

Ways to Use Raspberry Vinegar

Chinese Chicken

4 chicken breasts, boned and cubed	$\frac{1}{3}$ cup brown sugar
2 T. butter	1 T. honey
1 (20-ounce) can pineapple tidbits, drained (save juice)	2 T. soy sauce
$\frac{1}{3}$ cup raspberry vinegar	1 green bell pepper
2 T. cornstarch, mixed with a little water	1 red bell pepper

Sauté chicken in butter until browned and cooked through. Keep warm. In a pot, combine saved juice, vinegar, cornstarch with water, sugar, honey and soy sauce. Cook over medium heat, stirring until thickened. Seed and slice peppers. Add pineapple, peppers and chicken to the sauce. Serve over rice.

Raspberry Seafood Sauté

$\frac{1}{4}$ cup minced onion	8 ozs. fresh scallops
2 T. butter	$\frac{1}{4}$ cup sour cream
3 T. raspberry vinegar	1 T. diced tomato
$\frac{1}{4}$ cup vegetable or fish stock	fresh raspberries, as garnish
8 ozs. fresh tiny shrimp, cooked	

In a large skillet or wok, sauté onion in butter until transparent, about 3 to 4 minutes. Add vinegar, stock, shrimp and scallops and cook briefly, about 5 minutes, stirring often. Scallops should be opaque. Stir in sour cream over low heat; add tomato at the last minute. Serve at once with rice or noodles. Garnish with fresh raspberries, if possible.

Raspberry Pork Chops

4 lean pork chops	6 T. raspberry vinegar
2 T. flour, if desired	$\frac{3}{4}$ cup chicken broth
1 $\frac{1}{2}$ T. butter	$\frac{1}{2}$ cup heavy cream
1 T. oil	

Coat chops with flour, if desired. In skillet, brown chops in butter and oil, turning once. Remove chops and add vinegar and broth to pan drippings. Stir over low heat until well combined. Return chops to pan. Simmer until cooked, about 10 minutes each side. Remove pork to a serving platter. Raise heat and boil sauce until thickened slightly, about 5 minutes. Add cream, stirring until thick. Pour over pork chops and serve at once.

Rice Salad

3 cups cooked brown rice	½ cup sliced black olives
¼ cup raspberry vinegar	1 cup tiny peas, fresh or frozen
2 T. fresh basil or dill or tarragon*	½ cup carrots, briefly cooked and sliced
⅓ cup chopped celery	1 cup sour cream
3 green onions, chopped	shredded lettuce

Combine cooled rice, vinegar and herb of choice, stirring well. Add remaining ingredients and serve chilled on a bed of lettuce.

*Note: If you have to substitute dried herbs for the fresh ones, use about 2 teaspoons.

Raspberry Cooler

1 to 2 T. raspberry vinegar	7-Up, sparkling water or ginger ale
Ice cubes to fill tall glass	

Place vinegar in a tall glass, add ice cubes and fill with 7-Up, sparkling water or ginger ale. Stir and enjoy! Sugar may be added if you use sparkling water.

Steak Salad with Raspberry Dressing

½ cup oil, part olive	1 t. mustard
¼ cup raspberry vinegar	1 t. fresh chopped tarragon or ¼ t. dried
¼ cup light cream or half-and-half (dieters: use 2% milk)	½ head leaf lettuce, torn into bite-size pieces
sprinkle of seasoning salt	12 oz. thinly-sliced cooked steak, medium rare
1 egg yolk	2 green onions, sliced

In top of double boiler, combine oil, vinegar, cream, salt, yolk, mustard and tarragon. Whisk together over medium heat until thick. This can be done the night before as it must be cold for the salad. Keep in refrigerator. Place lettuce leaves on 4 plates, put steak slices on top. Sprinkle with dressing and garnish with green onion.

Marinated Mushrooms

1 pound mushrooms, cleaned & sliced ¼" thick	1 T. granulated sugar, if desired
1 sweet onion, thinly sliced	¼ cup water
2 cloves garlic, minced	½ cup raspberry vinegar
1 t. dry mustard	⅓ cup olive oil
1 t. salt	1 T. finely chopped fresh parsley

Put sliced mushrooms into a large glass jar or bowl. Mix rest of ingredients and pour over mushrooms. Refrigerate overnight and drain before serving.