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Whether you create disasters or lip smacking savories, cooking is an experiment that requires constant learning and experimentation. It is only when we try out different new recipe combinations that we relish the taste of it, and then often start using such unfamiliar stuff in a familiar way in the food we cook to create something phenomenal, both nutritionally as well as taste-wise. Here we have for you, two such unconventional ingredients that most people do not usually know about, but which are mandatory for cooking good food. They are the Balsamic Vinegar and the Royal Quinoa.

The Balsamic Vinegar is a recent import from the Italian kitchens, but has a history of many years old. In ancient times it was a great possession to the Italians, who used it as gifts to show great respect and affection for each other. This was particularly so because the best Balsamic Vinegar was believed to have therapeutic powers that often healed serious ailments. The Middle ages also saw an extensive use of this balsamic vinegar nutrition, both as a cooking ingredient and a cordial, but it is the last decade that experienced the extensive revival of this ancient ingredient into modern kitchens worldwide, primarily because of its flavor and aroma.

This particular kind of vinegar is usually prepared from grape pressings of those grapes that have not been fermented into wine. After the grape juice has been extracted, it is then fermented in copper caldrons over wood fires, to reduce it by 40% of its original weight, and is then stored in barrels to form the vinegar. There are six different categories of Balsamic vinegar, which vary according to the levels of sweetness, mellowness and flavor in them, with the best Balsamic vinegar having the highest amount of all three. If you wish to try this balsamic vinegar too, then we recommend that you use it in salad, and artichokes, to best realize its flavor and aroma.

Another ancient ingredient that has now found its way into our kitchens is the royal Quinoa, which was originally an exceptional ancient grain, grown in the Andean region of South America. This edible grain that has a unique nutty flavor to it, is usually cooked the same way as rice and is very very nutritious, with a high of protein content. The Royal Quinoa health benefits are quite a lot, as being a super grain with high amounts of protein, manganese, antioxidants, magnesium, iron, calcium, and phytonutrients in it, it is highly beneficial for our bodies. Also the grain has high fiber content and is rich in anti oxidants, which help prevent the occurrence of both cancer and diabetes. The Royal Quinoa health benefits do not just end here, but provide far more than what anyone can imagine. Using the grain can help people control weight problems, get relief from acute and mild migraine, reduce hypertension and also receive vital energy for the body.

Hence, having discussed balsamic vinegar nutrition useful ingredients which can be used in cooking, we would expect people to experiment with them in their kitchens, to produce new healthy, nutritious and tasty recipes every day.

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