

Silver Mountain Vinegar
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How to use your Silver Mountain Vinegar!

“It’s too pretty to open!” I hear this often while marketing my vinegar. I tell people vinegar does not need to be refrigerated after opening, so they can enjoy its beauty as they enjoy its flavor. Just reinsert the cork (or insert a plastic pour spout) and display the bottles in your kitchen!

Thousands of years ago, shortly after wine was invented, vinegar appeared on the scene, caused by the oxidation of wine and a second fermentation that took place.

Vinegar’s birth established a dramatic change over the world, not only in food preservation, but also in the areas of medicine and health. It was used to disinfect wounds, and it kills bacteria – including salmonella – on contact.

The chronicles of Hannibal’s march over the Alps to Rome described the essential role vinegar played in helping his elephants across the dangerous mountain trails. Frequently, the tortuous passage over the Alps was too narrow for the behemoths. When boulders blocked their transit, Hannibal had his soldiers cut tree limbs and stack them around the stone impediments, and the limbs were set afire. When the rocks were good and hot, vinegar was poured on them. This turned the stones soft and crumbly, and the soldiers could then easily chip away the obstructions. This same principle illustrates how meat fiber, when marinated, is broken down and tenderized by vinegar.

When marinating vegetables and meats with vinegar, add some olive oil (I recommend Extra Virgin, from Spain), which keeps the food from drying out during cooking. Let your imagination give signature to your dish by adding your favorite touches: fruit juices, pepper, salt, onions, wine, honey, or your secret ingredient!

For an excellent side dish, blanch thickly cut zucchini for one minute in boiling water, then marinate in your Silver Mountain Vinegar of choice, olive oil, salt, and pepper. Finally, grill it next to your mead dish, and enjoy!

When preparing spaghetti, drizzle a little Basil and Garlic Vinegar on cooked and drained pasta before topping with your favorite red sauce.

In any sport, the champions do one thing better than anyone – “the basics.” Throughout years of culinary activity, I still practice the basic fundamentals in cooking, and vinegar plays a major role in my kitchen. I offer you some suggested recipes, and I encourage you to use your imagination as you experiment to create new culinary treats using Silver Mountain Vinegar. Let vinegar add that extra zest to cooking and life.

When using vinegar in recipes, use non-reactive (not metal) bowls and utensils during preparation. Use plastic or rubber pour spouts in the vinegar bottles, and remember that a leverage-type corkscrew best opens the bottles. Opened or not, your vinegar will last at least two years. Enjoy! -JACK SILVER