

## How to Make Homemade Apple Cider Vinegar from Scraps

Homemade Apple Cider Vinegar: Turning Scraps into a Probiotic Pantry Staple



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### INGREDIENTS

Apple chunks or scraps (enough to fill 1/2 of your fermenting vessel)  
Filtered water (lukewarm, enough to fill the container)  
Sugar (1 tablespoon per 1 cup water or 1 cup per gallon water)  
Optional: A splash of organic store-bought apple cider vinegar (to help jump-start fermentation)

### DIRECTIONS

- 1. Prep Your Apples:** Wash and chop fresh apples or use collected scraps (peels, cores). Fill your fermenting jar about halfway with these apple bits.
- 2. Add Sweetened Water:** Pour lukewarm filtered water into the jar, nearly to the top. Stir in sugar based on the water volume-this is the food for your wild yeast and bacteria.
- 3. Optional Kickstart:** Add a splash of raw, unfiltered apple cider vinegar to jump-start fermentation, especially helpful for first-timers.
- 4. Mix & Cover:** Stir everything well. Cover the jar with a breathable cloth and secure it with a rubber band. Wrap in a towel if your spot gets too much light.
- 5. Daily Stirring Phase (2 Weeks):** Place the jar in a warm, dark place (70-75°F). Stir daily for 14 days to prevent mold and ensure proper fermentation.
- 6. Strain & Ferment Longer:** After 2 weeks, strain out the apple solids and pour the liquid into a clean jar. Cover again and let it sit in a cool, dark place for 1 to 3 months. Taste monthly and stop fermenting when it reaches your preferred tang.
- 7. Bottle & Store:** Once ready, transfer to lidded glass bottles. Store at room temperature or refrigerate. Shake before use!

### TIPS FOR SUCCESS

**Use Filtered Water:** Chlorinated tap water can inhibit fermentation.  
**Watch for Mold:** Bubbles and cloudiness = good.

Fuzz or black mold = toss and restart.

Taste Monthly: The longer it ferments, the more acidic and tangy it becomes.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/how-to-make-homemade-apple-cider-vinegar-from-scrap/>