

## LOVE STARTS IN THE KITCHEN!™

By: Rita Nader Heikenfeld, CCP, CMH

Macy's Culinary Professional, Certified Modern Herbalist, Jungle Jims Staff Educator (check out my classes at our cooking school), Community Press Columnist, Adj. Prof. UC

## RITA ON THE WEB!

Log onto my new website: [www.Abouteating.com](http://www.Abouteating.com)

Herbal vinegars are fun and easy to make, and even the kids can help. As a matter of fact, for Mother's Day, why not make Mom a beautiful culinary basket with her favorite herbs. And then gather round the table with her to make some herbal vinegars! Here's the basics:

- Wash and dry a glass container – it can be a canning jar, a decorative bottle, etc. If the lid is metal, you will have to put a piece of plastic wrap under the lid to keep the vinegar, with its acidity, from destroying the lid.
- Fill the jar 1/3 to 1/2 way up with herbs. What herbs to use? What do you like and what's growing? Use your imagination. Single herb vinegars are lovely and one dimensional, like chive vinegar. When you combine two – four herbs in a vinegar medley, you have a multi-dimensional vinegar with haunting flavor.
- Bruise the herbs with a spoon as you put them in the jar. Add aromatics such as a piece of shallot, a clove of garlic, a hot pepper . Or leave them as is.
- Pour white wine vinegar over the herbs to cover. Jungle Jims has a wonderful variety and great prices on wine vinegars.
- Let steep for a couple of weeks on the counter. The brighter and warmer the area, the quicker the herbs will infuse. You'll know when they've infused by the aroma and the fact that the leaves will turn light gray/green and look wilted. When herbs have infused, strain them out and add a new sprig of herb to your vinegar. Try infusing them in the herb garden – they will infuse in a day or so.
- Even faster: Bring mixture just to a simmer and let cool before straining into jar. Put a fresh herb sprig into jar or bottle.

## MORE RITA!

**Check out my books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) and also my yummy bread blends.**

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**Rita Heikenfeld**