



TURN UP THE HEAT THIS SUMMER WITH ASPALL VINEGARS

With the summer months nearly upon us, your recipe regime should be really hotting up! Perk up your picnic and spice up those summer salads with some exciting and vibrant flavoured dressing and marinade ideas from Aspall, the UK's number one speciality vinegar maker.

Vinegar is one of the most versatile products around and its colours and flavours will add a tasty edge to a variety of dishes; from simple dressings and chutneys, to more unusual options such as ice cream. Liven up your salads with a splash of apple balsamic or organic cyder vinegar or really tantalise your taste buds by experimenting with more unusual flavour combinations such as a drop of balsamic vinegar drizzled over fresh British strawberries and cream.

To show exactly how easy it is to use, renowned food journalist, Thane Prince, has created a selection of delicious, easy-to-make vinegar recipes using colourful summery ingredients.

- **Mozzarella, Peach and Rocket Salad with Cyder Vinegar with Raspberry...**leave traditional cucumbers and tomatoes to one side and enjoy this fresh, fruity salad instead.
- **Marinated Meat Kebabs...**a bbq favourite, kebabs can be really brought to life when marinated in red wine vinegar and sprinkled with rosemary
- **Homemade Strawberry Ice Cream with Balsamic Vinegar...**not a dish you normally associate with vinegar but a drop of balsamic vinegar will give an extra kick to strawberry ice-cream.

And to finish off, why not wash it all down with a refreshing glass of delicious Aspoll Suffolk Cyder – the perfect accompaniment to good food and a hot summers day.

Mozzarella, Peach and Rocket Salad with Raspberry Vinegar

Peach and raspberry are flavours that are meant to go together. In this lovely summer salad you take the ripest, sweetest peaches, the creamiest fresh Mozzarella peppery rocket and wonderful tangy raspberry vinegar to make a lunch or supper dish guaranteed to please.

Ingredients:

2 balls Buffalo Mozzarella
4 ripe peaches
a bag of washed rocket leaves (this could say bunch)

Salt flakes and freshly ground black pepper
2 tablespoons extra virgin olive
2 tablespoons Aspoll Cyder Vinegar with Raspberry Vinegar

Method:

1. Place the rocket leaves in a serving bowl and season them lightly with salt and pepper. Toss the leave lightly to distribute the seasoning.
2. Now tear the peaches into largish chunks and scatter on the leave. Do the same with the well drained mozzarella .
3. Lightly whisk the oil and vinegar together and just before serving drizzle this over.
4. Serve with warm, crusty bread.

Meat Kebabs with Honey, Rosemary and Aspoll Red Wine Vinegar Marinade

The good thing about kebabs is that while they do take a little time to prepare they are simple to cook, serve and eat, all the hard work having been done earlier.

Ingredients:

800g (1lb 12 oz) trimmed weight steak, pork fillet, lamb or chicken thigh meat.

Marinade:

4 tablespoons olive oil
2 tablespoons Aspoll Red Wine Vinegar
1 tablespoon runny honey
1-2 garlic cloves, peeled and crushed
Freshly ground black pepper
Sea salt
2 sprigs rosemary chopped

Mix the ingredients together in a small saucepan and simmer for 5 minutes. Cool and use to either baste or marinade chicken, lamb or vegetables. Store left over marinade in the fridge for up to one week.

To finish:

Red or green peppers, courgettes, red onions, button mushrooms
Skewers

Method:

1. Cut the meat to give largish chunks about 3cm 1 ½ “ is ideal.
2. Mix the marinade ingredients together and let the meat sit in this for anything from an hour to a day.
3. Cut the vegetables into cubes of similar size to the meat.
4. Thread the cubes, alternating meat and vegetables, onto wooden or metal skewers. Brush with the excess marinade and sprinkle with salt.
5. Cook on a well-heated barbecue turning as needed until the meat is cooked to your liking.

Home Made Strawberry Ice Cream with Balsamic Vinegar

Drizzling balsamic vinegar over strawberries is a trick I learnt from the Italians. Here it is used in this wonderfully simple ice cream recipe.

Simple to make and tastes delicious, who says ice cream making needs to be time consuming? I've used strawberries here but bags of mixed frozen berries work well

Ingredients:

500gm frozen strawberries
50gm icing sugar
1 tablespoon Aspell Balsamic Vinegar
100ml double cream
balsamic vinegar to finish

Method:

1. About 10 minutes before you want to make the ice cream remove the strawberries from the freezer.
2. Once the time has elapsed tip the berries into the goblet of a food processor or blender and add the icing sugar and balsamic vinegar.
3. Whiz until you have a smooth mixture about 2 minutes. With the motor running pour in the cream.
4. Spoon the ice cream into a freezer proof dish and place in the freezer for up to 1 hour.
5. Remove from the freezer about 5 minutes before serving, spoon into ice cream dishes and drizzle over a little more vinegar.

-ENDS-

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Notes to Editors

For further information, photography or samples of the Aspell range, please contact Caroline Lott or Katie Wallace at touch pr on 0870 774 0707 or email caroline@touch-pr.co.uk

Aspell is the UK vinegar expert and has been making vinegar in Suffolk for over 60 years. They are also England's oldest family owned cyder producers, brewing quality cyder since 1728.

Aspell's range of organic and non-organic is available in most major retailers and good health food stores nationwide. The company has won many awards recognising the quality of its cyder vinegars which are made using 100% fresh pressed English apples and bottled unpasturised to ensure nutrient and aroma retention, as well as a fuller natural flavour.

The Aspall vinegar range includes:

Aspall Organic Cyder Vinegar, £1.49 - available from Sainsbury's, Tesco, Waitrose, Morrisons, Asda and Holland & Barrett

Aspall (Organic) Red Wine Vinegar, £1.49 - available from Sainsbury's, Tesco, Waitrose (organic only), Asda (organic only)

Aspall (Organic) White Wine Vinegar, £1.49 - available from Sainsbury's, Tesco, Waitrose (organic only), Asda (organic only)

Aspall Organic Balsamic Vinegar, £2.99

Available from Tesco, Waitrose, Morrisons, Asda

Aspall English Apple Balsamic Vinegar

Available from Sainsbury's, Tesco, Waitrose, Morrisons, Asda