

Cooking for Wellness

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Balsamic Reduction

Yields: 1 plastic squeeze bottle Preparation Time: 30 minutes

Ingre dients

1 16oz bottle balsamic vinegar



Instructions

Using a large non-stick sauté pan over high heat, reduce the balsamic vinegar for about 20 minutes until the vinegar is reduced by more than half. The sauce should coat the back of the spoon. Cool the sauce overnight and pour into a plastic squeeze bottle.