

Spiced Pear Infused Vinegar

Winn-Dixie Flavor Magazine

Yield: 4 18 ounce bottles

1 pear, cored and chopped

2 cinnamon sticks

3 tablespoons honey

apple cider vinegar

4 cinnamon sticks (for garnish)

Preparation Time: 15 minutes**Cook Time: 5 minutes**

Sterilize a one-quart glass jar and lid by submerging in boiling water for 10 minutes or by running through a dishwasher.

Place the chopped pear, cinnamon sticks and honey in the sterilized jar.

In a large nonreactive saucepan over medium heat, heat the vinegar until just simmering. Pour into the jar. Cover the jar opening with a piece of parchment paper. Place the lid on top. Seal tightly.

Store in a cool, dark place for one week, then strain through cheesecloth or a coffee filter into four clean, sterilized eight-ounce bottles. Garnish the gift bottles with cinnamon sticks.

Store in a refrigerator for up to six months. (Discard if any mold appears or if the contents become cloudy or effervescent.)

(Gluten Free/ Vegetarian)

The bottles may be given as gifts or stored and used as needed.

Per Serving (excluding unknown items): 362 Calories; 2g Fat (3.3% calories from fat); 2g Protein; 99g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Fruit; 0 Fat; 3 1/2 Other Carbohydrates.