



DIY Ginger Beer

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Beverages are some of the earliest types of fermentation produced by humans.

Wine, beer, and mead are all fermented drinks.

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My grandpa would say if you were going to share the gift of fermentation – alcohol is the first step of the dance. The Stein brewers would make apple cider and store in gallon glass jars, until eventually turning into "apple jack" an alcoholic drink, what the grown-ups didn't drink, would be uncapped and a cheesecloth placed over, fruit flies are attracted to the hard cider as they land on the cheese cloth and introduce the bacteria that turns it into apple cider vinegar – now, the fermentation dance steps are falling into rhythm.

Beer and beverage brewing can teach us about fermentation in general, especially how temperature is a critical ingredient. Some beers can only be brewed at colder temperatures, using a yeast strain that generally ferments at or near the bottom of the vessel. The ales are brewed generally at warmer temperatures with a top-feeding yeast strain. Generally, there are, of course, exceptions. The golden Kölsch, the yeasts used to produce are top-feeding warm-tolerant strains.

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One of the strongest memories of my childhood was being with my grandparents looking at the way the garden was growing, evaluating crops, pulling things up, snipping things off, eating, and transforming produce and scraps into food and grown-up beverages.

Today, we are going to make a Bug – the perfect starter for many “soft-beer” beverages.

My grandparents would use a ginger beer plant and feed it during the year to share with many neighbours to make the Christmas ginger beer.

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There are many recipes for ginger beer; the basic ingredients are ginger, lemon and sugar. Real ginger beer is made from fresh root ginger (*Zingiber officinale*), often with other flavourings such as juniper (*Juniperus communis*), liquorice (*Glycyrrhiza glabra*) or chilli (*Capsicum annuum*) – giving the product extra ‘bite’. Yarrow (*Achillea millefolium*) is sometimes used to inhibit bacterial growth (as it was in normal beer before the introduction of hops).

Jamaican ginger beer is often made with lime instead of lemon juice.

The process is easy, but there are a few key steps.

First, you must use organic ginger for both the ginger bug and the ginger beer: conventional ginger is irradiated and might not ferment.

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Second, when you boil the ginger mixture for the beer, let it cool to body temperature before adding the bug.

Any hotter, and the living beasties will die, and your beer will fail.

In about a week you will have a tangy, spicy, extra-gingery beer that is just as tasty on its own as it is stirred into your favourite mocktails & cocktails.

READY, SET, GO

Mix grated ginger — naturally rich in yeast and lactic acid bacteria — with water and sugar, creating a starter or bug, like in a sourdough or kombucha starter.

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As the fungus and the bacteria feed on the sugar, they ferment and produce carbon dioxide — the bubbles for your drink.

Combine with sweetened ginger water, leave out for a few days to re-ferment, then bottle it up.



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The ginger bug is simply water, sugar, and ginger, which starts actively fermenting within a couple of days.

This easy starter can be used as yeast in any beverage fermentation.

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For the bug:

Combine 1 teaspoon grated ginger (unpeeled)

1 teaspoon organic sugar

1 cup clean filtered water in a small bowl.

Stir, cover with muslin/ cheesecloth, and leave in a room-temperature area (70°F to 75°F works best).

Add another teaspoon of ginger and sugar every other day until the bug becomes active (it should take 6 to 8 days).

The bug is active once there are a few bubbles on the surface.

Place a fine-meshed strainer over a medium-sized food-safe container and strain ginger water.

Discard ginger.

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Add sugar and lemon juice to ginger water and stir to combine. Touch the ginger water with your finger: if it is body temperature, proceed. If not, allow ginger water to cool.

If using raw honey, add the additional water first, and add the honey when the temperature is below 30° C.

Once ginger water has cooled to body temperature, place the fine-meshed strainer over the ginger water and add the ginger bug (and lemon if using), straining liquid through. Stir vigorously.

Cover container with a tea towel let sit at room temperature, stirring occasionally, until visibly bubbly, anywhere from a few hours to several days.

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Stir often until the brew is bubbling away when you are not stirring it. When this occurs, bottle straight away for non-alcoholic ginger beer, or leave to ferment longer for more carbonation + an alcoholic drink.

Place a funnel in a bottle and pour ginger beer through. Cap tightly and leave at room temperature until carbonated, anywhere from 1-3 days.

Once carbonated, refrigerate ginger beer and drink within two weeks.

Bottles should only be left out of the fridge for a few days, as excessive carbonation can lead to explosions. Drink quickly; fermentation is only slowed by refrigeration, not stopped.

Also try half and half ginger/turmeric for a good, sharp-tasting tonic, even add horseradish if you are adventurous.

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Ginger beer will happily work straight up, or as a mixer in all sorts of cocktails and mocktails.

Classic drinks keep it simple with just ginger beer, booze, and one or two extra flavors to round out the adaptable recipe for a spicy buzz.

It pairs well with gin and rum for the boozy lovers.

Suggestions from our dear friend Gina

"Ginger + booze + flourish = heaven in a highball glass".

Gina says there are the Storms + the Mules + Others

Ginger beer + Dark Rum + Lime = Dark n' Stormy

Ginger beer + Vodka + Lime = Moscow Mule

Ginger beer + Vodka + Cider + Cinnamon = Ginger Beer Apple Cider

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Ginger beer + Tequila + Lime + Sweetener = Ginger Margarita



Fun Foraged Foods

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Japanese Knotweed Ginger Beer

Chop and boil 2 liters of knotweed into a strong tea for at least 10 minutes in approx. 4 liters water.

