tbm=isch&sa=X&ved=2ahUKEwj2Knc0MbsAhXXqp4KHayMCo4Q_AUoAXoECAwQAw&biw=1371&bih=1027)

If you know the restaurant name, we can look it up for you. 😊

👍 0 ➡ Reply

Marsha

🕒 4 years ago

Love the salad dressings. Easy to make , looks good. Thank you

👍 0 ➡ Reply

Naomi (JOC Community Manager)

Admin

🗨️ Reply to [Marsha](#) 🕒 4 years ago

Hi Marsha,

Thank you so much for trying recipes and for your kind feedback!

👍 0 ➡ Reply

Etsuko evkman

🕒 4 years ago

I am checking your e mails to find out if easy to use or not to find the receipt
But seems hard advice me what I can do easily

I was trying to find the carrot recipe
But cant.

👍 0 ➡ Reply

Namiko Hirasawa Chen Author

💬 Reply to [Etsuko evkman](#) ⌚ 4 years ago

Hi Etsuko! Is that carrot salad or carrot dressing?

<https://www.justonecookbook.com/carrot-ginger-dressing/>

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

You can use a search box on top of my blog to search “carrot” or use the recipe filter:

<https://www.justonecookbook.com/recipes/>

👍 0 ➡ Reply

Margaret Yu

⌚ 4 years ago

Thank you so much for all Japanese Salad Dressing, try to make some this weekend.

👍 0 ➡ Reply

Namiko Hirasawa Chen Author

💬 Reply to [Margaret Yu](#) ⌚ 4 years ago

Hi Margaret! Hope you enjoy the recipe! 😊

👍 0 ➡ Reply

Marina Shojinaga

⌚ 4 years ago

Hi Nami-san,

For your ponzu sauce, I see you use lemon. If I substitute the lemon for yuzu, should I use the same amount?

Thanks for posting so much useful information! When I was a child, my bachan would show me her recipes, but my mother never shared any of hers. I'm glad I've found you as such a valuable resource!

Arigato!

👍 0 ➡ Reply

Namiko Hirasawa Chen

Author

Reply to [Marina Shojinaga](#) 4 years ago

Hi Marina! Yes, if you have yuzu that's great! Yuzu is slightly fruitier and sweeter but still can use the same amount. I'm glad you enjoy cooking Japanese food at home!

0

Reply

Tom Champion

5 years ago

Miso butter cookies are so good. Far more flavor than Scottish shortbread.

0

Reply

Namiko Hirasawa Chen

Author

Reply to [Tom Champion](#) 5 years ago

Hi Tom! I'm so glad to hear you enjoyed the Miso Butter Cookies! Thank you for your kind feedback. 😊

0

Reply

Cheryl Collins

5 years ago

Hi Nami,

Do you have a recipe for Shiso Dressing? I love your recipes.

0

Reply

Namiko Hirasawa Chen

Author

Reply to [Cheryl Collins](#) 5 years ago

Thank you for the kind words, Cheryl! I don't have it... I haven't added shiso recipes as many people say they can't find it. 😞 I'll add to my list so I'll remember. Maybe one day I'll test and share. 😊

0

Reply

Cheryl CollinsReply to [Namiko Hirasawa Chen](#) 5 years ago

Thanks Nami

I grow my own Shiso from seed and several times while in Lotte Arai and Madarao had the

opportunity to try Shiso dressing. I liked it and wonder how it is made. I couldn't see any pieces of Shiso in the dressing. I should have asked one of the Chefs at Lotte Arai Resort.

👍 0 ➡ Reply

Namiko Hirasawa Chen

Author

🗨 Reply to [Cheryl Collins](#) ⌚ 5 years ago

Hi Cheryl, they might use a food processor or blend it or use “essence” only. Even a small amount produces so much aroma and flavor. It's nice that you grow your own... one day for me!

👍 0 ➡ Reply

Jo Ann Carter

⌚ 5 years ago

Hi Nami – I am trying to replicate the dressing used on the cabbage salad (actually it is just a chunk of cabbage) at Ippudo in Berkeley — Japanese mayo with???? Have you been?

