



Preservation with vinegar



Why do we preserve food?

Preservation is for longer durability.

Canned food will last longer than fresh food. The preservation does not have to change the taste, or only a very little, so that it can be used as usual.

The biological spoilage of the products can be prevented by killing the existing microorganisms.

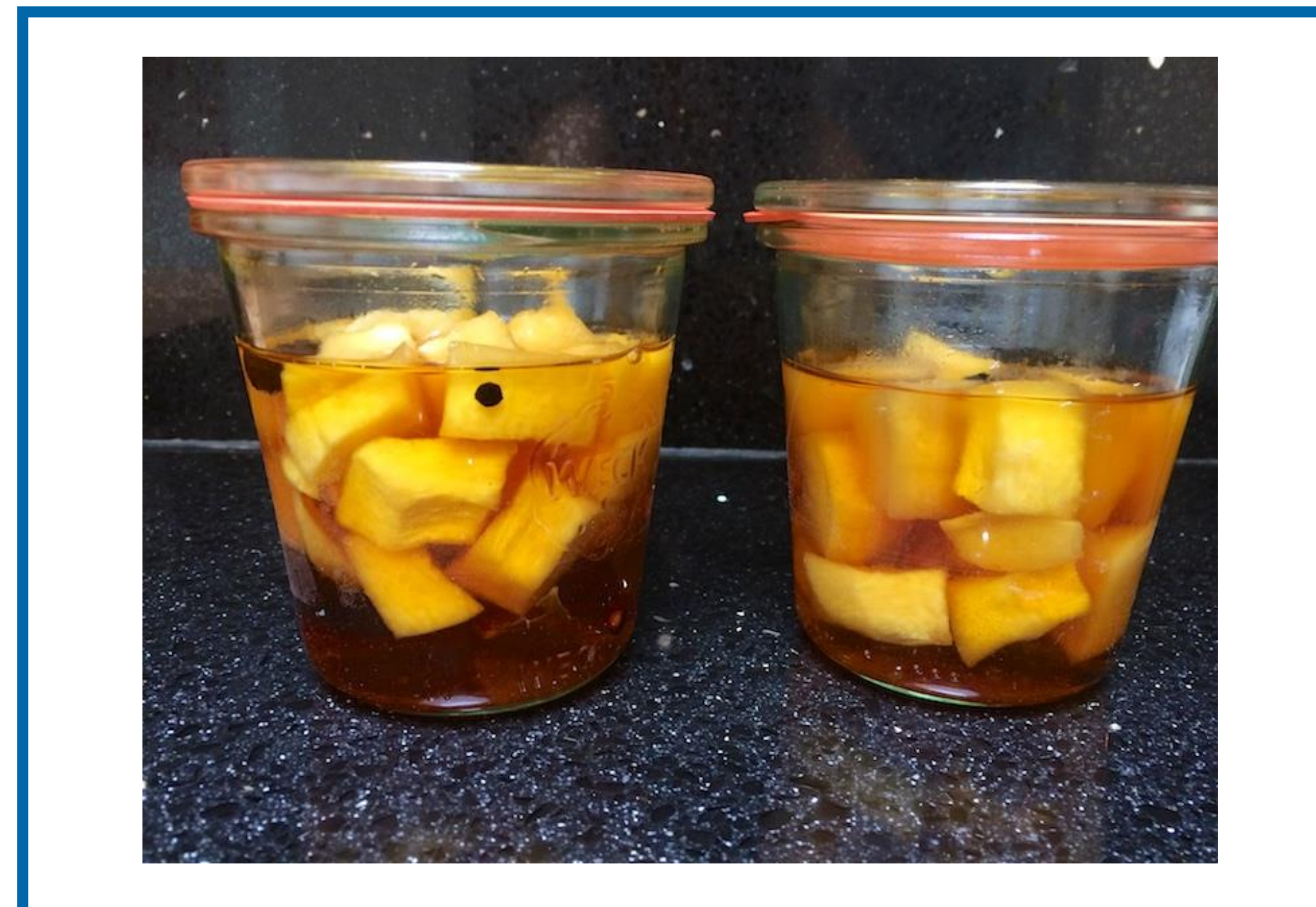


How to preserve food in vinegar

There are different ways on how to preserve something in vinegar.

