

30 minutes (plus infusing time)

Makes 3 cups

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Ingredients

- 1 punnet (125g) raspberries
- 1 tub (125g) blueberries and/or blackberries
- 1 cup (250ml) white balsamic vinegar
- 1 garlic clove, finely chopped
- ¼ onion, thinly sliced
- 2 cups (500ml) good-quality olive and canola oil blend (avocado or mild oil works well)
- ¼ cup (60ml) honey
- Salt and milled pepper

Method

1. Combine raspberries, blueberries and/or blackberries, vinegar, garlic and onion in a pot.
2. Place a round of baking paper on liquid (big enough to fit in the pot) and bring to a simmer.
3. Simmer on low heat for 15 minutes, remove from heat and set aside for 1 hour to infuse.
4. Strain vinegar and discard berries.
5. Combine oil, infused vinegar and honey. Season.
6. Pour into a sealable jar or bottle and keep in the fridge for up to 2 weeks.
7. Shake well just before serving. Goes well with just about any salad.

COOK'S NOTE

The baking paper covering the liquid, also known as a cartouche, helps control the heat and evaporation during simmering or poaching.

It slows down the rate of evaporation and prevents a skin from forming on the surface when cooking sauces or stocks.

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