

Apple Cider Vinegar

MAKES THIS AT HOME!

DIRECTIONS

Make sure your glass jars, apple peelers, all utensils are clean

Place your apple peels and cores in the jar- TIP: Place the peelings at the bottom and use the heavier cores on top to help hold down the peelings. Fill the jar 3/4th of the way full.

In a separate bowl add 1 tablespoon sugar to each 1 cup you use of water. Stir and pour in your glass jar slowly. Make sure everything is covered.

At this point you'll need to try to get those peelings under the cores so they don't pop up out of the water. Everything must stay below the water in order to not mold/rot. White scum on top is fine, mold however is not.

Place your fermentation lids or weights on top to cover. Little bugs and gnats love this stuff so cover with a cheese cloth or coffee filter with a rubber band. It cannot be a solid lid as the gasses need to be able to escape from the fermenting process.

Store on your counter for 3 weeks and randomly check to make sure no pieces popped up above the water line, if so add water and push down.

After 3 weeks you will then strain out the apples and compost and return the liquid back to the jar. Recover and place in a dark area or cupboard for an additional 3 weeks. Stir every few days.

After 3 to 4 weeks if you like the tartness of the vinegar place in a new jar and start to use!



INGREDIENTS

Organic Apples
Sugar
Water



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