GINGER BEER

By Jo Anne Calabria

Take care to measure the ingredients accurately.

½ tsp dried yeast
1 slightly rounded tsp ground ginger
1 slightly rounded tsp sugar
1 cup warm water (40-45°C)
1 small jar

1. Place the yeast, ginger and sugar directly into your jar.
2. Give it a stir to mix, carefully pour in the warm water
3. Cover the jar with a piece of light cloth (like muslin or Chux cloth)
4. Secure with a rubber band.

Each day for the next 7 days, add 1 tsp sugar and 1 tsp ground ginger.

GINGER BEER DRINK

4 cups of sugar
6 litres of warm water
½ cup fresh lemon juice

1. Place the sugar and water into a large pot, and stir to dissolve the sugar.
2. Remove from the heat and cool mixture. It should be not more than lukewarm
3. Stir in the lemon juice.
4. Strain the ginger beer plant into the pot, stir it to mix well.
5. Use a funnel to fill seven or eight 1.25L plastic bottles. It is very important to leave a gap at the top of about 4-5cm.
6. Secure bottles tightly with their tops.
7. Leave to ferment in a dark spot that is not too cold, not too hot.
8. The ginger beer should be ready to drink by the end of a week. The bottle should feel firm to touch.
9. Put the bottle in the fridge once the side of the bottle feels firm – this slows down the fermentation.

When you open the bottle unscrew the lid slowly...be prepared for the fizz!

Serve over ice, or with crushed lemongrass stalks, mint and a little soda or cranberry juice.

TO MAKE MORE...

- Split the mixture left in the muslin/cloth into two.
- Place one half in a glass jar with 1 cup of warm water.
- Then next day start feeding as before - 1 teaspoon of ginger and 1 of sugar each day.
- Repeat with the other half of the plant and you will have two Ginger Beer plants.