

Here's a great dessert recipe (from some special friends in England) with the surprise ingredient of vinegar.

Pavlova

4 Egg Whites
1 Cup Superfine Sugar (whirr granulated sugar in the blender)
1 Teaspoon Strawberry Vinegar
¼ Teaspoon Vanilla
Balsamic Vinegar
Strawberries or other fresh fruit
Whipped Cream (the real stuff)

Preheat oven to 300 degrees.

Beat egg whites until very stiff. Add sugar a tablespoon at a time while beating continuously. Add vinegar and vanilla and mix.

Place non-stick baking paper on a baking sheet. If you can't find non-stick paper then butter a brown grocery bag cut to the right size. Put the beaten egg white mixture on the paper and spread it to a 1½" to 2" thick circle. Reduce oven temp. to 275 degrees. Bake 1 hour on middle rack of oven.

Remove from oven. Invert on a plate and peel off the paper. Turn right side up and cool. Fill with fresh fruit splashed with Balsamic Vinegar and decorate with whipped cream.

Wonderful Chili

2 stalks celery
1 large onion
3 Tbsp. olive oil
1 can tomatoes
1 can kidney beans
salt and pepper
chili powder
¼ cup wine vinegar
Hot red pepper, to taste

Clean and chop celery and onions into small pieces. Saute in olive oil until transparent. Add tomatoes and kidney beans. Add salt, pepper, and chili powder to taste. Add the wine vinegar and simmer for about ½ hour.

Note: This is the vegetarian variety of chili but feel free to add browned ground beef. You can toss in more varieties of beans if you like a beanier chili.

Just make sure to try the vinegar in it. It's wonderful!

The Very Best Green Beans (and easy too!)

Fresh Green Beans, washed and tips removed.
Garlic
Olive Oil
Wine Vinegar
Soy Sauce

This is a "dump" kind of recipe. If you like garlic, use a lot. If you have a lot of beans, you'll need more of the other ingredients. Heat oil in skillet. Add crushed garlic and beans. Sauté until bright green and crisp-tender.

Add wine-vinegar and soy sauce. Cook until liquids are nearly absorbed.

Really Easy Real Spaghetti Sauce

One April we traveled to Italy and learned about making traditional balsamic vinegar. We were on a food and wine tour which included dining in some wonderful northern Italian restaurants. One of the restaurants, Orvieto's Zeppelin, boasted a chef who also taught cooking classes. Lorenzo Polegri demonstrated the classic method for making fresh pasta and then made a wonderful tomato sauce to serve over it. His sauce was made of onions, fat pork, salt and pepper, red pepper, white wine, balsamic vinegar, tomato puree, and some of the water he'd cooked the pasta in.. This is my adaptation of Chef Lorenzo's sauce:

1 large onion	Peel and chop the onion into small
Olive Oil	pieces. Saute in olive oil until trans-
Salt and Pepper	parent and lightly browned. Add
Red Pepper Flakes	remainder of ingredients. Simmer about
1 Large can tomatoes	15 minutes. Puree in blender. Serve over
¼ to ½ cup Wine Vinegar	fresh pasta, perhaps topped with
	shredded parmesan cheese.

Carmelized Onion Soup

Delicious soup that takes a little time to prepare but most of that time doesn't require much attention; just gentle sauteing. Use lots of onions- even more than two cups if you really like onions.

2 Cups White Onions, coarsely chopped	Melt butter in saucepan.
1 Tbsp. Butter	Add onions. Saute slowly
1 Cup Sliced Fresh Button Mushrooms	over med. to med.lo heat
1 Cup Water	for an hour or so. Stir
1 Cup Corn (Optional)	occasionally. Onions should
3 Tbsp. Wine Vinegar	become translucent and light
Salt and Pepper	brown. Add mushrooms and
2 Cups Milk	saute until brown. Add water,
¼ Cup Flour	corn, vinegar, salt, and pepper.
4 Quarter-inch slices Velveeta	Raise heat to med. hi. Stir flour
	into milk and add to soup. Stir
	and cook until thickened. Add cheese and stir until melted.

Note: Velveeta has been the "cheese" of choice for generations. Feel free to use other kinds according to your taste preferences.