

APPLE CIDER VINEGAR

Homemade apple cider vinegar (ACV) for those apples still on the tree!

SERVINGS	CONTAINERS	TIME TO MAKE
1-2 TABLESPOONS	2--- 12 OZ JARS	10 MINUTES + 14 DAYS

INGREDIENTS

- 6 Apples, can be bruised and/or just peels*
- 1 Lemon, rind (optional, can add a nice zest)
- 1 Tablespoon sugar
- 4 cups Water, Filtered

*Do not use bug infested apples

DIRECTIONS

1. Wash and scrub the apples and check for any bug infestations (like a dark path winding around—just cut these parts out and compost them).
2. Slice apples or use scraps like the peels, core, and seeds.
3. Add into a wide mouth jar.
4. Add the quartered lemon (if using) or the leftovers of a few lemons.
5. Add the sugar and water to cover the apples and lemons.
6. Give the mixture a nice stir.
7. Place a glass bowl or fermentation weight to help weigh down the fruits so they are below the water. This helps get all the goodness from the apples and helps decrease any unwanted bacteria/fungus from growing.
8. Place a coffee filter or flour sack towel over the jar.
9. Secure with a rubber band.
10. Allow the mixture to ferment i.e. become vinegar for the next two weeks. You may notice bubbles will be created and some off gassing may occur. This is perfectly normal and a sign telling you it's fermenting!
11. You may stir the mixture every day, but it can rest as well during this time.

12. If the water starts to evaporate below the fruit level, remove the glass bowl/weights, add more water and stir the mixture. Replace with a clean glass bowl/weights, cloth cover/coffee filter, secure and continue to ferment.
13. The goal is to let it ferment for at least 14 days as this is when the ideal bacteria is formed.
14. You may notice some vinegary smell throughout this time, but after 14 days or you can no longer handle the smell, uncover the jar and strain the mixture over a large glass bowl that you can easily pour from.
15. Strain this mixture multiple times through a filter to catch any additional sediments.
16. Once the vinegar has been filtered to your liking, place in a glass jar with a lid.
17. Place your apple cider vinegar preferably in a dark cupboard or pantry. You may need to “burp” the jar as it’s a fermented product and it may continue to build up gas and instead of having it explode, you’ll need open the jar to release the pressure every week or two weeks.
18. This can be used in cooking, salad dressing concoctions, drinking (diluting with water), or even cleaning. The possibilities are endless.
19. Enjoy!

TIPS

*You will want to scrub your apples and lemons really well to prevent any contamination for occurring i.e. bacteria, fungus, yeast overgrowth

*Using really clean jars, weighs, spoons are helpful at decreasing contamination

*If you don’t feel comfortable with the result, throw it out

*Any green, blue, black growth is not good and throw it out