

ROSEMARY GLADSTAR'S FIRE CIDER

(Adapted from Winter Recipes for Health and Wellbeing)

Description:

Fire Cider is a vinegar infusion of spicy herbs and vegetables. Frequently used as a circulatory and immune tonic. This is a great tool to have in your winter wellness toolbox (can be used year-round).

- **1/2 cup ginger, fresh (grated)**
- **1/2 cup horseradish (fresh, grated)**
- **1 onion (chopped)**
- **10 cloves garlic (crushed or chopped)**
- **2 pepper, jalapeño (chopped)**
- **1 lemon (zest)**
- **2 tablespoons rosemary, dried (or several sprigs of fresh rosemary)**
- **1 tablespoon turmeric, ground (can substitute 2 tablespoons of grated fresh turmeric)**
- **Apple cider vinegar**
- **1/4 cup honey (plus more to taste)**

Put ginger, horseradish, onion, garlic, peppers, lemon zest, lemon juice, rosemary and turmeric in a quart canning jar. Cover with apple cider vinegar by about two inches. Use a piece of natural parchment paper or wax paper under the lid to keep the vinegar from touching the metal. Shake well.

Store in a dark, cool place for one month and shake daily.

After one month, use cheesecloth to strain out the pulp, pouring the vinegar into a clean jar. Be sure to squeeze as much of the liquid as you can from the pulp while straining. Add ¼ cup of honey and stir until incorporated. Taste your cider and add another ¼ cup until you reach desired sweetness. Fire cider should taste hot, spicy and sweet. It is great as a winter time tonic and as a remedy for colds and coughs. Often people use it as salad dressing, on rice, or with steamed vegetables.