

Deacon's Malt Vinegar Vinaigrette

Malt vinegar contains no FODMAPs and is the star of our No FODMAP Malt Vinegar vinaigrette.

Serving Size Info:

Makes about 1 cup (240 ml); 8 servings; 2-tablespoon serving size

Makes: 8 Servings

Prep Time: 5 minutes

Total Time: 5 minutes

Ingredients:

- 3/4 cup (180 ml) Deacon's Penna Extra Virgin olive oil
- 1/3 cup (75 ml) Deacon's Tasmanian Malt Vinegar (*Gluten – not detected*)
- Pinch of Tasmanian Sea Salt
- Freshly ground black pepper
- 1 tsp finely chopped rosemary (optional)

Preparation:

1. Shake the oil and vinegar together in a glass-covered jar—season with salt and pepper to taste. The vinaigrette is ready to use or may be refrigerated in a covered container for up to a week. Bring to room temperature before using.
2. You can warm the jar in a bowl of warm water if you are in a rush. Shake well right before using.

Tips:

Variation: Small amounts of Dijon mustard are low FODMAP. If you like, you can add 2 teaspoons of Dijon mustard.

www.tasmanianmaltvinegar.com.au

Beetroot, spinach, rocket and feta salad

With Red Onion



Ingredients:

- 500g packet peeled, cooked, whole beetroot (cut into wedges)
- 120g bag of baby spinach and rocket leaves
- 250g tub Greek feta, drained
- 1 Tomato
- 100g red onion (strings)

Before serving, arrange on a plate, and drizzle over vinaigrette



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