



Angela Clutton

*Delicious recipes with our
Sherry vinegars*

**“I would never let my
cupboards
be without Sherry
Vinegar”**



BARBADILLO

CIELO, MAR Y TIERRA

Angela Clutton is a food writer, food historian, professional cook and author of the multi-award winning book The Vinegar Cupboard.

She has written on food and drink for several major UK publications; and she regularly writes for Borough Market where she is also a recipe developer, demonstration cook and hosts the hugely popular Borough Market Cookbook Club. Broadcast work includes the recent Channel 5 'Inside...' series. Angela is the Guest Director of the British Library's 'Food Season' of talks and events.

Her debut book The Vinegar Cupboard (published in March 2019) won the Jane Grigson Trust Award, was shortlisted for the André Simon Food and Drink Awards, won two awards at the 2020 Guild of Food Writers Awards, and won for 'Debut Cookery Book' at the 2020 Fortnum & Mason Food and Drink Awards.

Having spent years working on a book about all different styles of vinegars from all over the world, I can say with absolute certainty that sherry vinegar is my absolute favourite. The one I consider the most versatile to use in the kitchen and the vinegar I would never let my cupboards be without.

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Tips for cooking with Sherry vinegar

Here are a few tips on how you might think of using sherry vinegar to enhance your cooking:

Sherry vinegar has such depth of flavour that along with its acidity and sweetness it is ideal for using at the early stage of cooking a dish, such as making the base for meat or vegetable based stews or soups.

Sherry vinegar is also very useful as a finishing touch to a dish, especially to spritz delicately on so that small droplets spread across the dish and when you eat, the acidity and flavour of the vinegar prepare the palate for what is to come. The vinegar will lift and brighten the flavours.

The relative lightness and sweetness of Moscatel sherry vinegar makes it ideally suited for use with fish or seafood.

All sherry vinegars are transformative when added to vegetables as they are roasting. The vinegar will make whatever you are roasting taste like the best possible version of itself. The same applies to roasting fruits, although use a little less vinegar in that case.

Sherry vinegar is a natural match for anything with tomato. From using in a rich tomato sauce, tousing in a dressing or just pouring over raw tomatoes.

Baked beetroot with watercress, hazelnuts and an orange, black mustard seed and sherry vinegar dressing

Roasting beetroots with sherry vinegar really brings out their sweetness and flavour. The tender beetroots are then layered up into this beautiful salad that is finished with a dressing using the heat of mustard seeds, the bite of orange and the sweet-sour notes of delicious Moscatel sherry vinegar for perfect balance.

To serve: 4

Time: 1 hour 15 mins

4 large raw red beetroot
2 garlic cloves
2 thyme sprigs
100ml Barbadillo Vinagre de Jerez Reserva or Barbadillo Vinagre de Jerez Reserva Ecologico
40g whole hazelnuts
60g watercress
75ml extra virgin olive oil
2 tsp black mustard seeds
1 orange
75ml Barbadillo Barbadillo Vinagre de Jerez Reserva al Moscatel

Preheat the oven to 200C.

Trim each beetroot so there is just a few centimetres of root / stalk at each end. Put the beetroots into a baking dish with the garlic and thyme. Pour over the Barbadillo Reserva or Organic Reserva sherry vinegar along with 50ml water. Cover and bake for around 50 minutes until the beetroots are tender to the point of a knife. Take them out of the dish to cool, and in the meantime put the hazelnuts onto a baking tray and into the oven for 5 mins to toast. Transfer the nuts to a clean tea-cloth and rub at them to remove the skins.

Trim the ends away from the cooled beetroot, rub away the skins, and cut the flesh into slices or chunks as you prefer. Transfer to a serving plate and add the watercress. Gently crush the toasted nuts and scatter them over.

Heat the olive oil in a small saucepan, add the black mustard seeds and as soon as they start to pop take them off the heat. Whisk in the juice of the orange and the Moscatel sherry vinegar. Pour the dressing over the plated beetroot and watercress, being sure to use all the mustard seeds. Give it all good grinding of pepper, scatter over some salt flakes, and serve.



Pickled cherries

Sherry vinegar can be wonderful for pickling, bringing such depth of flavour. Here fresh cherries are pickled with sherry vinegar and mix of spices to be served as an accompaniment for cheese, game, lamb or charcuterie.

The resulting pickling liquor will be as delicious as the pickles cherries themselves. Rather than throw it away, be sure to use the liquor in salads dressings.

(Note that while the recipe calls for using 75ml each of a mix of sherry vinegar styles you could use 150ml of one sherry vinegar style only if you prefer.)

