

Home-made ginger beer

Source: <http://www.abc.net.au/tasmania/stories/s1369274.htm>

It always fascinated me as a kid that you could grow a living, breathing ginger beer plant by simply mixing up ground ginger, sugar, yeast and water. Here's Sally Wise's take on the topic.

You need:

Yeast, ground ginger, sugar, water.

Plant:

- ½ teaspoon dried yeast
- 1 rounded teaspoon ground ginger
- 1 rounded teaspoon sugar
- 1 cup lukewarm water

Method:

Mix all together in a jar, cover with a piece of muslin and secure with a rubber band.
Each day for the next week, add 1 teaspoon sugar and 1 teaspoon ground ginger.

The plant:

Divide the plant left in the muslin into two halves. Place one of these in a glass jar with a cup of warm water. Then next day start feeding as before, that is, one teaspoon of ginger and one of sugar each day. The other half of the plant can be discarded, or you can have two plants 'on the go'.

To make up the Ginger Beer:

For the syrup, mix together:

- 4 cups of sugar
- 24 cups of warm water
- ½ cup strained lemon juice

Then:

Strain the ginger beer plant through two layers of muslin.
Pour the resulting liquid into the syrup and mix well.
Bottle and seal. The ginger beer should be ready to drink by the end of a week.

