



Harriet Herbery

BASIC FIRE CIDER RECIPE

INGREDIENTS

3/4 cup fresh grated horse-radish
1/2 cup fresh grated ginger
1 medium bulb garlic peeled & finely chopped
1 medium red onion peeled & diced
3-5 jalapenos (to taste) seeds intact, diced
960ml apple cider vinegar
60-150ml honey (to taste)

Procedure

Place all ingredients in double saucepan except for honey

with heat on low let mixture heat for 3 hours stirring occasionally and ensuring the water in the bottom doesn't run out

be careful of the fumes stinging your eyes when stirring or checking mix

turn off heat & let sit for an hour or 2

strain add honey to taste

store in glass jar in fridge

may keep for up to a year - check for spoilage

dosage is 1 tsp 5ml as needed

This is a basic recipe you can add any extras you want - Hibiscus flowers, Rosehips - add these after the 3 hours, when you are letting your mix sit

Take out the Jalapenos and add 1 tbs dried cayenne pepper

Squeeze in some fresh orange juice

Add 1/2 cup fresh grated turmeric at the start