

RECIPES FOR FRUIT-BASED DRESSINGS IN A FLASH

Vanilla Scented Sugar Syrup

2 cups sugar
1 cup Water
1 Vanilla Bean, minced, or 1 Tbsp of Pure Vanilla Extract

Use this syrup as a base to the fruit vinegar used on this page. It can also be used as a liquid sweetener for beverages and poaching fruit.

Put sugar and water in pan and bring to a boil over high. Lower to simmer and cover for 10 minutes, stirring occasionally. Add vanilla bean or vanilla and let cool. Strain with a fine strainer into sterilized jar*. Seal tightly and refrigerate for a few weeks.

Cranberry Dressing

1 bag fresh or frozen cranberries
1/4 cup Vanilla Scented Sugar Syrup
Pinch of salt
3/4 cup of Champagne Vinegar (6% acidity)

This fruit vinegar can be part of a vinaigrette or even as a sauce for your holiday bird.

Put cranberries, syrup, and salt in pan and heat over high heat until cranberries start to pop. Remove from heat and let cool. Purée in a blender. Add champagne vinegar and taste for balance. Add more champagne vinegar or thin with water, if needed. Strain through fine strainer into bowl. Store in sterilized jar or bottle* with a nonmetal lid. Refrigerate for several weeks.

Mango Dressing

2 large ripe mangoes peeled and cut into 1/2" dice or 1 1/2 cups of frozen diced mangoes
1/2 cup Vanilla Scented Sugar Syrup
Pinch of Salt
1/2 cup of Champagne Vinegar (6% acidity)

This fruit vinegar can be used as a syrup over ice cream or yogurt, a salad dressing, or as an accompaniment to meat. It is especially good with fresh ginger added to blender with mangoes!

Purée the mangoes, syrup, and salt. Add champagne vinegar. Add more champagne vinegar and water, if needed. (I like it thick!). Strain through fine strainer into bowl. Store in sterilized jar or bottle* with clean nonmetal lid in the refrigerator for up to several weeks.

Raspberry Dressing

1/2 pint (1 cup) of fresh or frozen raspberries
1/2 cup Vanilla Flavored Sugar Syrup
Pinch of salt
1/4 cup of champagne vinegar (6% acidity)

Great fruit vinegar for accompaniments to vegetables, poultry, and dressings and is good in dips, drinks, and as a part of a marinade. Tastes especially good with nuts.

Purée berries, syrup, and salt in blender. Add champagne vinegar and taste for balance. Add more champagne vinegar, water, or syrup, if needed. Strain through fine strainer into bowl. Store in sterilized jar* or bottle with nonmetal lid. Refrigerate for up to several weeks.

* sterilization means boiling 10 minutes covered in water

These recipes were adapted from a cookbook, *Master Food Preserver, 2021 Gifts from the Kitchen*, by the Solano and Yolo Counties University of California Cooperative Extension Master Food Preserver program. <http://solanomfp.ucanr.edu/>

...more Fruit and Herb Vinegars:

Raspberry Vinegar: https://ucanr.edu/sites/mfp_of_cs/files/330776.pdf

Flavored Vinegars:

- <https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50736flavoredvinegars.pdf>
- <https://ucanr.edu/sites/solanomfp/files/348509.pdf>