Makes: 1 x 300ml jar
Time: 10 minutes

75ml Barbadillo Vinagre de Jerez Reserva or Barbadillo Vinagre de Jerez Reserva Ecologico
75ml Barbadillo Vinagre de Jerez Reserva al Pedro Ximenez
40g soft light brown or granulated sugar
1 tsp fine salt
1/2 tsp ground cinnamon
1 tsp vanilla extract
1 bay leaf
1 broad strip of orange zest
1/4 tsp black peppercorns
250g cherries

a glass jar with 300ml capacity, sterilised

Put the sherry vinegar into a pan and add 75ml water, the sugar, salt and cinnamon. Simmer just long enough for the sugar and salt to dissolve, then take off the heat and add to the pan the vanilla, bay leaf, orange zest and peppercorns. Set aside to cool.

Wash and dry the cherries. Put them into the sterilised jar. Pour over the cool pickling liquor - making sure the bay leaf, orange strip and peppercorns go into the jar too so they can continue to infuse the cherry pickle with flavour.

Seal and store in the fridge for 2 weeks before using. They'll keep for up to 3 months.



Lamb with roasted pear and fig

This dish shows how sherry vinegar can work with fruits, and marry their flavours into savoury dishes. Lamb is a meat that often works well with fruit, but needs the flavour bridge that sherry vinegar provides.

(Note: you could choose either a 6 or 8 bone rack of lamb, depending on whether or not you think everyone will want to eat two cutlets.)

To serve: 4
Time: 40 mins

1 rack of lamb (see note above for size), trimmed and scored
2 tbsp olive oil
4 oregano sprigs
3 tbsp honey
50ml Barbadillo Vinagre de Jerez Reserva or Barbadillo Vinagre de Jerez Reserva al Pedro Ximenez
2 tsp salt flakes + extra for finishing
250ml Manzanilla (or white wine)
1 pear, preferably not fully ripe
2 figs, halved
1 tbsp Barbadillo Barbadillo Vinagre de Jerez Reserva al Moscatel
1 tbsp creme fraiche
20g rocket
whole nutmeg

Preheat the oven to 200C

Rub the underside of the meat with the olive oil. Put the oregano sprigs into a roasting tin and sit the lamb on top, fat-side up. Mix together the honey and Reserva or Pedro Ximenez vinegar. Smear that mix over the lamb fat, scatter over the salt flakes and then pour 150ml of the Manzanilla (or wine) into the dish but taking care to not pour it over the lamb. Put the roasting tin into the oven for 10 minutes

Towards the end of that initial roasting time, cut the pear into quarters and remove the core. Don't peel it. When the 10 minutes is done, add the pear quarters to the tin, basting them with the juices. Return to the oven for another 10 minutes.

Then add the halved figs, turn the pears over, baste the fruit, and drizzle over the Moscatel vinegar. Add a little water to the tin if it looks like it might be getting too dry. Put the tin back into the oven for 5 minutes for pink meat, 10 minutes to have it more well-done.

Set aside and cover the lamb rack to rest. Discard the oregano sprigs. Set aside the figs, and check the pears for tenderness. Give them another 5 minutes roasting if they are not yet tender, then set those aside too.

Now sit the roasting tin on the stove on a high heat, adding the remaining 100ml Manzanilla (or wine). Use a whisk to deglaze into the sauce all the juices and sticky bits of flavour in the roasting tin from the lamb and fruit. Let it bubble and reduce for about a minute then whisk in the creme fraiche and check the sauce's seasoning.

Sit the lamb on top of the rocket, arrange the fruit around, give it all a grating of nutmeg, a grinding of black pepper and a sprinkling of salt flakes. Serve with the sauce, carving the rack into cutlets.



Sausages, puy lentils and herbs

Oven-baked sausages are served on a bed of Puy lentils and herbs, with sherry vinegar used at various stages in the dish to bring the flavours together and add lift.

To serve: 4
Time: 40 minutes

8 best-quality pork sausages
75ml olive oil
3 red onions
25ml Barbadillo Vinagre de Jerez Reserva or Barbadillo Vinagre de Jerez Reserva al Pedro Ximenez
300g puy lentils
750ml vegetable stock
2 tbsp creme fraiche
2 handfuls chopped fresh herbs - any mix of dill, basil, tarragon, chervil
1½ tsp Barbadillo Vinagre de Jerez Reserva al Pedro Ximenez

Preheat the oven to 200C.

