

The Vinegar Story

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Summary

Use of vinegar is ancient and together with salt it is one of the first condiments employed by man. Thus there is reference to consumption of vinegar 7000 years in Mesopotamia. In Japan it was introduced from China with sake in the 5th century. Vinegar in Japan has almost always been made from rice, but people devised a cheap and tasty form generated from sake lees in the 19th century. Modern sushi was first crowned with success using vinegar made in this way. Vinegar has long had an image as a healthy product and recently, this has been supported by scientific evidence that it has various benefit actions. Of course it is very useful for cooking. Recommendations for its application as a healthy component of the diet are clearly warranted.