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Vinegar

By Helen Sudell

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Vinegar, Helen Sudell, This is a wonderful collection of 25 recipes featuring all types of vinegar from balsamic to white wine varieties. It offers a concise introduction looks at the history, production and fermentation of vinegar including a directory of vinegar types. You can learn about the amazing health benefits from drinking vinegar - from aiding digestion to helping with weight loss. It includes expert culinary tricks that utilise vinegar in the kitchen from perfecting the poached egg and descaling fish to cooking pasta and storing cheese. You can create your own home-made vinegars using vegetables, herbs, spices, fruit and flowers. Recipes feature all varieties of vinegar for making dressings and chutneys to sauces, baking and drinks. Easy-to-follow, step-by-step instructions ensure complete success with every dish. Vinegar, in particular cider vinegar, has a long-standing reputation for promoting wellbeing and the health benefits of a regular dose of vinegar is currently enjoying a resurgence of interest. It is also an invaluable store cupboard ingredient. Whether it is used for marinating, braising, dressing, deglazing, sharpening, or even raising cakes, the addition of vinegar will enrich many dishes. Choose from Sweet-and-Sour Lamb or Cranberry and Onion...



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