You could, for example start off by blanching the vegetables and put it into a vessel, together with different kinds of herbs.

The next step would be to boil the vinegar and pour it onto to vegetables till they are completely covered.

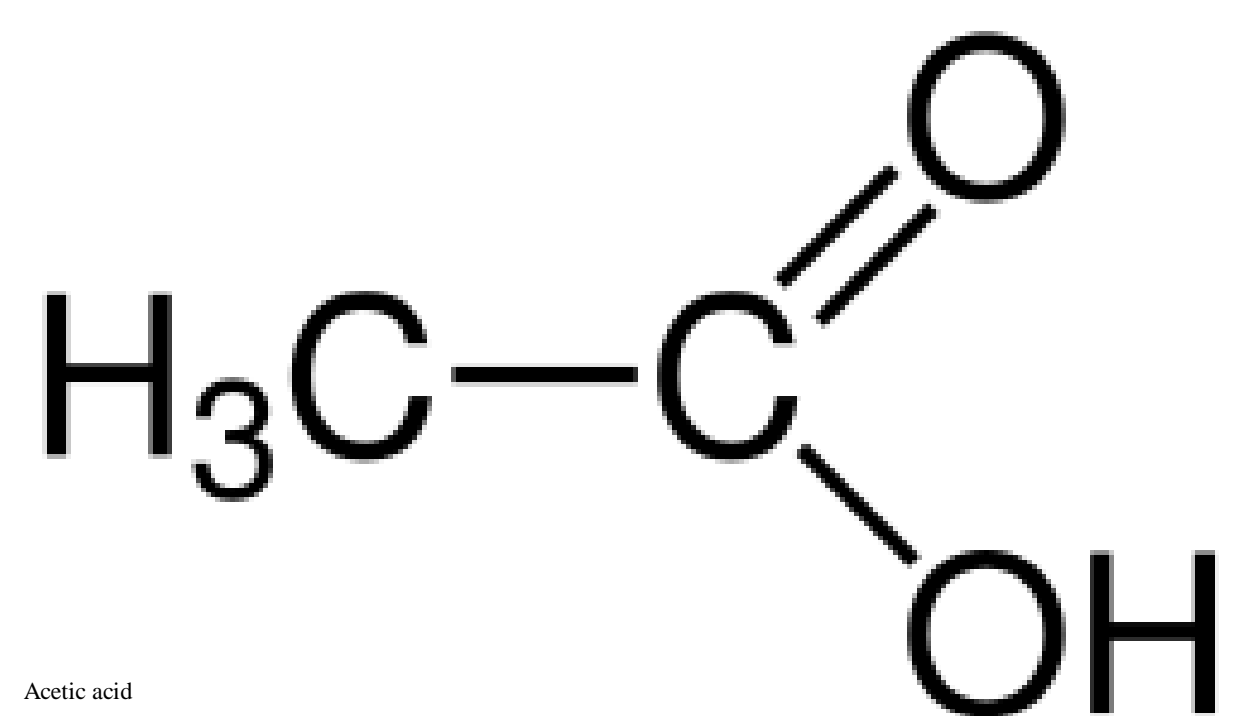


Requirement for the preservation

- The food has to be completely clean
- The best would be to wash it, but not to dry it afterwards since this would cause the danger of lint on the food
- Do not use dishes which are made of aluminum, copper or brass since the vinegar could dissolve parts of the metall which would then get onto the food
- Do not use flavored vinegar
- Use a vinegar that has at least 50%

Examples for food which can be used for preservation with vinegar:

- Nearly any vegetables can be used, for example tomatoes, pumpkin or cucumber
- Also fruits, such as apples, pears or plums
- Mushrooms and garlic are also usable



How does the vinegar affect the food?

The preservative effect of vinegar is based on the lowering of the pH value, i. e. an increase of the acidity of foods. Vinegar penetrates the cells of bacteria and microorganisms and changes their proteins, so that their metabolism is no longer or only limited affected.