

Types of Vinegar H.S.A Crafters NC Unit 10/05/2020

Distilled White Vinegar - used for salad dressing and condiments. Any type cuisine,

Balsamic Vinegar - pressed grape juice is aged in oak barrels which overtime sweetens the vinegar, concentrates its flavor, and drives up the price. Perfect for glazing meats, drizzling onto fresh fruits, or making a simple salad dressing when combined with high quality olive oil. Cheap varieties can be colored with food coloring & poor taste/

Apple Cider Vinegar - Made from pressed apples that are fermented into alcohol before turning into vinegar. Mildly sweet flavor with lightly tart aftertaste. Used as pickles, salad dressings, and marinades.

Red Wine Vinegar - fermented red wine byproduct. It has a sharp flavor and a ton of tang, which makes it great for vinaigrettes and marinades. It has a pinkish hues and great choice for pickled onions. Good for red type basil.

White Wine Vinegar - made from fermented white wine which gives a more mellow flavor. Great for coleslaw.

Sherry Vinegar - a Spanish wine made by fermenting a fortified wine. Aged for 6 month in oak barrels which gives it a deeply savoring flavor. It is perfect for deglazing and making pan sauces but can also use to add depth to soups or sauces.

Rice Vinegar - made my fermenting rice wine usually from China or Japan. Less acidic than other types of vinegar. Delightful when added to Asian style stir-fries and sauces.

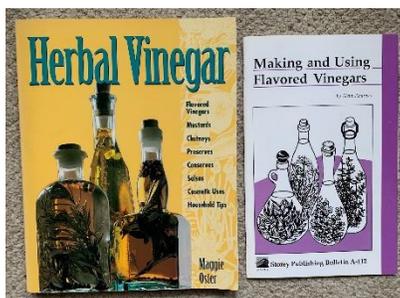
Black Vinegar - (also called Chiinkland vinegar) is made from glutinous rice. It has a deep, smokey flavor that's almost woody tasting. It is intensely sour and used as counterpart to sweet ingredients in Chinese Cooking. Makes a great dipping sauces for dim sum dumplings.

Malt Vinegar - This popular fish-and-chips vinegar is made from barley, which is brewed into a br before being fermented into vinegar. It is aged briefly, giving it a mellow flavor and a savory mouthfeel. It's the signature vinegar of the United Kingdom.

Medicinal Uses of Vinegars: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1785201/>

Health Benefits of Vinegar: <https://www.wildabundance.net/herbal-infused-vinegar/>

Vinegar has been used in folk remedies for thousands of years. This is probably because it's so easy to make and store – and because of its use as a solvent for the medicinal properties of plants (as in our herbal-infused vinegar). Current scientific evidence shows that consuming a few tablespoons of apple cider vinegar in warm water with food may reduce post-meal blood sugar and insulin levels. Additionally, vinegar in warm water before or during meals can help stimulate digestion and reduce heartburn and other digestive discomforts. The health benefits of herbal-infused vinegars depend on the herbs used and can include mineral supplementation, immune stimulation, warming of the body, and more.



References: Herbal Vinegar
Storey Communications, Inc

Maggie Oster
(available at Amazon)

Making and Using Flavored Vinegars
Storey Communications, Inc

Glenn Andrews
Bulletin A-112

You will need desired herbs and type of vinegar you want. **Do not use aluminum pan if using a heat method or for storage.** A plastic spoon if you wish to release oils from the herbs. Storage container, colander, funnel, coffee filters. Sprig of herb to help denote type, label, decorative ribbon.

Gather herbs after morning dew but before heat of the day. You can wash if necessary and pat dry with paper towel. Make sure the herbs are completely dry or you will have cloudy vinegar. You can mash herbs to enhance the flavor with a plastic spoon, coffee grinder, or crumble up fresh herbs. If using garlic, lemon peel, onion, or other large dense items, be sure to cut into small pieces so the vinegar can completely penetrate the item. Otherwise, you increase the risk of botulism bacteria developing in homemade vinegar.

Method 1 Use 1 C of herbs to 2 C of vinegar, depending on the herb used and density of the herbs. Bruise with spoon if desired to release flavor. Pour vinegar and ingredients into a clean jar. Cover with a non-metallic lid and store in a cool, dark place (not the refrigerator). Shake every few days. After 2 or 3 weeks, strain the herbs out. Pour vinegar through a natural coffee filter to help clear out small pieces of herbs. Decant to desired vessel for storage or can use decorative bottles if giving as gift. I like to use the little single serving wine bottles. Can make labels. Tie decorative ribbon around neck of bottle. Store at room temp.

Method 2 *For those who cannot wait.* Heat vinegar to just before a boil with desired herbs added. I use a stainless steel pan. You could nuke in a glass container in the microwave but watch closely so does not boil. Then cover with lid. Let steep overnight. Next morning can drain off liquid from herbs using a colander. Then, use coffee filters till liquid is clear. Pour into desired vessel(s). Add sprig of herb if desired. Cap, using cork or plastic top. If using a metal container, you will need to use plastic barrier. Now ready to use or can give to friends with suggestions for use.

Elaine's Lemon Thyme Vinegar

1 lemon

6 sprigs (each 3 in. long) fresh thyme, rinsed

White wine vinegar

With a vegetable peeler, pare a thin spiral strip of peel 6 to 8 inches long from lemon. With a chopstick or wooden skewer, push lemon peel and thyme into a clean 12- to 16-ounce bottle. Fill bottle with white wine vinegar (vinegar should cover herbs completely) and seal. Store in a cool, dark place at least 1 week or up to 4 months.

Purple Basil Vinegar

2 or 3 sprigs (each 4 to 6 in. long) purple or opal basil

White wine vinegar

Push basil into a clean 12- to 16-ounce bottle. Fill bottle with white wine vinegar (vinegar should cover herbs completely) and seal. Store in a cool, dark place at least 1 week or up to 4 months.

Herbal vinegar can be used in a variety of ways. Here are a few suggestions: Add to marinade. Use in salad dressing (usually one part vinegar to two parts oil and a little sweetener (maple syrup or honey), if desired. Make a creamy salad dressing by mixing herbal vinegar with mayonnaise. Drizzle over roasted vegetables. Drizzle over fish. Use to baste chicken while baking.



Info submitted by: Nannette Wilson & Elaine Campbell