

A Splash of Zing

THE CONDIMENT THAT'S HEAVY ON FLAVOUR YET LIGHT ON CALORIES.



With a distinctive scent that hits you before it reaches your palate, vinegar packs a huge punch in both the taste and nutrition departments. Numerous studies have shown that acetic acid, the main component of vinegar, can keep blood sugar levels from skyrocketing after meals.

A 2009 Japanese study also found that acetic acid can activate genes to produce proteins that break down fat cells. While more research is needed to confirm its fat-busting abilities, vinegar is definitely something you'd want in your pantry.

"It contains little to no calories, carbohydrates and fats, making it a healthier ingredient to add zest to food," says Jaclyn Reutens, a dietitian on *Shape*'s advisory board. Best of all, there's more than one type to choose from!





1/WHITE WINE

The slightly bittersweet **De Nigris White Wine Vinegar Chardonnay** (\$6.10, Fairprice Finest) is pretty sharp, so drizzle over dishes with caution!

BEST WITH Sauteed sea bass, mussels and clams.

TARTNESS 😬😬😬😬😬😬

PER TBSP (15ml) 3kcal



2/SHERRY

We like the heady aroma and smooth, nutty flavour of the sherry (a fortified dessert wine made from white grapes) in **Waitrose Cooks' Ingredients A Dash of Sherry Vinegar** (\$15.75, Cold Storage).

BEST WITH Pan-roasted artichokes, grilled chicken, and beef consommé.

TARTNESS 😬😬😬😬😬😬

PER TBSP (15ml) 13kcal



3/APPLES

The sourest of the lot, zesty **Eden Organic Apple Cider Vinegar** (\$6.70, Four Seasons Organic Market) has a surprisingly mellow, woodsy flavour.

BEST WITH Grilled chicken, lentil soup, and meat casseroles.

TARTNESS 😬😬😬😬😬😬

PER TBSP (15ml) 0kcal



4/GRAPES

Made from white Trebbiano wine grapes and aged for six years to enhance its flavour and aroma, **Acetala Leonardi Balsamic Vinegar of Modena** (\$18, Fairprice Finest) is both sweet and sour.

BEST WITH Tomato and mozzarella cheese salad, grilled cod, and fresh strawberries with sorbet.

TARTNESS 😬😬😬😬😬😬

Nutritional values not available.



5/RASPBERRIES

Piquant yet refreshingly sweet, **Hengstenberg Essig Himbeere Raspberry Vinegar** (\$11.20, Cold Storage) dances on the palate long after you're done eating.

BEST WITH Kiwifruit, rocket salad with walnuts, and as a marinade for pan-seared duck.

TARTNESS 😬😬😬😬😬😬

PER TBSP (15ml) 4.5kcal



6/RICE

Koji mould is cultivated on cooked rice and fermented for eight months to produce **Clearspring Organic Japanese Brown Rice Vinegar** (\$8.55, Four Seasons Organic Market). It's less cloying than Chinese rice vinegar.

BEST WITH Steamed pomfret, barley and sweet corn salad, and Asian coleslaw.

TARTNESS 😬😬😬😬😬😬

Nutritional values not available.



7/MALT

Thanks to the sprouted barley kernels in **Heinz Gourmet Malt Vinegar** (\$4.05, Cold Storage), this reminds one of strong ale.

BEST WITH Fish and chips as well as roast chicken or mixed into aioli.

TARTNESS 😬😬😬😬😬😬

Per tbsp (15ml) 3kcal

Don't overdo it

Too much vinegar can lead to osteoporosis (weakened bones), says Jaclyn. It can interfere with certain medications, and may cause the body to secrete traces of potassium as well. Also, vinegar should not be taken on an empty stomach as the acid can irritate its lining as well as that of your throat.