

How to Make Pineapple Vinegar

*This free How To tip sheet was produced by the Cheapskates Club –
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You can make vinegar quite easily; it's a simple fermentation process that simply requires oxygen and an even, warm temperature, two things that can be found in any home. Use this vinegar in salad dressings and stir-fries. It is lovely in marinades too. Add it to spicy dishes such as tacos or chili to make them extra special.

Pineapple Vinegar

You will need:

A large, clean, wide-mouthed 2 litre glass jar
Muslin, cheesecloth, netting or a Chux
Peel and the top (leaves cut off) from a fresh pineapple
Any juice or trimmings from the pineapple, including the core
1 cup apple cider vinegar
1 litre cool water, left to sit for 24 hours so the chlorine can evaporate

Step 1. Make sure the jar is very clean - sterilize it using either the boiling or oven method.

Step 2. Place the pineapple trimmings and peel in the jar, pushing them down.

Step 3. Combine the water and cider vinegar and pour over the pineapple peel. Make sure all the pineapple is covered, you may need to add a little more water to the jar.

Step 4. Cover the jar with cheesecloth, muslin, netting or even a clean Chux and put a rubber band around the rim to hold it in place. Do not be tempted to put the lid on. Vinegar requires air to ferment so use a covering that will let the air in and keep the bugs out.

Step 5. Place the jar in a warm, dark cupboard and let it sit for four - six weeks. During this time it will form a scum on the top and the liquid will get very dark and murky. Don't worry, it's supposed to. You'll also begin to see a whitish scum forming at the bottom of the jar. This is the vinegar mother and you'll know your vinegar is working when the mother forms. You can use the vinegar mother to start another batch of vinegar.

Step 6. When the vinegar mother has formed and the liquid has cleared your vinegar is ready. Strain the vinegar through a double layer of cheesecloth. Bottle in clean sterilized bottles. Store in a cool, dark cupboard.

When you've strained the vinegar put the leftover peels into the compost or if you have chickens let them have a treat.

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and energy and still have fun!
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