

# THE Cookbook Collector

## VIRTUOUS VINEGAR



By Charlotte Bargdill

Vinegar has been around for years and years. Its uses are a bit amazing: totally safe for eating or cleaning. Various kinds can bring a pucker to your face, or perk up your tastebuds. The pure distilled vinegar with the really sharp taste, made from grain alcohol, will add a shine to your windows, turn a cucumber into a pickle, milk into buttermilk or add a little soda to make an award winning volcano at an elementary school science fair.

Apple cider vinegar has a milder taste while red and white wine vinegars are a bit sharper. Rice vinegar, milder yet, is most often used for adding flavor to Asian cooking, and the dark, thick, slightly sweet balsamic vinegar, with the expensive price tag, adds flavor to salads, cheese and fish. No matter your choice of types of vinegar, it enhances our lives.

When I was a kid, vinegar was used not only to flavor food and make pickles but also as a household cleaner.

In our house, vinegar took the place of the expensive cleaning products; we used it to clean everything from the windows to floors. Added to the laundry rinse water it would help cut soap, and we rinsed our hair with vinegar water for the same reason. If anyone had a cold, vinegar was the go-to product for wiping door handles. It was thought that would help keep the germs from spreading.

From time to time I get e-mails from friends raving about the uses of vinegar; everything from removing wallpaper to killing ants. It is said to remove pet stains from carpets, and lime build-up from faucets, dishwasher, coffee pots and steam irons. Vinegar has acid and can cause damage to some items with factory finishes. And, never use it on marble.

While searching my antique cookbooks, I discovered that almost any type of fruit can be fermented into this very popular condiment. My copy of "Lee's Priceless Recipes, the Standard" published in 1934, is the first I have found that gives the 'how to' to make vinegar. I'm think-



ing the authors thought a well-rounded cook would know the exact way, as the recipes are lacking in some needed instructions, to me anyway. Since I knew most vinegars are distilled, I was surprised to find a “how you do it” without a distillery . . . well, I knew lots of the pioneers had a distillery in the back woods somewhere but it made a different type of liquid. Below are the white wine and cider vinegar recipes for your enjoyment and a couple of marinade recipes from my recipe box. ●

### White Wine Vinegar

**Lee's Priceless Recipes, the Standard, published in 1934**

Mash up 20 pounds raisins: add 10 gallons of water; Let it stand in a warm place one month and you will have pure white wine vinegar. The raisins may be used a second time.

### Cider Vinegar

**Lee's Priceless Recipes, the Standard, published in 1934**

When cider has done fermenting, fill into a keg, then take strips of straw paper and dip them into New Orleans molasses and put them into the keg of cider; set in a warm place near the stove, and in a few weeks the contents will have turned into sharp vinegar. The straw paper acts as ‘mother.’ (Recipe for the cider was not included in the book).

### From my recipe box

#### Marinade for chicken using red wine vinegar

- 1/2 cups vegetable oil
- 3/4 cup soy sauce (reduced sodium)
- 1/2 cup Worcestershire sauce
- 1/2 cup red wine vinegar
- 2 tablespoons dry mustard
- 1 tablespoon black ground pepper
- 1 teaspoon fresh parsley
- 1/4 teaspoon minced garlic

Mix together oil, soy sauce, Worcestershire sauce and red wine vinegar. Stir in mustard powder, salt, pepper, minced garlic and finely chopped fresh parsley. Pour marinade over chicken before cooking. Marinate 15 minutes before placing on a hot grill.

#### Another marinade recipe from my recipe box

##### Used for steaks for outdoor grilling

3-4 tablespoons spicy brown mustard, chop or finely mince garlic and onion. Mix in 1 tablespoon olive oil and 1 tablespoon Apple cider vinegar. Spread evenly over steaks. Cover and marinate approximately 5 to 10 minutes. Cook on a hot grill.

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