



Jazz up your food with SALT AND VINEGAR

THE MILLENNIAL COOK
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Epicureans everywhere are thankful for a few flavour pairings that were invented, either by accident or to feed one's curious appetite, and the flavour combination of salt and vinegar is one such creation we ought to be grateful for.

What initiated as a sensational flavour of chips, coming as a complete game-changer in the world of potato crisps, has now moulded itself as an indispensable part of contemporary cooking. However, it would be unwise to limit this amazing flavour pairing to crisps only.

With these two rudimentary kitchen condiments, the sky is really your limit when it comes to elevating the flavour profile of any dish! Thus, here are a few lip-smacking recipes highlighting this classic combination along with a delicious salad dressing.

CLASSIC POTATO CHIPS

Salt and vinegar flavoured chips, albeit all too common, is now a snack residing in every household pantry, and yet a classic that will always hold its reigning dominance. This homemade version is more filling as it swaps the thin potato wafers for a rather chunky bite.

Ingredients

2 large potatoes
1½ cup white vinegar
½ cup cold water + more to cover

Oil for frying
2 tsp salt

Method

Peel and cut the potatoes into thin batons and cover them completely with cold water. Mix cold water and vinegar together and after 10 minutes, submerge the drained potatoes into this mixture. Let them sit for half an hour before frying them in hot oil, until they are crisp and golden. Drain them on a wire rack and generously sprinkle over salt while they are still hot.



BAKED CHICKEN WINGS

These salty and tangy wings pack a punch of flavour that is hard to resist. As a bonus, these wings are baked and use minimal oil, so that you may indulge in these

delicious bites without any remorse or guilt afterwards!

Ingredients

8 pieces chicken wings
2 tsp baking powder
1 tbs oil
For the marinade -
½ cup white vinegar

½ tsp garlic powder
½ tsp white pepper
1 tsp salt

Method

Mix the vinegar, salt, garlic powder, and white pepper until all the condiments are dissolved. Pour this mixture over the chicken wings and let this marinate in the refrigerator for a couple of hours. After that, drain excess marinade and pat the wings dry with a kitchen towel. Toss the wings with baking powder before transferring them onto a greased baking rack.

Bake them in a preheated oven at 120°C initially for 30 minutes before flipping them and taking the temperature up to 200°C for another 20-30 minutes. Once done, sprinkle over more salt while they

are still hot and serve!

TANGY POPCORN

Munch on this fun snack next time you binge-watch your favourite movies or shows. These popcorns are popping with a tangy and salty flavour profile that is irresistible. If you are a fan of salt and vinegar chips, then you are definitely going to love these!

Ingredients

70g unflavoured popping corn kernels
1½ tbs butter
½ tbs white vinegar
1 tsp salt
½ tsp dried dill

Method

Prepare the popcorn according to package instructions. In a pan, melt butter and vinegar together and stir to combine. Drizzle this over the popcorn just as they are done and shake them well to coat. Start with a little amount and add more as you go to prevent making them soggy. Sprinkle over salt and dill and shake again to coat entirely before digging in.

BALSAMIC VINAIGRETTE DRESSING

A vinaigrette is a basic salad dressing that is extremely facile to put together. And once you understand how to equate the ratios to balance flavours, you may come up with a dressing that suits your unique taste buds. This one is my personal favourite.

Ingredients

¾ cup olive oil
¼ cup balsamic vinegar
1 tsp mustard
1 tsp honey
½ tsp salt

Method

Combine all the ingredients in a jar and shake vigorously until emulsified. Give this a taste and balance the flavours with additions as required. This will separate so pour this dressing over your salad instantly.

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