

## The Natural Vinegar for a Good Health

We now find on the market genuine living vinegars naturally made from wild fruits and flowers and fermented with the vinegar mother as our ancestors were doing centuries ago.

Its origin, a small-scale production, under the name of Les Produits La Tradition, uses wild fruits and flowers which are generally acknowledged for having much greater properties and active ingredients than cultivated fruits and flowers.

The wild cherry, wild apple, wild grape, wild elderberry, hawthorn, squashberry, solomon's seal and dandelion are transformed into wine and then into vinegar by the action of the vinegar mother. No sugar is added but unrefined honey as needed and naturally these vinegars are not pasteurized. All the fermentation process is natural and spreads over months even years giving the vinegars their exquisite taste.

The natural vinegar with his fine taste serves the plates deliciously. It makes the every day salad-dressing, enhances the taste of soups, stews, sauces, mayonnaises, pestos, is used in pastry as well as it is taken with the fruit and vegetable juice or as a soothing infusion with hot water and a soupçon of honey. What kind of vinegar to choose? Make your choice to the taste of the day. Les Produits La Tradition offer a nice variety of vinegars all very tasty.

As a matter of fact, from one generation to the next, the natural vinegar and vinegar mother hold the reputation to maintain a good health, prevent illness in reinforcing the immune system, help the digestive system, ease cough, cold and respiratory problems, control weight, to be a natural anti-inflammatory agent, to help to reduce blood cholesterol, etc.

Our ancestors knew very well the extraordinary benefits of the natural vinegar and vinegar mother. Today, it is up to us to rediscover these qualities and satisfy at the same time our taste bud!

## Vinegar Mother Nature's Best!

You would like to be in good health, to have energy and enjoy a better life?

The wild fruits and flowers' vinegar mother is all what you need. Why? Because it is a strong natural anti-inflammatory agent, the most ancient, used since the old times by people of all cultures in many countries. And there is much to be said about its remineralizing action!

The vinegar mother is rich in oligo-elements, enzymes, amino-acids, vitamins, which is generally recognized for its effective result on the digestive system, the immune system, arthritic pains, respiratory problems, blood cholesterol, etc.

At the eve of 21st century, we rediscover this most natural nutriment endowed with an extraordinary curative power. We suggest that it be taken every day on the basis of 1/3 of a teaspoonful on an empty stomach in the morning.

If your health is of importance to you, look for the wild fruits and flowers' vinegar mother and you will benefit greatly by its exceptional virtues!

### Wild Apple Cider Vinegar & Vinegar Mother

?? Facilitates a good sleep and acts on the nervousness, hypertension, over-exertion and obesity.

### Wild Cherry Wine Vinegar & Vinegar Mother

?? Facilitates the digestion and relieves the arthritis and gout.

### Wild Grape Wine Vinegar & Vinegar Mother

?? Facilitates a good blood circulation and have an influence on the cholesterol, cellulitis and problems related to menopause.

### Wild Elderberry Wine Vinegar and Vinegar Mother

?? Helps the good functioning of the liver and kidneys and eases the rheumatism.

### Natural Beer Vinegar & Vinegar Mother

?? Facilitates the nervous balance and is salutary for the heart, bronchitis, appetite and skin.

### Dandelion Wine Vinegar and Vinegar Mother

?? Helps the cicatrization and the good glandular and pancreas functioning and is excellent for the skin problems, varicose veins and arteriosclerosis.

### Hawthorn Wine Vinegar and Vinegar Mother

?? Helps to straighten out the rate of heart beat and lower the blood pressure.

### Wild Squashberry Wine Vinegar

?? Relaxes the uterus and ovaries, relieves the menstrual cramps.

### Wild Solomon's Seal Wine Vinegar

?? Acts on the catarrh and protects the mucous membranes against the inflammations.

### Honey Wine Vinegar

?? Helps to mineralize the system.

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## Anchovies Salad (6 servings)

Cos lettuce  
6 fillets of anchovies, drained and sliced  
2 tomatoes, sliced  
2 hard-boiled eggs, sliced  
1/3 cup cold-pressed olive oil  
1/3 cup Squashberry Wine Vinegar La Tradition  
3/4 teaspoon dry mustard  
3/4 teaspoon sugar  
1/2 teaspoon paprika  
1/2 teaspoon salt  
Fresh parsley, minced

Mix all the dressing's ingredients, then add the lettuce, the anchovies, tomatoes, hard-boiled eggs and parsley.

### Salad Chef Antoine (2—4 servings)

- Iceberg lettuce
- 3 tablespoon Wild Grape Wine Vinegar La Tradition
- 2 tablespoon cold-pressed sunflower oil
- 1 teaspoon beer mustard La Tradition
- 1/2 teaspoon sugar
- 1 onion, thinly small round sliced
- 1 apple, thinly small round sliced
- 1/2 banana, thinly small round sliced
- 1/4 red sweet pepper, thinly sliced
- Sea salt
- Ground black pepper, to taste

### Avocado and Tomato Salad (2—4 servings)

- 1 Ripe avocado, sliced
- 3 tablespoon Dandelion Wine Vinegar La Tradition
- 2 tablespoon cold-pressed canola oil
- 2 tomatoes, sliced
- 1 onion, thinly small round sliced
- Salt and ground black pepper, to taste

### Chicken or Rabbit Liver, Tossed in Vinegar (2 servings)

- Chicken or rabbit liver
- 1 green onion, minced
- 2 tablespoon Natural Beer Vinegar La Tradition
- Oil, sort to taste
- Cos lettuce, thinly sliced
- Salt, pepper

In a saucepan, brown green onion in oil and seize liver on each side. Then transfer on cos lettuce. Make sauce by adding Natural Beer Vinegar in saucepan, then reduce the sauce. Pour it on liver. Add salt and pepper, to taste.

### Chicken Vinegar Sauce (4 servings)

- 1 Chicken or 4-6 chicken legs
- 1 apple, sliced
- 1 onion, sliced
- 1 clove garlic, sliced
- Fresh mushrooms, sliced
- 1 teaspoon curry
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1 teaspoon dry mustard
- 1/2 teaspoon salt

#### Sauce Ingredients

- 2 tablespoon Wild Cherry Wine Vinegar La Tradition
- 3 tablespoon Madère wine
- 1 1/2 tablespoon Chasseur sauce mix
- 1/3 cup water

Sauce : Add water to Chasseur sauce mix and add Madère wine and Wild Cherry Wine Vinegar. Mix well. Reserve.

Chicken: Insert garlic in different places under chicken's skin and cover with mixing of curry, paprika, cayenne pepper, dry mustard and salt. Put in a stewpan with pieces of apple, onion, garlic and mushroom. Add sauce reserved. Cover stewpan and cook in oven at 375oF for 1 1/2 hours.



For more recipes and to learn about the virtues of the natural vinegar, please visit our web site.

<http://latradition.qc.ca>

## The Natural Vinegar for a Good Health



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*It's not necessary to enjoy  
health and food-values*

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