Put the sausages into a large baking dish and toss round in the olive oil. Peel the red onions, cut into chunks and add to the sausage dish, along with the Reserva or Pedro Ximenez vinegar. Toss round again, scatter some salt over the onions, and put into the oven for 30 mins, stirring and turning the sausages halfway through.

Meanwhile, prepare the lentils. Rinse and drain them, then gently simmer in the stock for 20 - 25 minutes until just about tender. Drain the lentils and return them to the pan. Add the onion chunks that have been baking alongside the sausages, the creme fraiche, the chopped herbs and the small amount of Pedro Ximenez vinegar. Season well with salt. Add more creme fraiche if you prefer a texture with more sauce.

Divide the herbed lentil and onion mix between plates, add the sausages and finish with lots of ground black pepper.



White crab, quick-pickled radishes and nasturtium

The beauty of this elegantly simple and fabulously flavoured dish is the contrast between the vinegar bite of the quick-pickled radishes, the salty crab and peppery nasturtium. It is served here piled onto toasted sourdough, but could also be served with diced new potatoes or salad leaves.

Quick-pickling is a great way of achieving flavour lift with fruits or vegetables. Try this idea with cucumber or courgettes too. The lightness and sweetness of the Moscatel vinegar makes it perfect for quick-pickling.

If you can't get hold of nasturtium leaves, try peppery rocket instead. Or just add plenty of black pepper to the crab mix.

To serve: 4

Time: 10 mins (plus resting time for the radishes to quick-pickle)

50g radishes
50ml Barbadillo Vinagre de Jerez Reserva al Moscatel
1 tbsp white sugar
an orange
300g white crab meat
75g creme fraiche
30g nasturtium leaves
4 sourdough bread slices
75ml extra virgin olive oil
1 mint sprig

Begin by quick-pickling the radishes: remove the ends of the radishes than slice them thinly. Put into a bowl. Heat the vinegar and the sugar in a small pan along with 25ml water, heating just long enough for the sugar to dissolve. Then pour over the radishes, adding a broad strip of orange zest into the bowl too. Set aside for 30 minutes or up to an hour.

Mix the crab meat with the creme fraiche, chopped nasturtium leaves, a squeeze of juice from the orange and salt to taste.

When ready to serve: toast the sourdough and then drizzle over the olive oil. Give each slice a scatter of salt flakes, spoon on the crab meat, then top with the quick-pickled radishes. Spoon over some of the pickling liquor and scatter over the chopped mint. Eat straight away.



Seared duck breast and rocket linguine

For this dish the duck is first pan-fried and then while the meat rests, the pan the duck cooked in is deglazed with sherry vinegar to form the basis of the sauce for the finished pasta. The sliced duck and rocket leaves are then stirred in for a delicious pasta course.

(Note the Reserva vinegar in the recipe could be swapped for Pedro Ximenez vinegar)

To serve: 4
Time: 25 minutes

2 large duck breasts
450g linguine
3 tbsp Barbadillo Vinagre de Jerez Reserva or Barbadillo Vinagre de Jerez Reserva Ecologico
3 garlic cloves, crushed
2 handfuls rocket
3 - 4 tbsp creme fraiche
handful of fresh basil or tarragon

Preheat the oven to 200C

Pat dry the duck breasts and season them with salt and pepper. Set a frying pan over a medium heat and let it get very hot. Place the duck breasts into the pan, skin side down and cook for 3 minutes until their fat starts to run into the pan. Turn the duck breasts over, let them cook on the stove for a further 2 minutes and then put the pan into the oven. Cook the duck in the oven for 10 minutes - and while that is happening bring a large pan of water to boil, with plenty of salt added.

After the 10 mins roasting time, take the duck pan out of the oven - remembering its handle will be very hot. Lift the duck breasts out with a slotted spoon and set them aside to rest, covered. Be sure to keep in the pan the duck fat that has run out of the meat. Put the pasta into the boiling water.

When the pasta has been simmering for approx 5 minutes, put the pan the duck cooked in back over heat. Return the fat in the pan to a high temperature if it has cooled, then pour in the sherry vinegar, Stir for a minute to deglaze the pan and make the beginnings of a sauce. Add the crushed garlic, season and cook on a low heat taking care the garlic does not burn. Thinly slice the resting duck.

Drain the pasta when it is just about cooked, reserving some of its cooking water. Transfer the pasta to the frying pan and toss it into the deglazed juices along with the sliced duck and rocket. Stir in the creme fraiche and enough of the reserved pasta water to make a smooth sauce. Finish with torn basil (or tarragon) leaves and lots of cracked black pepper. Serve immediately.



