

Homemade organic raw apple cider vinegar

Chris

August 19, 2014

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Like smoothies, lemonades and few pantry staples, turns out the best apple cider vinegar is homemade! This amber liquid gold is so tasty that every now and then I find myself having a tablespoon of it, on its own. Yeah, a tablespoon of vinegar, go figure.

I can't say that I was not happy with my previous ACV. It was raw, unfiltered and quite tasty, in a mouth puckering sort of way. Available just across the street and at a relatively affordable price. You'd think I can't ask more from a vinegar. Yet here I am telling you that there is BETTER. Much much better. And if you were using a refined, distilled, heated, filtered apple cider vinegar, brace yourself for some pretty amazing new flavours!

Best news that comes with this recipe? Kitchen skills play absolutely no part. It's a fool proof waiting game that

anyone can play.



Making your own ACV is a dead easy affair to tackle and hilariously inexpensive to boot. It might just be the easiest recipe ever shared on TalesofaKitchen. And the most useful at a world wide level – no matter the season, no matter the country or the continent, I know there must be some cheap, organic, local apples you can get your hands on. And a knife, surely you have one you can dust off. And then just empty a big ol' jar, clean it really well and brace yourself with some patience. These babies need to ferment for quite a while to give us a whole lotta bacterial goodness.

The recipe I used calls for whole apples. Anything you can find, really. But you'd be happy to know you can make ACV using just scraps like the cores and peels. Yep,

you can eat your apple and ferment it too. So if there's any apple pies baking in your near future, make sure you keep those scraps and put them to good use.

Also good to know is that the fermentation process depends on season – less during summer, bit longer during colder months. You will know your vinegar is ready when you will notice a dark, cloudy bacterial foam – this is called the Mother and can easily be noticed when holding the vinegar to light. This is bacteria we love and cherish! Because it's full of enzymes and minerals that over-processed vinegars do not have.



Homemade organic raw apple cider vinegar

Prep time: 5 mins

Total time: 2-3 months

Ingredients

- 3 small apples (core and peel included, no stem)
- 3 tsp raw sugar (I used muscavado)
- filtered water to cover – I used about 800ml, you might need to use more or less depending on what jar/container you use, it's shape and how the chopped apples sit in it; the most important thing is to add just enough water to cover the apples and ensure they are submerged.

Instructions

1. Wash and chop your apples into medium sized pieces (or use the peels and cores of 6-7 small apples after making a pie). Place them in a clean, rinsed and **sterilized** wide mouth jar.
2. Mix the sugar with 1 cup of water and pour on top of the apples.
3. Add more water if needed to cover the apples.
4. Cover the jar with a paper towel or a cheesecloth and secure it with a band. This keeps nasties away while letting the liquid breathe.
5. Place the jar in a warm, dark place for 2-3 weeks – I just kept it in my pantry.
6. Strain out the liquid and discard the apple pieces.
7. Return the liquid to the same jar and cover it again (same paper or cheesecloth).
8. Return the jar to the same warm, dark place and leave it do its thing for roughly 4 to 6 weeks, stirring with a plastic or wooden spoon every few days or so. I'll be honest with you, I wasn't that organised with my stirring (oftentimes forgot), but my vinegar still loved me.
9. After the first 4 weeks, you can begin to also taste your vinegar and once it reaches an acidity you like, you can actually transfer it to a bottle with a lid and begin using it.

***LATER UPDATE ***



1. When you clean and sterilize your jar, please make sure you rinse the jar well to avoid having residue soaps or anything. This can spoil your brew.
2. If your apples tend to float to the surface in the initial few days and you are not using a special fermentation jar with an insert to keep foods below water level, you can improvise as in the photo above. I tend to ferment in a big glass jug these days as it's the only large recipient with a wide enough mouth that I own. I have a jar that is roughly the size of the jug's mouth and I use that to keep the apples submerged. The jar needs to be sterilized prior to use and if it has small indentations on the bottom that you cannot thoroughly clean (as mine did), I prefer to pop it into a bpa free plastic zip lock bag. I then cover the entire set up with cheesecloth and secure it with a band. You can also use a small plate if it fits or a cup – anything you can thoroughly clean and sterilize that will keep the apples submerged.
3. Organic vs non -organic. If using organic apples, you can use the whole lot – core, peel, everything, as long as there's no rotten bits. If using conventional apples, I would discard the peel as that retains a lot of pesticides.
4. Bubbles mark the start of the fermentation process.
5. The white scum that forms on top of your ferment is good. It is a natural outcome of the fermentation and it is what forms the mother in few weeks time.
6. Any other scum of any other color (green, blue, grey, black) is not good. I would personally discard it and

feed the apples to my compost. When bad mold is on any type of food, it's good to know that it is not located only where you can see it with the naked eye. It has the 'magical' power of spreading very well and fast and infesting it all. Safe is to discard, learn from your mistakes and try again with a new batch. If you are a beginner, start with a very small batch so not to be sorry if something goes wrong.

