

Apple Scrap Vinegar



History of Vinegar

- Vinegar has a rich history.
- Traces of vinegar have been found in Egyptian urns from around 3000 B.C.
- Babylonian scrolls mention the use of vinegar even earlier, around 5000 B.C.
- Babylonians used it as a condiment and a preservative, because vinegar enabled food to be transported on long journeys.
- Mixed with water, it was used in ancient times by farmers and travelers to quench thirst.



What is Vinegar

- Vinegar is made by fermenting alcohol (ethanol) with acetic acid bacteria.
- The resulting (practically non-alcoholic) liquid contains acetic acid, which is what gives vinegar its sour taste.
- Because ethanol is required to make vinegar, we most commonly associate vinegar with wines and ciders.
- This presentation will show how apple scrap vinegar is made.



Apple Cider Vinegar vs Apple Scrap Vinegar



- The process of making **real** apple cider vinegar can be quite the process.
- Apple scrap vinegar is quick and easy
- Using what we would otherwise throw away, apple peelings and cores, a wonderful sweet/tangy vinegar can be accomplished

Selecting and Preparing the Container

- Begin by making sure your fermenting jars and containers are clean to prevent bad bacteria from growing.
- A glass quart jar works well.
- DO NOT use metal containers.



Selecting and Preparing the Apples

- Apples straight from the tree are always the best, type is not important. If you don't have access to an apple tree, perhaps a trip to the local orchard would be in order. In my experience, store bought apples produce a bitter vinegar.
- If using store bought apples, wash wax coating off.
- Prepare all apples by washing.
- Tip: Pear peelings and cores can also be used to make a wonderful and tasty pear vinegar.



Selecting and Preparing the Apples

- Wash, peel and slice the apples placing the peelings and cores into your glass containers.
- Using non-chlorinated water (spring or distilled), add 1 tbsp of sugar per cup of water until apple scraps are covered. I prefer to use raw cane sugar but raw honey may also be used.
- Make sure the sugar is dissolved and do not skimp because sugar is what the bacteria will eat.



Finish

- Cover the jar loosely. I use a coffee filter and rubber band
- Store the jar in a cool and dark place stirring every few days to assure the peels and cores are covered by the liquid. If any brown scum appear on top simply skim it off. In two weeks you should have a sweet vinegar.
- Strain the liquid and discard the scraps. To add tang to the vinegar, let the vinegar set another two days to two weeks according to taste. Then refrigerate.
- Tip: Did a gelatinous blob appear on top of your vinegar? No worries! You have a vinegar 'mother'. Remove and refrigerate to jump start future vinegar batches!