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## The Chinese Herbal Cookbook by Penelope Ody

### Fruit-Flavoured Vinegars

White wine vinegar is the best base for fruit flavouring as it allows the colour of the fruit to develop.

225g/8oz fruit — berries such as raspberries, wild blueberries, elderberries, blackcurrants or redcurrants are best

1 litre/1 ¾ pints white vinegar

1 tablespoon sugar

Prepare the fruit by removing all the green parts. If it needs to be washed, drip-dry in a muslin bag.

Use a glass-preserving jar with a self-seal lid as before. Put the fruit into the jar and cover with the vinegar. Cover and leave to infuse for 2-3 weeks in a warm place, shaking the jar occasionally.

Strain the vinegar into a saucepan, add the sugar, stir and bring to the boil. Simmer gently for 10 minutes. Cool and pour into a sterilised jar. Seal and store