

Fire Cider



I adapted this recipe from Rosemary Gladstar's simple and tasty version. I loved hers so much that I put it on salads all the time and ran out of it well before winter was over!

For this version, I looked at other recipes online for ideas I could try and ended up adding a couple of things, but still keeping it simple.

*The one thing that was really different is that Rosemary tells us to place our filled jar in a warm spot near a sunny window for 3 - 4 weeks, and other recipes instruct us to keep it in a cool dark place. I went with Rosemary's instructions, you could try the other way if you want. :) ~ Margaret

Gather

- 1 medium onion
- 4 - 5 cloves garlic, chopped
- 3 - 4 tablespoons freshly grated gingerroot
- 3 - 4 tablespoons freshly grated horseradish root
- 1 cayenne pepper
- 1 tumeric root, grated
- 1 jar apple cider vinegar (unpasteurized preferably)
- honey
- large jar with lid
- large saucepan

Prepare

Combine the onion, garlic, ginger, horseradish, pepper, and tumeric in large glass jar.

Warm apple cider vinegar in saucepan.

Pour enough warmed vinegar into the jar to cover the ingredients.

*Place in a warm spot (near a sunny window is fine) and let sit for 3 to 4 weeks.

Strain, then discard the spent herbs.

Add honey to taste.

The finished product should be spicy, sweet, and very flavorful.

To use:
Take 1 to 2
tablespoons at the first
sign of a cold, and repeat the
dose every 3 to 4 hours until
symptoms subside.

Also great on salads!