Add 1 1/2 cups sugar.

Cool to body temperature (or room temperature).

Strain plants and add a cup of ginger starter.

Mix and cover with cloth, leaving on the counter for a couple days.

Once it becomes fizzy and less sweet, bottle and refrigerate.

Replenish your ginger bug: add another cup of water, 2 tsp ginger and 2 tsp sugar, stir and refrigerate until ready to use again.

Good ginger beverage combinations:

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turmeric root + juniper berries, ginger + turmeric + lemon myrtle and Australian native sarsaparilla or yellow dock, dandelion, black locust flowers, nettles/ginger/turmeric/galangal, and cacao nibs.

Sassafras Beer

Sassafras is a sub-alpine rainforest timber. The bark and leaves taste of pepper, allspice, and cloves.

20 litres of clean water

125g ginger (crushed or if fresh not available use organic powdered)

25m ginger bug

125g hops / yarrow

250g sassafras bark

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Add hops, ginger, and bark to water, boil one hour.

When Luke-warm strain through muslin bag and put in cask or fermenter, while still slightly warm stir in ginger bug.

Let stand at room temperature for three days, skim each day.

Strain into bottles and seal.

Check in three weeks.

It is so easy to enhance any beverage with a blast of bacterial goodness.

Morning wake-up: hot broth with a shot of Lacto fermented Garlic + Horseradish brine + Kraut brine / Master Tonic. This warming, immune-boosting combo is just the right thing on cold mornings to get the life force going.

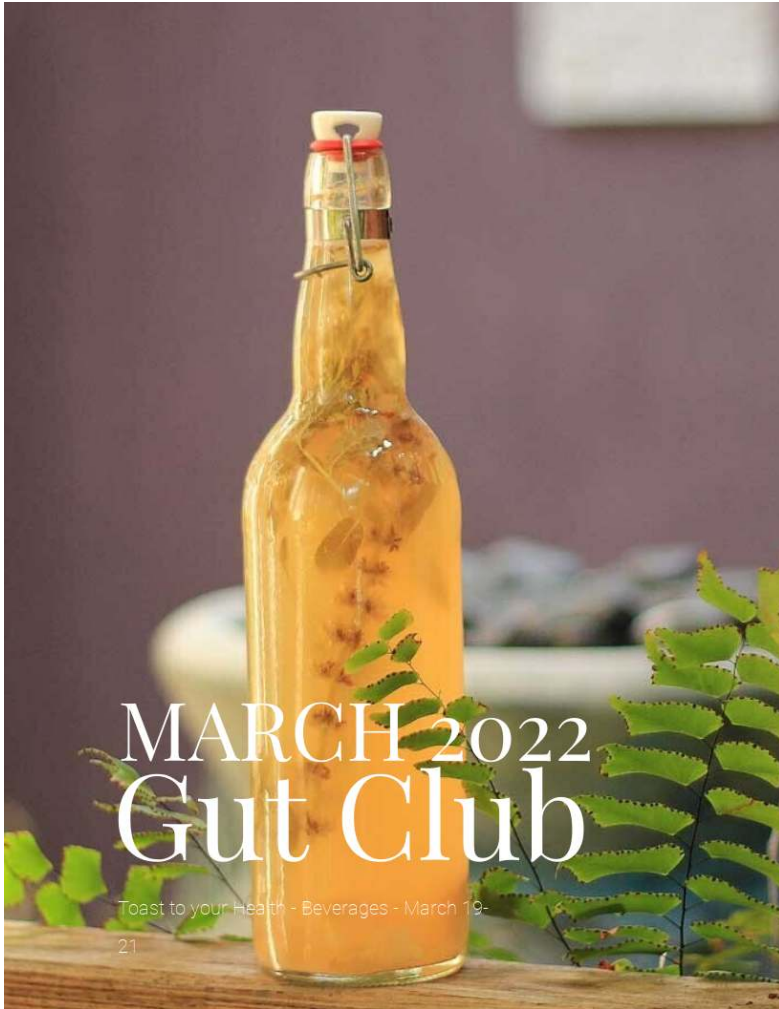
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Nightcap: a shot of coconut vinegar with raw honey from local bees and a dash of fermented ginger & turmeric.

Good night does not let the super bug's bite!

Bottoms up!

Precautions: Before you raise a glass to toast your health, talk to your health professional about the risk of herb-drug interactions if you take any medications or if you have a chronic medical condition. Because safety data is lacking, do not consume herbal tonics, elixirs, bitters, etc if you are in pregnancy or nursing.



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MARCH IMPLEMENTATION WEEKEND (Raise a Toast- Wooahoo!! Beverages) – Have your bug starter ready. Can also have water kefir grains & kombucha scoby ready to play.

<https://members.thegutacademy.com/register/the-gut-academy-book-club/>

The Gut Academy Monthly Club

The Weekend is always on the 3rd weekend of the month, so March 2022 will be on the weekend of 19 – 21st!! YAY! ...

PLEASE NOTE: You have lifetime access to The Gut Academy Club by purchasing any of our products (excluding 10 for \$10 course)

<https://www.lynniestein.com/products/>

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Look forward to sharing love and bacteria and raising a glass to our glorious gut!!!

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Chin Chin!

Xo

Lynnie



Toast to
our Health



MARCH 202