

## Raspberry Thyme Infused Vinegar

Makes 6 Cups

Recipe from: [EatingWell.com](http://EatingWell.com)

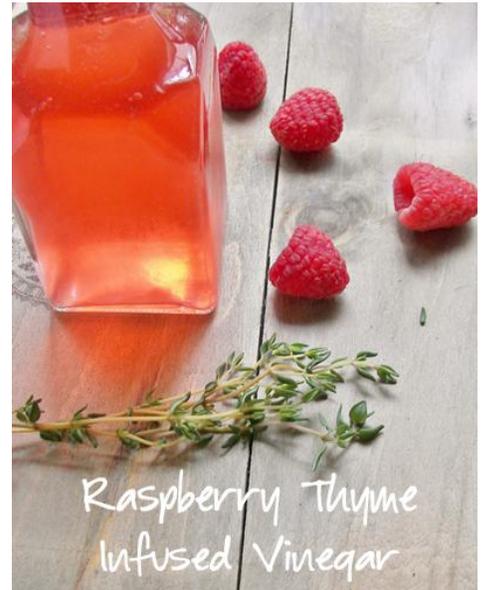
Use this in vinaigrettes, sauces, or mix with sparkling water for a vinegar spritzer! Try adding 1 shot to 8 ounces sparkling water.

### Ingredients

6 cups white-wine vinegar

3 cups fresh raspberries

12 sprigs fresh thyme



### **Step #1 – Sterilize your jars**

Wash 3 pint-size (2-cup) heatproof glass canning jars (or similar containers) and their lids with hot soapy water. Rinse well with hot water. Fill a large, deep pot (such as a water bath canner) about half full with water. Place the jars upright into the pot; add enough additional water to cover by 2 inches. Bring the water to a boil; boil jars for 10 minutes. Add the lids to the pot, and then remove the pot from the heat. Let the jars and lids stay in the hot water as you prepare the flavoring and vinegar. (Keeping the jars warm minimizes breakage when filling with hot liquid.)

### **Step #2 – Prepare ingredients and finish**

Heat vinegar in a large saucepan to a bare simmer (190°F). While the vinegar is heating thoroughly rinse raspberries and thyme with water.

Remove the jars from the water bath with a jar lifter or tongs. Divide the raspberries and thyme among the jars. Carefully divide the vinegar among the prepared jars, leaving at least 1/4-inch of space between the top of the jar and the vinegar. Remove lids from the water bath, dry with a clean towel and screw tightly onto the jars.

Store the jars in a cool, dark place, undisturbed, for 3 to 4 weeks. Strain vinegar through cheesecloth or fine sieve into another container. Discard all solids and pour the strained vinegar back into to rinsed jars or divide among sterilized decorative bottles. You can decorate with a few well-rinsed fresh sprigs of thyme and/or raspberries, if desired. (Decorative raspberries will begin to breakdown after a few weeks in the vinegar and should be removed once they begin to lose their shape and/or color.)

Refrigerate for up to 1 year.

**Nutrition Information per Serving:** 3 calories; 0 g fat, 0 mg cholesterol; 0 g carbohydrates; 0 g added sugars; 0 g protein; 0 g fiber; 0 mg sodium