7. I use a stainless steel sieve to strain the apples and it is in contact with the ferment for very brief time. I did not find it affects the fermentation process at all. However, for the stirring that we need to do more often, I would recommend a plastic, wooden or ceramic spoon.
8. Types of sugar. If you want to start a mother from scratch, meaning you're making this recipe for example, best to use a raw sugar. There were questions about honey – it works, but not as well I find – process is slower and the end vinegar not as strong. If you have 1/2 cup leftover vinegar from your first batch or a mother and can add that to a second batch of vinegar, you can use honey to ferment. It will do the job. However, I find best to alternate feeding the mother with raw sugar as well – it likes it more than honey. Best to do one batch sugar, one batch honey, one batch sugar again etc. , that's if you want to use honey as well.



SUBSCRIBE to my YouTube channel [here](#), for quick 60 seconds video recipes.

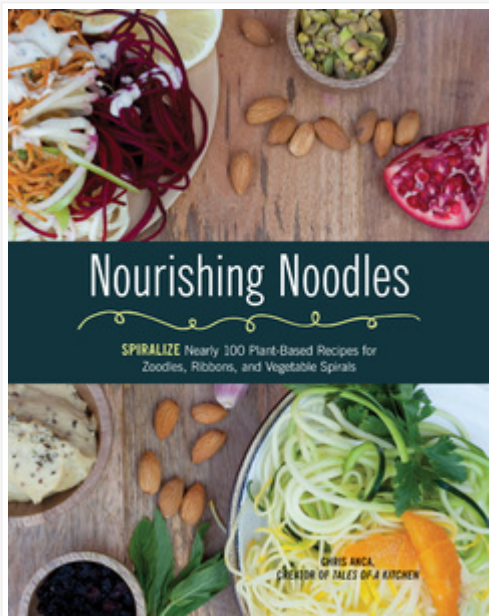
All plant based whole foods.



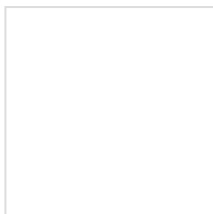
My cookbook Nourishing Noodles is available for sale on [Amazon US](#) and [Amazon UK](#),

for Australia and everywhere else – [Book Depository](#) .

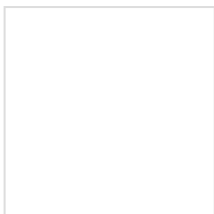
Also [Waterstones](#) and [Barnes and Noble \(UK\)](#), [Indiebound](#), [Indigo \(Canada\)](#).



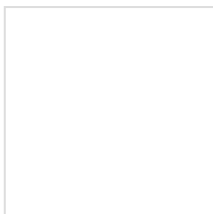
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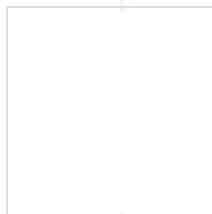
Fermented hot chili sauce



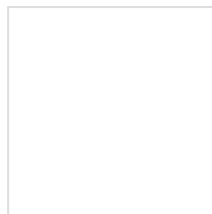
Dill cheese dip (minus the cheese)



Apple tart with cinnamon and honey



Middle Eastern rainbow salad



Honorary July recipe round up

[Link within](#)



Apple

Apple cider vinegar

430 Responses to "Homemade organic raw apple cider vinegar"

Ellie says:

August 19, 2014 at 7:50 pm

So you don't put a lid on it for the first few weeks?
Just the cheesecloth?
Does it smell?



Would it work if I did put a lid on it? I feel like I'm definitely going to knock it over! Eeek!

Reply

Naomi says:

September 16, 2014 at 4:10 am

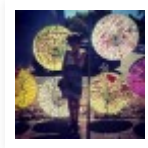


You probably don't want to put a lid on if while it's fermenting, otherwise the gases won't be able to escape. I've made other fermented vegetables, like sour kraut – haven't tried apple cider vinegar yet. It does smell a bit when you have to – stir it in this case (with sour kraut you push it down). The smell isn't too strong though. And after a few days it starts smelling pretty nice.

