




# Ginger Beer

<b><u>Ingredients (1-8 persons):</u></b>		
organic ginger	non-chlorinated water	
white sugar	2 lemons	Preparation time:
<b><u>Equipment:</u></b>		Cooking: ∞ min –
a cutting board	cheese grater	Type of cooking: ferment
a large pot	strainer	
a mason jar	bottling funnel	
cheesecloth	swing top bottles	

## **Preparation:**

1. We begin by making a ginger bug. For this to be successful you need to use organic ginger (the non-organic ginger has been sprayed with a fermentation-retardant chemical). Cut off about one inch of ginger, rinse it and then shred it (do not peel - the best bacteria lives on the skin). Put this in a mason jar with a couple teaspoons of sugar and a cup of non-chlorinated water. Put the lid on the jar and shake (both the jar and your booty).
2. Each day (for about a week), add an inch of grated ginger and a couple teaspoons of sugar. You can add a little water too. Shake, shake shake... shake your booty!
3. Name your ginger bug.
4. After a week or two (depending on the temperature of your kitchen, your shaking routine, how often you hugged it, ...) you should have a ginger bug.
5. We now will make the ginger juice (civilized people call it ginger tea). Boil about 4 quarts non-chlorinated water. Once boiled, turn off heat, add 1.5–€ cups of sugar and a bunch of shredded ginger (I usually shred a whole “hand” of ginger). Let it cool to room temperature and then add in the juice of two lemons and most of your ginger bug. Use the funnel, strainer, and cheesecloth to get the liquid in the swing top bottles. (I actually don't use the cheesecloth but instead rack my beer after a few days of fermentation)
6. Add water, ginger and sugar to your almost empty ginger bug jar in preparation for your next batch.
7. After a couple days I open the bottles to check and release carbonation (this is called burping - like burping a baby but way better). I repeat this process for a while and then when it seems to be carbonated enough I stop burping them and put them in the fridge.