



THE GOODNESS OF

GINGER & TURMERIC

40 FLAVOURSOME
ANTI-INFLAMMATORY
RECIPES



EMILY JONZEN



GINGER BEER

*VEGETARIAN *DAIRY-FREE

Fiery, homemade ginger beer is perfect for a hot, summer's day. This version is made without refined sugar and, due to the fermentation process, is ever so slightly alcoholic. Not all yeast is gluten-free, so ensure you check the packet if necessary.

Makes 2-3 litres

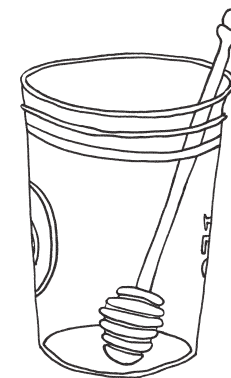
75g fresh ginger, peeled and coarsely grated
100g soft light brown sugar, plus 1 teaspoon
150g good-quality, light runny honey
1 teaspoon cream of tartar
1 lemon, sliced
10g fresh yeast, or 4g quick yeast

1. Put the ginger, 100g sugar, honey, cream of tartar and lemon in a large stockpot or pan and pour over 2 litres of water. Bring the mixture to the boil and turn off the heat. Allow the mixture to cool to lukewarm. Mash the yeast and the teaspoon of sugar with a fork and add to the mixture. Give everything a good stir and cover the pot. Leave overnight in a cool place.

2. The next day, skim off any debris from the top of the ginger beer and strain into a large jug. Use a funnel to pour the ginger beer into sterilised bottles (see page 9), filling them no more than three quarters full as it will continue to ferment and expand in the fridge, then secure with a

cap. Release the caps every so often to release the gases and set aside in a cool, dark place.

3. The ginger beer will be ready to drink after 2 days, at which point it should be refrigerated and consumed within a week. Take care when opening the bottles and discard any beer that smells overly yeasty.



For my dear and much missed grandmother, ‘Bobbus.’

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* Note: all eggs are free-range