

Vinegar and Oil



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The first half of this volume covers the history, folklore and science of vinegar before moving on to a thorough guide to its many varieties. Find out how to treat many ailments and how to care for your skin and hair before learning how to mix your own

natural pesticides, limescale removers and furniture restorers. Blend relishes and vinaigrettes and whip up salads and pasta dishes with 60 simple recipes. The second section looks at the history and traditions surrounding oil and its production. Read about over twenty types of oil, then see how it can act as a massage aid, protect against cardiovascular disease and cancer, treat dry skin and hair, polish furniture and fix creaky hinges. In the kitchen, find out how to make use of the many types of oil in a variety of culinary techniques and recipes.

作者介绍:

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