

FRUIT VINEGAR

INGREDIENTS

1 kg of fruits

600 ml cider vinegar or white-wine vinegar

Granulated sugar



Transition Cambridge
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Preparation Time: approx. 90 min (without gathering fruits)

Total Time: approx. 4-5 days

Source: this recipe comes from the queen of all things bottled and jarred, Pam Corbin who wrote River Cottage Handbook 2: Preserves (Bloomsbury, £12.99).

INSTRUCTIONS

1. Put the fruit in a bowl and crush lightly with a wooden spoon.
2. Add the vinegar, cover the bowl with a plate and leave to steep for four to five days, stirring occasionally.
3. Pour the fruit and vinegar into a scalded jelly bag or piece of muslin suspended over a bowl, and leave to drain overnight. You can squeeze it a bit if you like.
4. Measure the liquid, pour into a saucepan and add 450g of sugar for every 600ml of fruit vinegar.
5. Over a low heat, bring gently to a boil, stirring until the sugar dissolves.
6. Boil for 8 to 10 minutes, removing any scum as it rises.
7. Take off the heat and set aside to cool.
8. When cold, bottle and seal.
9. Use within 12 months.

You can use this fruit vinegar in salad dressing, trickled over goat's cheese or ice cream, or as a cordial to make refreshing summer drinks.

If you want to make your own vinegar, you need a vinegar 'mother', which you can acquire from friends or family – or you can grow/make your own, e.g.: <https://www.vinegarshed.com/pages/how-to-make-a-vinegar-mother>