Fire Cider

Equipment list

- Chopping board
- Sharp knife
- Mason Jar
- Baking Paper (for lid cover)
- Cupboard

Substitutions

- Use any chillis you like
- Can't find white onion? Use yellow onion.
- Can't find fresh turmeric? Use powdered and add more ginger .
- No Mason jars? Recycle one or more large glass jars.

For lots of tips, tricks & info, visit www.breathtaking.fr/fire-cider

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Ingredients:

4-6 weeks | 20 minutes

- ½ cup fresh ginger root
- ½ cup fresh horseradish root
- ½ cup fresh turmeric root
- ½ cup white onion
- ¼ cup garlic cloves
- 2 jalapeno peppers
- 2 organic lemons (zest and juice)
- 1 tsp whole black peppercorns raw apple cider vinegar (ACV)
- Rosemary, thyme, cinnamon
- 1/2 - 1 cup Raw Honey

Instructions:

1. Chop the ginger, horseradish, turmeric, onion, garlic, jalapeno into small pieces and add with the lemon juice & zest to a clean jar.
2. Pack them down lightly so that the jar is about 3/4 full. Place the heavier items on top - like the ginger (jalapeños float). If you have a fermenting weight, feel free to use it.
3. Fill the jar with apple cider vinegar over the roots/vegetables. You want everything to stay under the liquid to prevent spoilage.
4. Put the lid on. (If you're using a metal lid, line it with parchment paper.)
5. Place in a dark, room temperature cabinet for 4-6 weeks.
6. When the cider is ready, shake well and then strain the roots/veggies using a cheesecloth or mesh strainer, then pour liquid into a clean jar/bottle. If desired, add raw honey to taste.

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