

HONEY GINGER BEER

I've always enjoyed making Ginger Beer, ever since I was a little kid. The recipe I had was sweetened with sugar so I wondered if you could do it with honey. I discovered that not only does Ginger Beer made with honey taste delicious, but that the highly experienced and formidable Country Women's Association judges at the Ceres Harvest Festival thought it was pretty good too. First prize!!!

This recipe makes a refreshing and not too sweet drink, but you can play around with the quantity of honey and ginger to make a drink to your own tastes. Enjoy!

GINGER BEER PLANT

Making ginger beer is a two stage process, first you make the plant which can last for multiple batches. Then you use the plant to make and bottle your ginger beer.

Put in a screw-top jar:

- 8 green grapes
- juice of 2 lemons
- 3 tablespoons of freshly grated ginger
- 500ml cold water
- 1 teaspoon lemon pulp
- 4 rounded teaspoons of honey

Put in a warm place for 2-3 days. When it starts to ferment it will begin to fizz and bubble. For the next six days you need to feed it everyday:

- 2 rounded teaspoons ground ginger
- 4 rounded teaspoons honey



GINGER BEER RECIPE

On the seventh day pour into a large clean bucket or demi-jon and add:

- 400g honey
- 500ml boiling water
- juice of 1 lemon
- 1/2 tsp citric acid
- 3 L cold water

Mix and then strain through a fine sieve or cheesecloth into bottles and seal. Ginger Beer is very active, so it's best to use swing top bottles that will provide a strong seal. Sometimes it only takes a day for your Ginger Beer to become fizzy so don't leave it too long before you start enjoying it - exploding bottles are not uncommon! This recipe makes about 5 litres.

Don't throw out the left over pulp from the seive, you can now use half of this to start another plant. Pop it in a clean screw-top jar and add 500ml water, 2 teaspoons ground ginger and 4 teaspoons honey. Feed daily as before and you can have fresh Ginger Beer all year!

