

## THE HERB COTTAGE

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## HERBAL VINEGAR ---SO SIMPLE



What tastes good, has only two calories per tablespoon and is easy to prepare? Herbal vinegars offer all this and more. They add flavor to salads, marinades, sauces and also make thoughtful gifts.

Start by picking (or buying) your herbs and washing in cool water. Lay them on paper towels and allow to air dry.

The basic recipe calls for 1 cup fresh herbs to 2 cups vinegar. Use either red or white wine, cider or rice vinegar. (You can use white vinegar, but the final product will have a sharper taste.)

Place the dry herbs in a wide-mouth jar, bruise with a spoon and add the vinegar. Cap, shake a little and store in a cool, dark place for 4 to 6 weeks. Check the taste after processing by placing a teaspoon of vinegar on some bread (French is nice). If you like the taste, you are ready to strain the vinegar. If the taste isn't strong enough, let it steep another week or so, and try it again.

To strain the vinegar, use a funnel and coffee filter or a fine strainer and pour through until all bits and pieces are strained out. That's it!!

Pour into a clean, decorative bottle and add a few sprigs of herbs to decorate and you have just made a real taste treat, a lovely hostess or holiday gift. Here are some herbal combinations that work well together. By the end of summer, you'll be inventing you own "designer vinegar":

chives, dill, parsley

parsley, sage, rosemary and thyme basil and thyme

garlic chives, lemon grass

garlic chives, lemon grass, lemon thyme dill, chives

salad burnet, garlic chives, parsley