



Herbal Vinegars

Herbed vinegars can be used in any recipe that calls for vinegar. Choose the type of vinegar by the herbs that you have. Red and White Wine vinegar and Rice Vinegars are often used because of their smooth taste. White Vinegar has a sharper taste but is still a good choice for some herbs.

When making herbed vinegar use three to four 2 inch sprigs of fresh herb per cup of vinegar. If using dried herbs, use ¼ cup of herb per cup of vinegar. If using garlic, hot peppers or something similar, use 1 garlic clove or 1 pepper per cup of vinegar. Place the herbs in clean sterilized jars. Gently heat the vinegar in a non-reactive pot, such as, enamel or stainless steel, but don't boil. Let it cool down, pour the warm vinegar over the herbs in the jars. Store the jars in a dark cool place for at least a week. At this point you can taste the blend to see if it has reached the desired strength. If you taste the vinegar and wish the flavour to be stronger just reseal the jar otherwise just remove the herbs. The vinegar can be rebottled at this point in decorative sterile jars. You can add a sprig of the same herb for decoration.

White Wine Vinegar goes well with Borage, Chive, Dill, Savory, Sage, Opal Basil, Lavender Sprigs or flowers, Fennel, Parsley, Rosemary, Tarragon, Thyme, Garlic and Onion stems.

Red Wine Vinegar goes well with Basil, Garlic, Oregano and Thyme.

White Vinegar goes well with Basil, Rosemary, Tarragon and Dill

Rice Vinegar goes well with Parsley, Dill, Savory Sage, Rosemary, Purple Basil, Tarragon, Thyme and Garlic.

Fruit Vinegars

Fresh fruit, such as, raspberries and cherry can be made into vinegars and used in making iced teas, dressing for fruits, vegetables and sautees.

Raspberry Vinegar

4 cups raspberries

5 cups white vinegar

Combine raspberries and vinegar in a stainless steel or enamel pot. Bring to a boil and boil gently for 15 minutes. Make sure that all utensils used are non reactive to vinegar. Fruit vinegars should be processed the same as any other fruits, using a water bath. Leave 1/4" head space on the jars and process for 5 minutes.

Raspberry Iced Tea

Combine 4 cups of freshly brewed, double strength tea, 1/3 cup fruit vinegar. Sweeten to taste and serve over ice.