

My Apple Cider Vinegar Preparation Method

Ingredients:

Apples, Sugar, Distilled Water, Bragg's Apple cider vinegar

- Using a large stainless-steel pot, gather and prepare



enough apples (remove stems and rotten areas) to fill the pot. Any apples including crab apples, will be just fine. Try to avoid apples that have been sprayed by any insecticide or fungicide.

- Cut up apples (in halves or quarters) and put into a cheese



cloth. Secure the bag with a tied knot. Crab apples will have to be smashed just enough to split the skins.

- Place the balls into the pot and press them down to compact them until it is almost full.

- Place a large heavy dinner plate or a heavy round nonmetallic object on the top of the balls, to keep them submerged when water is added.

- Add distilled water

<https://grocery.walmart.com/ip/Parent-s-Choice-Distilled-Water-1-gal/124788703> just enough for the bags to be completely covered. (Tap water has minerals and treatments that are unwanted).



- Add enough cane sugar(sucrose) (about 1 cup for a three gal. pot) then add a small bottle of Bragg's Apple cider vinegar [https://www.walmart.com/ip/Bragg-](https://www.walmart.com/ip/Bragg-Organic-Apple-Cider-Vinegar/25516475)

[Organic-Apple-Cider-Vinegar/25516475](https://www.walmart.com/ip/Bragg-Organic-Apple-Cider-Vinegar/25516475) with the “mother” to get the fermentation started. The “mother” plus the natural wild yeasts on the apples are the desired ones to be “organic”.



Bread yeasts may be used to speed things up a bit, but then what is the point? The natural fruit sugars of the apples will be consumed by the yeast to produce the alcohol that will be oxidized into the Vinegar.

- After all the ingredients are added, cover the entire pot with a cheesecloth and tie it secure around the top with twine. This will help to keep “most” of the vinegar flies from getting into the pot. The uncovering allows the air to provide the oxygen for the process when you periodically stir.

- Find an out of the way, cool, dry, dark place where the pot can remain undisturbed (except for a once a month stirring) for 3 to 6 months, where it won't freeze. A root cellar or dry area of the basement on a rack off of the floor, any place cool and dry. **Not in the attic!**

Now it's just a waiting game while Mother nature does her **Magic** producing one of the most delicious vinegars.

-----*Six Months Later*-----

- Put on rubber nitrile gloves

[https://www.walmart.com/browse/health/nitrile-disposable-](https://www.walmart.com/browse/health/nitrile-disposable-gloves/976760_2571007_7702455)



[gloves/976760_2571007_7702455](https://www.walmart.com/browse/health/nitrile-disposable-gloves/976760_2571007_7702455) (not latex or dishwashing gloves).

- Retrieve the pot and remove the cheesecloth.
- Into another large pot, pour off what is now a fully fermented batch of vinegar.
- Place a grating or screen (colander)

<https://www.walmart.com/ip/holm-3-Piece-Stainless-Steel-Mesh-Colander-Set-1-Quart-2-5-Quart-and-4-5->



Quart/746072402 over the second pot. Then place the bags one at a time onto the grate.

- With the bag over the grate, start mooshing the bag, feeling the apple pieces squish between your fingers.
- The vinegar and the “mother” will be oozing out of the bag. Keep squeezing until most of the liquid is out (you won’t get it all, don’t worry). When done, put the bags aside into a bucket.
- When all of the bags have been squeezed, pour the remaining vinegar from the 1st pot into the 2nd.

Straining out the Vinegar

From the 2nd pot while constantly stirring to keep the mother sediment from settling, using a very fine mesh strainer, dip out the vinegar into the strainer and funnel it into new or completely washed out containers. I like using 2-liter soda bottles because their caps stay secure.

1 gal. water jugs with the pulloff tops are not very secure and they may come off and spill your precious liquid. The milk and juice jugs with the screw on caps work great, just be sure they are washed out real good.

If you discover that vinegar flies have gotten into your batch (and they will) don’t worry, they have been pickled, and strained out so that now you have a “pure apple cider vinegar” that you can use in any of your recipes. **Enjoy!**

Remove the bags one at a time, then Squeeze the liquid and “mother” out of the bags. When done, set them aside in a bucket for disposal.



Put the remainder of vinegar through a strainer into the 2nd pot.

Next Pour it through the 2nd straining into the jugs.



**Ladel the remaining vinegar into 2 liter jugs
until all the vinegar is bottled. Tightly cap.**

Your Done!

It will keep anywhere unrefrigerated.



dreamstime.

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