

Fire Cider

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Agents of Field

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FIRE CIDER

Prep time: 15 mins (+ 4 weeks to steep) Makes: 1 litre

Ingredients

1 onion
3 garlic cloves
1 cayenne pepper
1 orange, peeled
1 lemon, peeled
10g horseradish root
1 tsp fresh ginger
1 tsp turmeric
1 tbsp black peppercorns
5 sprigs of rosemary
1L apple cider vinegar
Honey to taste

Method

Chop the onions, garlic, cayenne pepper, orange and lemon and place them in a glass jar (1L).

Grate the horseradish and ginger and add to the jar.

Mix in the turmeric, black pepper corns and chopped rosemary before covering the mixture with apple cider vinegar.

Place some greaseproof paper over the mouth of the jar before securing the lid and giving it a good shake.

Store in the fridge for four weeks giving it a rigorous shake once a day.

Strain through a muslin into a clean jar.

Keep in the fridge. Take 1 tbsp daily as required to boost the immune system. If sick, take 2 tbsp three times a day as needed. Sweeten with honey.