Reply

Chris says:

September 30, 2014 at 10:50 pm



Hi, Ellie. As Naomi said, no lid, the gases need to escape. I simply put it on the highest shelf in the pantry to make sure I don't knock it over or something. As for the smell, I actually don't find that it smells bad at all. It's not like other fermented products. Hope this helps. x

Reply

Rusty says:

August 15, 2015 at 4:02 pm



Isn't the reason you leave off the lid to allow natural yeasts in the air to enter the system? This is the case

with making a sourdough mother. The cheesecloth filters out dust and larger spores but allows in beneficial bacteria...

Reply

John Brewer says:

September 18, 2015 at
10:28 pm



Note: One of the reasons for the breathable covering is to prevent the gas build up from the fermentation process from creating so much pressure that it causes the container to BURST.

Ludovic says:

November 8, 2015 at
10:58 am



Exposure to air during fermentation is to prevent alcoholic fermentation. Putting a lid on the mix would make it airtight and eventually give you some hard cider, assuming your container resists the gas pressure.

nat says:

August 11, 2016 at 9:53
am



how to make apple
cider in just 2 weeks?

Jessie says:

July 13, 2017 at 11:18 am



How much does this recipe make? I would like to make 3L

Craig says:

January 4, 2016 at 4:37 am



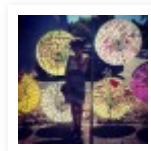
Aloha!

I made some acv and bottled it and it was great and tasty. After about 6 weeks I opened it and it fizzed like mad and tastes like cider now. Did I bottle it too early or what? If so, any way I can salvage it? Ta

Reply

Chris says:

January 5, 2016 at 10:28 pm



Hi Craig.

I personally never bottled any. I have a continuous brew, only make and use what I need for about a month, then off to the next batch.

Hopefully some of the other brewers know more about bottling.

anil uttarkar says:

March 20, 2016 at 8:24 pm



i am anil in india
recovering my health i have a lot about apple cider benefits and decided to

make it at home as apple cider is not available here in mumbaii purchased a lot of sweet apples washed them thouroughly clean dried them with a cloth peeled them chopped them into snall cubes brought a new clean glassjar and placed all these cubes in the glass jar added some water and closed the jar with a cloth tightly eevery2 days i removed the cloth and stirred it all with a clean woodden ladle its 10 days now wnow a sweet aroma i get please someone be my guru and please tell me is the cider done or how long should i keep on stirring there are some bubbles and a faint aroma of ferment.please tell me is the cider doneor how long in days should i wait and stir it everyday and lid it please tell me the next steps now later i intend to addm garlic cinnamonand ginger but when should i go for that as for the cider will someone tell me how to know its done and ready
anil in india,

Marla says:

January 3, 2017 at 7:10
am



Think I made Hard Cider....didn't think to look at anything first, just tried to remember Mammaws recipe. She had cider, she had ACV mixed a cup of the acv in the gallon of cider and sat it in the cellar in a gallon canning jar. Put a lid and flat on it loosely checked on it when she went down for canned goods, it would seal though, eventually. Things just sort of appeared on the table after that. She used it everyday in something and it beautiful when the light was on her jars. like cloudy honey. And mines beautiful, golden when it settles, smells like apples and NOT

vinegar. Hmm if I take the like off and add a breathable top, do you think it will make? Or do I just drink it and go blind or something.. its very tasty.

Jack says:

January 21, 2017 at 6:21 pm



What will happen if I put the lid?

Reply

Jack says:

February 13, 2017 at 4:14 pm



What is the white scums look like?

Reply

Shawn says:

June 4, 2017 at 12:09 am



Jack there are pictures of the "white scum" in the article

Jack says:

February 13, 2017 at 4:16 pm



Hi chris please notice me.

Reply

Jack says:

February 13, 2017 at 4:17 pm



I badly need your help.
its for our Investigatory project 😊
Please help me

Emerson says:

April 20, 2017 at 11:52 pm



Hi Chris,

How do you make another batch one your first one is done?

Thanks.

Emerson

Reply

edd says:

September 19, 2017 at 3:06 am



Have you had any reply yet Emerson?

Based on 2 liters. Use 1/4 apple pieces + 3/4 water (25%-75%). Add one cup of live ACV and 1 cup of sugar. Use a resealable bag with water in to submerge the apple pieces and stop them going mouldy at the top.

Depending on temp. leave for 4 weeks (stirring and testing for taste each day) then strain and leave covered with a cloth for a further 2 weeks. Then test for taste and bottle if

needed.
Different areas of the world/seasons
take longer/sooner.

Enjoy.

