

Four Thieves Vinegar Recipe

The original four thieves vinegar recipe is lost to time, and you'll find many different versions. This one is simple and easy to make. Five minutes preparation.

Servings: 32 servings (1 quart)

Ingredients

- 2 tablespoons chopped fresh lavender flowers
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh marjoram
- 2 tablespoons chopped fresh anise hyssop
- 4 cloves garlic (peeled and crushed)
- 4 cups white wine vinegar

Instructions

- Toss herbs and garlic together in a one-quart mason jar, cover with vinegar and allow them to marinate for seven to ten days in a sunny location. After seven to ten days, strain the vinegar through a fine-mesh sieve into a second, clean 1-quart glass jar.
- Store at room temperature until ready to use and serve as you would any seasoned vinegar: as a basis for vinaigrettes or as a seasoning for braised meats and vegetables.

Recipe by Nourished Kitchen

Vinegar of the Four Thieves Health Tonic

A potent recipe for an herbal remedy, insect repellent, and disinfectant spray.

Prep Time 10 minutes

Infusing Time 42 days

Ingredients

- 2 TBSP dried thyme
- 2 TBSP dried rosemary
- 2 TBSP dried sage
- 2 TBSP dried lavender
- 2 TBSP dried mint
- 4-8 cloves garlic (minced, optional)
- 4 cups organic apple cider vinegar with "the Mother"

Instructions

- In a large glass jar, combine all the dried herbs and garlic, if using.
- Pour the vinegar over the herbs and garlic and seal tightly. The vinegar is strong enough to corrode some metal lids, so in this case, consider putting plastic wrap or a plastic bag on top and then putting the lid on.
- Leave in a cool, dark, place for 6-8 weeks, shaking daily if possible.
- After 6-8 weeks, strain the herbs out using a small strainer and store the tonic in smaller jars for easy use.

Recipe by Katie Wells