

POTTION

A HEART WARMING GINGER TONIC

WHEN ITS COLD, YOUR'RE COLD OR YOU GOT A COLD

BASICALLY YOU SIMMER WATER WITH FRESH GINGER AND SOME SPICES TO MAKE A STOCK. MIX THIS WITH JUICE OF HALF A LEMON HALF AN ORANGE, A SPOON OF HONEY OR PALM SUGAR AND THATS IT WITH A STIR.

JUST SCRAPE AWAY THE PEEL OF A THUMB OF GINGER WITH A SPOON SLICE IT OR CRUSH IT.

THIS OPENS IT, GETS IT GOING.

WHOLE SPICES ARE USED AND CRACKING THE SHELLS OF THE SPICES DOES THE SAME.

BRING WATER AND SPICES TO THE BOIL THEN SIMMER AT LEAST 20 MINS THOUGH AN HOUR OR TWO IS GOOD.

ONCE YOU STRAIN THE FIRST BATCH YOU CAN ADD HALF AS MUCH WATER AS BEFORE AND BOIL AGAIN. IT STILL HAS SOME LEGS.

IT KEEPS A GOOD WHILE IN THE FRIGDE OR ON THE STOVE AND USED AND TOPPED UP.

MAKE SURE THE STOCK IS BOILING WHEN YOU ADD IT TO THE CITRUS JUICES. IT WORKS BEST WHEN YOU DRINK IT HOT.

BEST TO SQUEEZE THE CITRUS WITH BACK OF A SPOON AND MAKE SURE YOU GET ALL THE BITS.

THE SECRET IS THAT THERE IS NO SECRET



THE SPICES CAN VARY-
 BLACK PEPPER FOR HEAT, FENNEL AND CINNAMON FOR SWEET, CLOVES AND CARDAMOM FOR WARMTH,
 NUTMEG FOR DREAMS AND A SINGLE DRIED RED CHILLI FOR FIRE.
 GINGER THOUGH IS AT THE FRONT AND THE SPICES BEHIND.
 YOU CAN ROAST THEM IN A SLOW DRY PAN TILL THEY TURN- THEY WILL TASTE MORE ROBUST.

INGREDIENTS

METHOD

- 1 THUMB FRESH GINGER
- 2 SP CORIANDER SEEDS
- 1/2 SP CARDAMOM
- 1/2 SP CLOVES
- 1/2 SP BLACK PEPPER
- 1/2 SP FENNEL SEED

FOR THE STOCK TOAST THE SPICES SLOWLY TILL THEY SMELL
 AND TURN. CRUSH THEM.

PEEL THE GINGER AND CRUSH IT

BRING WAER TO BOIL WITH SPICES, TURN TO SIMMER.

30 MINUTES MINIMUM

STRAIN IT USE IT OR BOTTLE IT AND PUT IN FRIDGE.

TO FINISH THE POTION TAKE 3/4 OF CUP OF STOCK FOR EACH
 PERSON AND BRING TO THE BOIL.

SQUEEZE HALF A LEMON AND HALF AN ORANGE IN EACH CUP
 WITH A SPOON OF PALM SUGAR OR HONEY POUR OVER STOCK
 WITH A STIR.

