

## **Vinegar – Rice** (Herb, Spices, and Seasonings)

**Interesting facts:** Vinegar is a liquid consisting mainly of acetic acid and water. The acetic acid is produced by the fermentation of ethanol by acetic acid bacteria. Vinegar is now mainly used as a cooking ingredient. The word vinegar comes from the French word “vinaigre” which means “sour wine.” More than just a side condiment, sauce and ingredient to our tasty meals, vinegar can also star as the main element in our diet. For instance, drinking a small cup of apple cider vinegar as you wake up in the morning is good for your digestion. This is because our body systems are polluted with much bacteria and vinegar helps for our bowels to move smoothly hence avoiding constipation.

**Rice wine vinegar:** Clear or very pale yellow, rice vinegar originated in Japan, where it is essential to sushi preparation. Rice vinegar is made from the sugars found in rice, and the aged, filtered final product has a mild, clean, and delicate flavor that is an excellent complement to ginger or cloves, sometimes with the addition of sugar. Rice vinegar is popular in Asian cooking and is great sprinkled on salads and stir-fry dishes. Its gentle flavor is perfect for fruits and tender vegetables, too. Many cooks choose white rice vinegar for their recipes because it does not change the color of the food to which it is added. Red rice vinegar is good for soups and noodle dishes, and black rice vinegar works as a dipping sauce and in braised dishes.

**How to store:** Use the right container. Vinegar is acidic. Store the vinegar in a cool, dark place. You can even put it into the refrigerator. Keep the lid closed tightly. In between use, avoid contact with air by ensuring that the lid is on properly.

**How to use:** Use in salad dressings, soups, and sauces. Can be reduced (reduction) by heating and used to drizzle over meats and vegetables for added flavor.