

HOW TO MAKE Apple Cider Vinegar

FRESHLY
Fermented

PAGE 1

WHAT TO DO ONCE YOUR APPLE CIDER VINEGAR ARRIVES

Your order will contain an apple cider vinegar (ACV) mother and some starter vinegar. This is enough to make a 1 litre of raw apple cider vinegar. Don't worry though; the mother grows pretty fast so you be making much more in no time at all.

- WHAT EQUIPMENT DO I NEED? -



BREWING JAR



JAR COVER

BREWING JAR

You need something to ferment your ACV in. We recommend using something glass. Glass is much easier to clean and keep sterile. Plastic tends to degrade over time and is prone to scratches which can harbour unwanted bacteria. Plastic also carries a risk of chemical contamination from the materials contained inside of it such as BPA. A glass Kilner style jam jar is perfect to use.

JAR COVER

You also need something to cover your jar with. We recommend paper kitchen towels as they are easy to discard and replace. You can also use a muslin cloth or similar if you wish. Rubber bands also come in handy to secure the cover to the jar.

WHAT INGREDIENTS DO I NEED?

You only need one ingredient to make ACV. Apple juice. It needs to be 100% pure apple juice with nothing added. NEVER try to make apple cider vinegar from an apple juice made from concentrate.

HOW TO MAKE APPLE CIDER VINEGAR:

1. Add the ACV mother and starter vinegar to the glass jar.
2. Fill the remainder of the jar with your apple juice.
3. Cover the jar so that it can still breath, but no dust can get in.
4. Leave the jar at room temperature for a minimum of 8 weeks.

After 8 weeks have passed, your vinegar should be murky and you will usually see a new mother has formed. At this point, taste your vinegar. It should not have any sweetness to the taste. If it does, it will need a little longer.

MAKING THE NEXT BATCH OF APPLE CIDER VINEGAR

At this stage you will usually now have two mothers. It is unusual for a new mother not to form with each batch of vinegar made. However, it sometimes does happen. This does not usually indicate a problem.

Always ensure you keep some of the vinegar as a starter for the next batch. You will need around 100ml of vinegar as a starter for every litre you wish to make. This is really important, without the starter vinegar added, you run the risk of mould forming. If you now have several mothers, add one to each batch. However, you can make Apple Cider Vinegar just by using the starter vinegar. are perfect.

If you have more than one fermenting food culture at home, we recommend that you keep them at least 1 metre apart from each other at all times. This is to stop cross contamination of the different cultures. If you are working with dairy in particular, this is very important. Please contact us if you require further assistance with fermenting more than one culture.

Email: orders@freshlyfermented.co.uk

Tel: 0333 4451608

Address: Unit 35, Merlin House, 4 Meteor Way,
Lee-on-solent, Hampshire PO13 9FU

