

Fire Cider

2 Tbsp chopped fresh turmeric root
1/2 cup fresh ginger root chopped or grated
1/2 cup fresh horseradish root chopped
1 medium onion, chopped
10 cloves of garlic, crushed or chopped
1 cayenne pepper, chopped or crushed black pepper
1-2 slices of lemon (or more to taste)
1-2 slices of orange (or more to taste)
Unpasteurised apple cider vinegar
Several sprigs fresh rosemary



- Prepare all ingredients and place into a 1 litre jar.
- Cover all ingredients with cider vinegar.
- Use piece of greaseproof paper under the lid to prevent vinegar from touching metal
- Shake jar daily
- Let it sit 4-6 weeks. The longer you wait, the more potent and pungent it will be. Taste it to assess it's potency and whether you want to add honey or not.
- Strain through a cheesecloth.
- If desired stir in gradually 1/4 cup of raw honey until you reach the desired level of sweetness. Alternatively, you can add honey to the cup before drinking it.
- Keep the fire cider in a glass bottle or jar (protecting the metal lid from the vinegar)
- Fire Cider will keep unrefrigerated at cool room temperature for several months, or indefinitely in the fridge.

To drink: add 1 tbsp to a small cup of hot water (I prefer mine without honey but you can add 1 tsp of honey to the hot water mix before drinking)

There are many possible ingredients you can add to fire cider including herbs and spices. If you don't have all the ingredients here you can make up your own. Onion, garlic and ginger are the essential ingredients together with the cider vinegar to boost immunity and warm the body. They help warm the digestive tract too.

Fire Cider can also be used as a salad dressing, especially salads that require onion and garlic.

