



## SALT AND VINEGAR

The very mention of salt and vinegar has me salivating and thinking of a steaming hot newspaper parcel filled with great tasting potato chips and a fillet of crispy beer battered cod!

However the following recipes are an alternative to toxic household cleaners and should never go anywhere near my favourite fast food meal when mixed together.

Rather than using different cleaning products for the hob, kitchen sink, cabinets, work-surfaces, floors and fridge you can clean everything in the kitchen with only 4 products that you can pick-up on your next trip to the supermarket.

They are **white vinegar, baking soda, lemon juice** and **salt**.

### *Cleaning the kitchen.*

#### **Casserole Dishes**

To remove stubborn baked-on food, put 3 tablespoons of salt into the dish and fill up with boiling water. Let it stand until the water cools, then wash the dish as normal.

#### **Cleaning Fruit and Vegetables**

Salt can help to remove the gritty dirt that you find on some fruit and vegetables. Trim them first then place in a bowl of water, add a tablespoon of salt, swish around and let the vegetables soak.

#### **Coffee Maker**

Get rid of the sludge in your automatic coffee maker by running full-strength vinegar through the normal brew cycle. Rinse by running fresh water through the cycle two or three times.

#### **Coffee Stains**

To remove coffee stains from cups or counter-tops, rub with baking soda paste.

#### **Counter tops and Kitchen Surfaces**

To clean the surfaces and counter tops, sprinkle baking soda on a damp cloth. Wipe, then rinse with clean water.

#### **Dishwashers**

For a spot-free dishwasher rinse, add 1 cup of white vinegar to the rinse compartment of your automatic dishwasher. Wash dishes as usual. Vinegar reduces soap build-up, so repeat this cycle once a month or so with the dishwasher empty.

#### **Drains (unblocking)**

To unclog a drain try a plunger first, and then open the clog by pouring 1 cup of baking soda down the drain followed by 1 cup of vinegar. This mixture will help to open clogs, because when baking soda and vinegar mix they foam and expand, cleaning your drain and the chemical reaction can break down fatty acids. Allow

a few minutes for the mixture to do its job, and then flush with hot water for several minutes. Do Not use this method after trying a commercial drain opener because the vinegar can react with the drain opener to create dangerous fumes.

### **Drinking Glasses**

Occasionally soak drinking glasses in a solution of vinegar and water to get them really clean. It will give them a brilliant sparkle. When a quick dip for crystal glassware is needed, prepare a solution of baking soda in tepid - cool water. (1 level teaspoon to 2pints water) and brush with a soft toothbrush. This solution is also very good for glass coffee makers and thermos flasks too.

### **Food Containers**

To remove stale smells from food containers, rinse out with hot water and baking soda. If the smell persists, let the container soak overnight in the baking soda and water mix.

### **Fridge**

Sprinkle equal amounts of salt and baking soda onto a damp sponge and wipe the surfaces.

### **Kettle**

Remove limescale in the kettle by filling it with water and ½ a cup of vinegar. Let it stand overnight, then rinse with clean water and dry.

### **Kitchen bin**

Baking soda will keep away rubbish odours; sprinkle the bottom of the bin, and then sprinkle again once you put a new bag in.

### **Kitchen floor**

To remove scuff marks or grease spills from the floor, sprinkle with baking soda and then wipe with a warm, damp cloth. This is safe even for no wax floors.

### **Kitchen sink**

Wipe a cloth dampened with vinegar around the sink to deodorise and clean.

### **Kitchen taps**

To clean the kitchen taps, soak a cloth in vinegar then wrap it around the tap to remove mineral deposits. Allow to soak for about half an hour.

### **Stainless steel fixtures**

To remove rust stains from a stainless steel sink or surface, make a paste with cream of tartar and a small amount of lemon juice. Wipe it onto the stained surface, then buff off. Stainless steel can be cleaned with undiluted white vinegar.