



CULINARY
SERIES

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Herbal Vinegars

Herbal vinegars can be made using white wine vinegar, rice wine vinegar, red wine vinegar, distilled white vinegar or even cider vinegar as a base. Each has its own virtues.

White wine vinegar has a pleasant mild aroma which compliments any herb and always produces pleasing results. The light color will change to golden when used with nasturtium blossoms, lavender when used with chive blossoms, and garnet when used with purple basil.

Rice wine vinegar is similar to white wine vinegar but has a sweeter flavor so it doesn't need to be mixed with as much oil in a vinaigrette. Red Wine Vinegar varies in quality but all have a rich ruby color. Cheap generic brands may be lacking much aroma, which is disappointing when used as is, but may allow herbal flavors to shine. Stronger flavored red wine vinegars demand combinations of bold flavored herbs such as garlic, rosemary and thyme.

Cider vinegar, an apple product with a strong, fruity smell and golden color, is useful only for strongly flavored herbs or herbs used in large quantities.

Balsamic vinegar made from an expensive blend of white grapes aged for years in wooden casks, is dark red (almost black) with a strong, sweet wine smell. Alone, balsamic vinegar is delightful. But it has such an impressive smell and fragrance, it overwhelms herbs.

Distilled white vinegar is inexpensive, without much aroma, and clear so it shows off the colors of chive flowers or purple basil. But it has a strong acid taste that herbs cannot mask.

Lower acidity in vinegars may be milder flavored revealing more herbal flavors than high acidity types. By making herbal vinegars you are preserving the taste of the fresh herbs. Wash and pat dry your herbs. Place them in a glass jar and pour warm vinegar over them. Be sure to cover fresh herbs completely seal jar and allow to sit for a month or two to mingle flavors.

RULE OF THUMB

1 cup of fresh herbs per 2 cups of vinegar

Use these herb flavored vinegars in salad dressings, for marinades, for flavoring soups or in just about any dish where you would use the unflavored ones.

HERB COMBINATIONS

- Basil, thyme and oregano
- Nasturtiums, garlic clover and chives
- Lemon balm, nasturtiums and dill
- Equal amounts of sage, thyme, basil plus a sprig of rosemary
- Basil, parsley and garlic
- Fennel, oregano, marjoram, basil, sage or garlic
- Lemongrass, thyme, garlic, orange peel
- Raspberry, mint and garlic
- Oregano, thyme, parsley and basil
- Sage (tenderizes tough meats)

Please turn the page for more information. ➡

White Vinegar

- opal basil, bronze fennel and chive blossoms (generally used, vinegar will take a pink tinge)

Apple Cider Vinegar

- dill, bay and garlic
- dill, mustard seeds, lemon balm and garlic
- tarragon, chives, lemon balm, shallots and garlic

Champagne Vinegar

- lemon balm, lemon verbena, lemon thyme, lemongrass and lemon zest

Red Wine Vinegar

- thyme, rosemary, hyssop, fennel, oregano and garlic
- rosemary, savory, sage, basil, bay and garlic
- cilantro, sage, rosemary, bay and hot red pepper
- sage, parsley, shallots
- burnett, borage and dill
- marjoram, burnet and lemon balm

Sherry Vinegar

- basil, rosemary, tarragon, dill, sorrel, mint, chives and garlic
- parsley, thyme, rosemary and bay
- rosemary, oregano, sage, basil, parsley, garlic and black peppercorns

White Wine Vinegar

- basil, parsley, fennel and garlic
- dill, basil, tarragon and lemon balm
- oregano, cilantro, garlic and hot red pepper
- mint, lemon balm and lemon basil
- marjoram, burnet, thyme, tarragon, parsley and chives
- tarragon, anise hyssop, hyssop and lemon balm
- savory, tarragon, chervil, basil and chives

Apple Cider Vinegar

- nasturtium flowers and leaves, shallots, garlic and hot red pepper
- nasturtiums, garlic chives and dill flowers

Champagne Vinegar

- rose flowers and lemon balm leaves

Red Wine Vinegar

- lovage, oregano, marjoram and basil flowers
- nasturtium flowers and leaves, shallots, garlic and hot red pepper

Rice Vinegar

- calendula, lemon thyme, lemon basil flowers and lemon zest

White Wine Vinegar

- chives and garlic chive flowers
- borage and burnet flowers

RECIPES

Lemon Herb Vinegar

- 4 cups white wine vinegar
- 2 cups lemon thyme sprigs
- 1 cups lemon balms leaves
- 1 cup Lemon Verbena springs
- Lemon zest

Take herbal vinegar and mix it with olive oil to make an excellent salad dressing.