Theresa Marie kelley says:

September 26, 2016 at 12:18 am



It needs to breath

Reply

Jackie says:

December 7, 2016 at 2:03 am

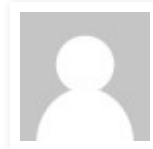


If you put a lid on it you're essentially making a bomb. It will blow up. If you want to close it off go to a home brew supply and get a bubbler.... But vinegar needs o2 to be able to do is thing if you cut out of from the air you're just gonna get hard cider which isn't bad either

Reply

Aditya says:

February 3, 2017 at 11:55 pm



Hey wouldn't the water evaporate from the vessel if I don't cover it with a lid? Help needed. Thanks 😊

Reply

Lorne says:

December 9, 2016 at 12:39 am

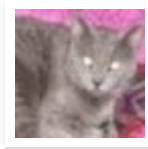
If you don't have cheesecloth you can also use plastic wrap and poke holes with a toothpick



Reply

Marina says:

December 11, 2016 at 11:20 am



Don't remember if I wrote this before, but I save old pantyhose, well-washed, and use for everything under the sun. Currently, I have a batch of vinegar doing its thing on top of my fridge. No cheesecloth, using the bottom couple inches of pantyhose foot – works great. 😊

Reply

Mindy Dahl says:

January 30, 2017 at 2:13 pm



I use a coffee filter on a quart jar. Secured wjh with a rubber band .

Reply

Julia the Homemaker says:

May 3, 2017 at 7:04 pm



I don't use plastic for anything, since they don't make non-toxic varieties (anymore). Plastics of any kind are choke-full of hormone disruptors that have no taste and no smell. If you get exposed to them regularly (as we all do and hardly by choice), the plasticizers are going to ruin your endocrine health in more or less subtle ways. It is not a question of IF, but a question of HOW MUCH. My humble advice: whenever you have the choice, stay away from plastic, it's not worth the price it'll make you pay.

I use stone pottery, lead-free&cadmium-free glass,
wood, my hands — that's about it.

Reply

Derrell Stumpy says:

May 13, 2018 at 12:37 pm



I also read that "BPA's" get released from plastic which lowers testosterone in men . and now i see your Hormone comment as well . so use of plastic affects both men and women .. We are the guinea pigs since the 1960's i suppose "Testing in progress" Hmmmmmmmm(Thank you for your comment) ..

DJ D

Reply

Nathan Putbrese says:

October 20, 2017 at 10:41 am



Coffee filter

Reply

Fred says:

April 29, 2017 at 9:35 pm



The best cover is a "coffee filter" secured with rubber-bands. Breathes very well but is tight enough mesh to keep out most everything except air.

Reply

Sarmad Alsaadi says:

May 9, 2017 at 5:44 am



If you do not let gases to escape, your mixture will turn to alcohol in five days.

Reply

Kris says:

May 15, 2017 at 7:06 am



They make special fermenting lids that let the gas out but not air or bugs in. They are for wide mouth Mason jar lids I use

Reply

Cat says:

October 7, 2017 at 7:39 am



You can use an airlock lid, which I use when I ferment.

Reply

stephen dickerson says:

October 17, 2017 at 1:45 am



i have a lot of plums .can i use those for vinegar?

Reply

Charity says:

July 5, 2018 at 4:47 pm



Please how many days will I soak the apple cider vinegar before talking it, and how do I take it

Reply

Desiree says:

September 17, 2018 at 1:08 am



Vinegar needs air to ferment. Therefore cheesecloth. Alcohol needs no air to ferment. Therefore air bubblers and air locks

Reply

Ren says:

August 19, 2014 at 9:48 pm

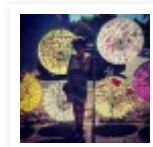


It sounds amazing! Thank you:)

Reply

Chris says:

September 30, 2014 at 10:51 pm



Glad you like it Ren.

Reply

jane kennedy says:

August 20, 2014 at 3:34 pm

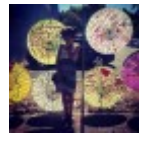


Didn't realise this could be so easy, thank you

Reply

Chris says:

September 30, 2014 at 10:52 pm



Super easy! Have fun with it Jane. x

Reply

marycrispine87 says:

October 6, 2014 at 9:01 pm



hi Chris..I'm from Philippines.. it's hard to find organic apples here coz apples don't grow in our country..can I still use it even if it's not organic..does it affect the health benefits that we get from acv..thank you and god bless you always..

Reply

Chris says:

October 7, 2014 at 7:05 am



Hi Mary! Yes, you can definitely make it. Just make sure you wash them really well and peel the skin off and discard it. Only use the flesh and the core. Have fun and let me know how it goes xx

Reply

Amanda says:

November 11, 2015 at 5:58 am



You can also use any other fruit available locally!

Reply

margo says: