



**Karen McElroy**

NATUROPATH & MEDICAL HERBALIST

## Herbal Vinegar

Fresh herbs are rich in antioxidants, minerals, vitamins and have many other healing properties. The vinegar extracts many of these active constituents and preserves them.

### Ingredients

- 1 cup Organic Apple Cider Vinegar
- Fresh herbs – whatever is on hand....eg. parsley, mint, oregano, rosemary, thyme.

### Method

Blend large handfuls of the fresh roughly chopped herbs with 1 cup cider vinegar. Can be blended in a food processor, handheld stick mixer or chopped finely by hand. Leave the herbs and vinegar to macerate for 1-2 weeks. Strain and bottle.

You can use this delicious vinegar in dressings/marinades etc or even take a teaspoon as a digestive tonic in a little warm water.

## Basic Vinaigrette

Commercial salad dressings are generally not the most healthy thing you can buy! Unfortunately they are often full of synthetic ingredients that keep the dressing in a homogenized form – because oil and vinegar generally don't mix!

Making your own salad dressings is so easy and super yummy! I urge you to give it a go. I normally make up a bottle and keep it in the fridge. Always remember that with vinaigrettes and dressings, the magic ratio of oil to vinegar/acid is always about 3 to 1. As long as you know that, you can experiment with making up different flavored dressings and you won't need to consult a dressing recipe ever again! For example you can try hazelnut or walnut oils or using lime juice. I like to use my herbal apple cider vinegar as the base (see other recipe sheet).

### Ingredients

- 75mls vinegar (your choice of vinegar or you can even use a mixture of red wine, balsamic, apple cider)
- 50ml lemon or orange juice
- 200mls extra virgin olive oil
- 50mls cold pressed flaxseed oil
- 1 teaspoon of Dijon or seeded mustard
- 1 teaspoon of honey or maple syrup
- 1 clove garlic crushed and chopped

### Method

Mix all ingredients in glass jar or bottle and shake vigorously. Taste and adjust seasoning if required – you can add a little more mustard or honey if you want to vary the acidity/sweetness. Keep in fridge and emulsify by mixing well & shaking bottle before use.