

## **TYPES OF NATURAL VINEGAR**

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### **ABSTRACT**

*Growing and storing food has become a traditional habit. But the role of acetic acid in meeting people's food needs is invaluable. The selection or preparation of natural acetic acids is also important.*

**Keywords.** *Apple cider vinegar, grape vinegar, synthetic vinegar, types of vinegar, food, acid, vinegar essence, solution, wine, beer, ethyl alcohol.*

### **АННОТАЦИЯ**

*Озиқ-овқат маҳсулотларини етиштириб, сақлаш анъанавий одат тусига айланган. Лекин инсонларни озиқ-овқатга бўлган эҳтиёжларини қондиришда сирка кислотасини ўрни беқиёс. Табиий сирка кислоталарини танлаб ёки тайёрлаш ҳам муҳим ҳисобланади.*

**Калит сўзлар.** *Олма сиркаси, узум сиркаси, синтетик сирка, сирка турлари, озиқ-овқат, кислота, сирка эссенцияси, эритма, вино, пиво, этил спирти.*

### **АННОТАЦИЯ**

*Выращивание и хранение продуктов питания стало традиционной привычкой. Но роль уксусной кислоты в удовлетворении пищевых потребностей людей неоценима. Выбор или приготовление натуральных уксусных кислот также имеет важное значение.*

**Ключевые слова.** *Яблочный уксус, виноградный уксус, синтетический уксус, виды уксуса, пищевой, кислота, уксусная эссенция, раствор, вино, пиво, этиловый спирт.*

### **INTRODUCTION**

Vinegar - a solution of acetic acid in water (3-15%) used for food; Vinegar essence in industry (80% aqueous solution of food vinegar for sale; in industry it is obtained by brewing wine, beer, weak ethyl alcohol solution. It is made by adding water to it. In Uzbek cuisine, vinegar is made at home from the juice of grapes, figs, apples and sweet fruits. .

Vinegar is a fermented juice that is made from all kinds of wet and dried fruits. For example, it is made from grapes, figs, dates, raisins, sorrel, sorghum, sugarcane, honey, and some grains, such as rice. Best of all is made from grapes.

**VINEGAR** (acetic acid) is a clear liquid with a sharp smell and taste, which is used in the preparation of various culinary pastries. There is probably no housewife who has not used vinegar on the farm.

**Nature.** It is composed of hot and cold, and its coldness can be broken down with little effect (for example, by adding honey). It is generally cold and dry.

**Beneficial effects of vinegar on the body.** Taomga If you want the vinegar you use to have a beneficial effect on the body, choose its natural and unrefined (unrefined) type. Such vinegars have the following properties:

- Antibacterial effect;
- Improves digestion;
- Lowers blood pressure;
- Lowers body temperature when applied externally;
- Reduces body weight;
- Improves the functioning of the immune system;
- Protects the body from free radicals;
- Increases vascular strength;
- Prevents atherosclerosis by dissolving cholesterol.

**Types of vinegar.** Before talking about the effects of vinegar on the body, it should be noted that there are several types in terms of its composition and methods of preparation. While some types of vinegar benefit the body, some types are harmful. The most common types of vinegar are: 1. Synthetic; 2. Olmali; 3. Grapes; 4. Rice; 5. Balsamic vinegars.

## **DISCUSSION AND RESULTS**

To prepare Grape Vinegar, well-ripened grape juice is poured into a ceramic jar or jar, adding 100 g of old vinegar per 1 l as yeast. The pot is tightly closed and placed in a sunny place to boil. After 10–15 days, the vinegar stops boiling and is added. The prepared vinegar is filtered and poured into jars. It is used in canning, marinades, condiments, as an appetizer, in kebab vinegar, and in medicine.

Vinegar is used in various desserts, sauces and canned food and pickles prepared for the winter. You can find a variety of vinegars in stores. Housewives mainly use synthetic vinegar type. However, there are different types of this product and the places where they are used in food are also different. The use of vinegar is part of the Sunnah of the Prophet (peace and blessings of Allaah be upon him). The Prophet (peace and blessings of Allaah be upon him) said that vinegar is a “wonderful spice”.

Apple cider vinegar is made from juice or wine. Light brown This vinegar is recommended for use in a variety of salads, ragouts and stews. It adds a special flavor to the food. Grape Vinegar - The grapes used will be red or white depending on the navigation. White grape vinegar is used in dishes made from fish and chicken. The red type is a delicacy for meat dishes and marinades.

Rice vinegar. It is prepared in refined and unrefined rice. What is made from refined rice is called white vinegar, and what is made from unrefined rice is called black vinegar. Rice vinegar is softer than other types of vinegar. Used in salad dressings and light marinades. Balsamic vinegar is the most valuable vinegar in the world. Made from white grapes. Unique cooking style and for a long time the vinegar thickens and turns dark brown. The preparation technique is complex and expensive. Balsamic vinegar analogues can be found on store shelves. Balsamic vinegar adds flavor to any dish and even fruit.

Synthetic vinegar- In the form of essences, the sharpness is 70 to 80 percent or without mixed 9 percent. This type of vinegar is mainly used for winter canning and pickling. Synthetic vinegar can be used in a variety of foods, but natural types of vinegar are more beneficial to health. Vinegar can also be prepared at home. If you learn the secrets of cooking, no vinegar can replace the vinegar you prepare with your own hands. And you will be satisfied with the products included.

Homemade apple cider vinegar. Peel a squash, grate it and squeeze the juice. Put the apples in a deep bowl and add less than half a cup of sugar. You can add 10 g of yeast (market yeast) to make the vinegar ready faster. Put 1.5 to 2 liters of warm boiled water on the apples and cover with a lid and place in a dark and warm place. After 10 days, soak the apples in water. Cover with gauze and leave for another 2 weeks. The prepared vinegar turns light in color. Place in glass jars and keep the lid closed.

### **Wide use of vinegar.**

1. Acetic acid is used not only in cooking, but also has a beneficial effect on the skin. Fill the bath with warm water, add a few tablespoons of vinegar and sit in it for 15 minutes. After this treatment, you will notice that the skin is refreshed and much whiter.

2.To reduce the fever, dissolve a small amount of vinegar in water, compress or wipe the body thoroughly. It quickly eliminates fever without medication.

3.Vinegar solution is used for quick removal of blemishes. To do this, simply wipe the problem area with a cotton ball soaked in vinegar solution.

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