Sweet and sour shallots

Shallots are baked with garlic, butter, thyme, raisins, sugar, a little cinnamon and - crucially - sherry vinegar to become stickily sweet-and-sour and meltingly soft. They are delicious to serve either warm or cold alongside pork dishes, beef or goats cheeses.

(Note the Reserva vinegar in the recipe could be swapped for Barbadillo Vinagre de Jerez Reserva al Pedro Ximenez.)

To serve: 4
Time: approx 1 hour

500g small round shallots
3 garlic cloves
5 thyme sprigs
1½ tsp ground cinnamon
80g raisins
1½ tbsp soft brown sugar
30g butter
50ml olive oil
75ml Barbadillo Vinagre de Jerez Reserva or Barbadillo Vinagre de Jerez Reserva Ecologico

Preheat the oven to 190C.

Peel the shallots and sit them in a baking dish that will hold them tightly in a single layer. Add the whole garlic cloves in their skin, along with the thyme, ground cinnamon, raisins and sugar. Cut the butter into small pieces and dot over. Pour over the olive oil plus 50ml water. Season with salt and mix everything together well.

Put the dish into the oven and bake until the shallots are tender and the sauce a sticky glaze. It will take 40 - 50 minutes. Stir a couple of times as the shallots bake.

Squeeze the tender garlic flesh out of the skins, and mix the garlic into the raisin sauce. Now discard the garlic skins and thyme sprigs.

Serve straight away, or store in the fridge in a sterilised jar.





Monkfish tail with orange & carrot salad and saffron aioli

The dish makes use of vinegar in three different ways: to marinade the fish, as a salad dressing, and into a sauce.

The fish is first marinaded in a mix of herbs, fennel seeds, oil and sherry vinegar to tenderise its meat and allow the fish to take on more flavour. Once cooked it is served with a sherry vinegar-dressed orange and carrot salad, and an aioli made with sherry vinegar. The resulting dish is fabulously fresh-tasting, vibrant of colour and flavour.

To serve: 4

Time: 20 minutes + 2 hours resting

For the fish:

4 monkfish tails, approx 125g each

2 tsp fennel seeds, crushed

100ml olive oil + 2 tbsp

100ml Barbadillo Barbadillo Vinagre de Jerez Reserva al Moscatel

4 tbsp chopped fresh soft herbs - any mix of tarragon, oregano, chervil or dill

For the salad:

2 medium carrots, peeled

50 ml Barbadillo Vinagre de Jerez Reserva al Moscatel

25ml extra virgin olive oil

1 tsp sugar

2 oranges

30g chopped walnuts

For the saffron aioli:

pinch of saffron

1 large egg yolk

1 tsp dijon mustard

· garlic clove, finely chopped

2 tsp Barbadillo Vinagre de Jerez Reserva al Moscatel

100ml vegetable oil

100ml extra virgin olive oil

Sit the monkfish in a bowl. Mix together the fennel seeds, 100ml olive oil, Moscatel vinegar and the chopped fresh herbs then pour all of that over and around the fish. Set aside somewhere cool for 2 hours (or in the fridge if longer), turning the fish over after an hour.

Use a vegetable peeler to cut the carrots into ribbons and into a bowl. Mix together the Moscatel vinegar, oil, sugar and a large pinch of salt. Mix with the carrot ribbons and set aside until it's time to cook the fish.

Prepare the oranges by cutting off their top and bottom so they stand flat. Use a small sharp knife to cut around the outside of each orange, removing the peel and white pith. Now hold one of the oranges in your hand and use the knife to carefully cut close to the membranes between the segments to release them. Do this over a bowl to catch the juice, dropping the orange segments into the bowl as you cut. Repeat for both oranges.

To make the saffron aioli: Soak the saffron in a tablespoon of warm water and set aside. Whisk together the egg yolk, mustard, garlic, vinegar and a pinch of salt. Whisk in the oils, going slowly at first. Once all the oil has been incorporated, season and whisk in the saffron and its water.

To cook the fish: Pour the remaining 2 tbsp olive oil into a large frying pan. Get it hot, then lift the monkfish tails out of their marinade and into the hot oil. Turn them over after 2 minutes, cook for 2 minutes more and then take off the heat.

Mix the orange segments and juice into the carrot salad, divide between plates, scatter over the chopped walnuts, then add the cooked monkfish (whole or sliced) along with any juices left behind in the pan. Finish with a good grinding of black pepper and the saffron aioli alongside.



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