👍 0 ➡ Reply

Namiko Hirasawa Chen

Author

🗨 Reply to [Jo Ann Carter](#) ⌚ 5 years ago

Hi Jo Ann! I've been to Ippudo in Japan, but not in the US. And I don't think Ippudo offers the cabbage salad in Japan, so I'm not sure what's like. If I go to Ippudo here, I'll make sure to check it out!

👍 0 ➡ Reply

Jo Ann Carter

🗨 Reply to [Namiko Hirasawa Chen](#) ⌚ 5 years ago

Nami – I do this all the time. I meant Ippuku!

👍 0 ➡ Reply

Namiko Hirasawa Chen

Author

🗨 Reply to [Jo Ann Carter](#) ⌚ 5 years ago

Hi Jo Ann! Oh!!! Hahahaha. I can't remember so I googled Ippuku and yes I did go to this restaurant once when my kids were toddlers, like 8-10 years ago! I remember it was pretty pricey back then for skewers (how about now? could be even more expensive?). I don't remember cabbage salad...

Is this cabbage chunk you're talking about?

<http://www.thewanderlustbear.com/2015/11/29/japanese-yakitori-ippuku-berkeley/>

It seems like just Japanese mayo and shichimi togarashi (Japanese 7 spice)...

👍 0

➡ Reply

Jo Ann Carter

💬 Reply to [Namiko Hirasawa Chen](#) ⌚ 5 years ago

Hi Nami – Yes! This is the cabbage chunk. Hmmm....mayo and shichimi togarashi seems so simple. I will try.

Yes, it can be pricey but we do like the food there. My plan is to do an Ippudo night at home using your recipes for tsukune, shio teba, karaage, and other skewers. Wish me luck!

Your site has brought be great joy! Thank you.

👍 0

➡ Reply

Namiko Hirasawa Chen Author

💬 Reply to [Jo Ann Carter](#) ⌚ 5 years ago

Oh great! This cabbage thing is served commonly at Izakaya in Japan. And it is usually just Japanese (kewpie mayo) and shichimi just like this restaurant. Maybe they may make their own mayo if you think it has a different taste from kewpie mayo?

A lot of my readers do their own izakaya meal as you mentioned (they don't live near izakaya like we do). Hope you enjoy recreating izakaya recipes at home! I love yaki onigiri too... yum. Thank you for your kind words!

👍 0

➡ Reply

Victoria

💬 Reply to [Namiko Hirasawa Chen](#) ⌚ 4 years ago

Hello Nami!

I was wondering if you had a recipe or “dupe” for what I believe is the Japanese “French” dressing? A white dressing with a vinegary, buttermilk flavor. I remember getting it at Matsuya's in Japan, but I haven't been able to find a store bought version here in the US at any Asian food markets. Do you know perhaps what it takes to make it?

👍 0

➡ Reply

Namiko Hirasawa Chen Author

🗨️ Reply to [Victoria](#) ⌚ 4 years ago

Hi Victoria! Yes, I know the French dressing (Funny name isn't it?). You can buy French Dressing at Japanese grocery stores. It's just a vinaigrette with sugar in it. 4 Tbsp rice vinegar, 7 Tbsp vegetable oil, 2 tsp sugar (adjust as you like), and salt and pepper. Mustard optional. Whisk until it becomes white. It's really a simple dressing. 😊

👍 0 ➡️ Reply

Kikuko Freeman

🗨️ Reply to [Jo Ann Carter](#) ⌚ 4 years ago

I am trying to learn to cook variety of Japanese food my mother used to cook. Since my mother passed away you helped me to duplicate my mother's cooking. I will continue with your subscription. Thank you.

👍 0 ➡️ Reply

Naomi (JOC Community Manager) Admin

🗨️ Reply to [Kikuko Freeman](#) ⌚ 4 years ago

Hi Kikuko, Thank you very much for trying Nami's recipes and for your suport. We are so happy to hear our site can help you to duplicate your mother's cooking. Happy Cooking!

👍 0 ➡️ Reply

Sherril Marquess

⌚ 5 years ago

Enjoy the different types of dressings.
Very Nice recap vs trying look-up dressing individually.

👍 0 ➡️ Reply

Namiko Hirasawa Chen Author

🗨️ Reply to [Sherril Marquess](#) ⌚ 5 years ago

Hi Sherril! Thank you for your kind feedback. I hope you enjoy trying out these Japanese dressings for your salad! 😊

👍 0 ➡️ Reply

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