

YOUR GUIDE TO Vinegars

With pucker power to spare, it's no surprise that the word "vinegar" comes from the French *vin aigre*, meaning "sour wine." There are lots of options to choose from, each with a unique taste, so you'll want to keep several on hand to make the most of their varied flavours.

Balsamic

Syrupy, with a concentrated, juice-like flavour; made from grapes



BEST FOR

Salad dressings, drizzling on fruit and tomatoes, reducing in glazes for meat and fish



TRY

- Drizzle over roasted sweet potatoes
- Splash on fruit salad, along with olive oil
- Make a reduction for grilled salmon

Cider

Made from apple juice, resulting in a fruity aroma and tart, apple-like taste



BEST FOR

Chutneys, coleslaw, baking, pairing with pork in sauces or marinades



TRY

- Make apple cider gravy, adding maple syrup to complement the fruity taste
- Brine turkey before roasting to keep it juicy
- Use in a peach-ginger chutney

Malt

Rich and earthy; made from malted barley beer; famously paired with fish and chips



BEST FOR

Marinades, making pickles, a condiment for fries and roasted potatoes



TRY

- Splash over baked fish with sweet potato chips
- Create English-style pickled onions
- Make salt-and-vinegar roasted potatoes

Red Wine

Fruity and tangy, with specialty versions using specific grapes, such as Chianti or Pinot Noir



BEST FOR

Vinaigrettes, tart jams, marinated vegetables



TRY

- Braise red cabbage and pear in vinegar, and garnish with bacon and pecans
- Make a tangy red onion and blueberry jam to serve atop baked brie
- Toss a green bean and tomato salad in a vinegar and oil dressing

Sherry

Sweet and nutty; called *jerez* in Spanish; sometimes referred to as Spain's version of balsamic



BEST FOR

Marinades for rich meat, blue cheese dressings, cream sauces



TRY

- Add a splash to mushrooms sautéed with butter and shallots
- Blend with olive oil to top a bitter-greens salad
- Mix with white wine vinegar, spices and herbs for a meat marinade

White (Distilled)

Made from distilled alcohol; has no additional flavours—just pure acidic tartness



BEST FOR

Pickles, salad dressings that require a light colour, flaky pie crusts, household cleaning



TRY

- Blend with basil, oil, maple syrup and mustard to dress quinoa salad
- Combine with sugar, ketchup, ginger and soy sauce for sweet-and-sour chicken drumsticks
- Make classic baby dill pickles or quick-pickled corn

White Wine

Milder than white (distilled) vinegar and slightly sweet



BEST FOR

Salad dressings, creamy sauces, as a substitute for red wine vinegar



TRY

- Make cherry vinegar by simmering fruit in vinegar, then straining
- Create a classic Hollandaise sauce
- Marinate a steak before grilling

HOW TO HANDLE

Prep



Use vinegar in enamel, glass or stainless steel bowls; the acid in vinegar will react with copper, aluminum, galvanized and iron cookware.

Storage



Keep in a cool, dark place. Vinegar will keep indefinitely due to its high acid level.

