

# The Mavis Institute

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## ACV



Apple cider vinegar is mostly apple juice, but adding yeast turns the sugar in the juice into alcohol. This is a process called fermentation. Bacteria turn the alcohol into acetic acid. That's what gives vinegar its sour taste and strong smell.

Apple cider vinegar has a long history as a home remedy,

### Equipment

**Glass Jar**

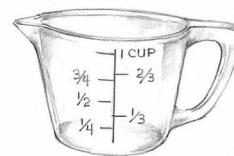
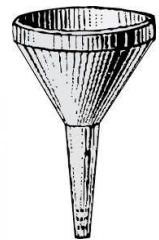
**Mesh strainer or cheesecloth**

**Coffee Filter / Cloth and Rubber Band**

**Or Fermentation Cap**

**Spoon, measuring cup and funnel**

**Bottles or jars for finished ACV**



## RECIPE #1- Hard Cider + the mother

Combine Hard Cider and Vinegar Culture

## RECIPE #2- Apple Juice + ACV w/ the mother

3 parts apple cider (or unpasteurized preferred) and 1 part apple cider vinegar with the mother (eg: Bragg).

## RECIPE #3- Apples + water + the mother

half a chopped apple (peel, core and all) and water a to a sterilized mason jar. Add the mother



Cover the jar with a tight-weave towel or coffee filter and secure with a rubber band.

Place in a warm, dark(ish) place and wait for the mother to convert the alcohol to vinegar. (7-45) days The vinegar smell is unmistakable when it is ready. Temperatures between 80-90° F will allow for fastest conversion. Avoid fluctuations in temperature. \*If using apples this may take a little longer, maybe up to several months. The must apples undergo a fermentation into alcohol and a second fermentation into vinegar.

When the liquid smells like vinegar and a visible film has formed in the jar. (the new mother)The mother can be seen below as a porous-looking sponge at the bottom of the jar. The formation of this opaque, leathery-feeling mother is evidence that the alcohol has been converted to vinegar. If left to ferment further, the mother will continue to thicken.

Pour off 2/3 of the vinegar into a sterile bottle to use.

Reserve both mothers in a small jar of vinegar and either share with a friend or make more vinegar. It is not necessary for a visible mother to be present to begin a new batch, repeating the process as before but using your own, homemade vinegar this time!



## Directions

### THE BASIC ACV FORMULA:

3 parts Vinegar Stock (attained through yeast fermentation of apples into alcohol aka: hard cider)

1 part Vinegar Culture (attained through converting alcohol into acetic acid by use of mother.



## The Mavis Institute Co-Op

122 Tower Rd PO Box 13  
Flat Top, WV 25841  
MavisFarmacy@gmail.com

304.410.0037

501(c)3

