

Natural Ginger Ale

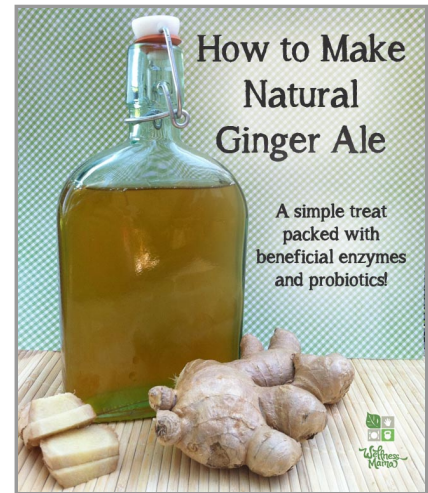
A naturally fermented old-fashioned ginger ale (also once called Ginger Beer) that contains beneficial probiotics and enzymes.

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Recipe type: Cultured - Beverage

Ingredients

- A 1-2 inch piece of fresh ginger root, minced. Adjust this to taste. I use 2 inches as I prefer a stronger ginger taste.
- ½ cup of organic sugar or rapadura sugar. if using plain sugar, add 1 tablespoon molasses for flavor and minerals.
- ½ cup fresh lemon or lime juice
- ½ tsp sea salt or himalayan salt
- 8 cups of filtered (chlorine free) water ([Here is the water filter we use](#))
- ½ cup [homemade ginger bug](#) (or can use ¼ cup whey for a faster recipe though the flavor won't be quite as good. [Here is a tutorial for how to make whey](#))



Instructions

1. Make a "wort" for your ginger ale by placing 3 cups of the water, minced ginger root, sugar (and molasses if needed), and salt in a saucepan and bringing to a boil.
2. Simmer the mixture for about five minutes until sugar is dissolved and mixture starts to smell like ginger.
3. Remove from heat and add additional water. This should cool it but if not, allow to cool to room temperature before moving to the next step.
4. Add fresh lemon or lime juice and ginger bug (or whey).
5. Transfer to a 2 quart glass mason jar with a tight fitting (air-tight) lid. Stir well and put lid on.
6. Leave on the counter for 2-3 days until carbonated and transfer to the fridge where it will last indefinitely.
7. Watch this step carefully. Using whey will cause it to ferment more quickly and it will take less time. It should be bubble and should "hiss" like a soda when the lid is removed. This is very temperature dependent and the mixture may need to be burped or stirred during this fermentation time on the counter.
8. As with any traditional fermented drink, it is more of an art than a science as it depends on the strength of your culture, the temperature of your house and the sugar used. The final mixture should smell of ginger and slightly of yeast/fermentation and should be fizzy. Watch carefully that it doesn't become too carbonated as this will cause too much pressure and may result in an exploding jar!
9. The mixture can be strained and transferred to Grolsch style bottles before putting in the fridge ([we like these bottles](#)).
10. Strain before drinking.
11. Enjoy!

Recipe by Wellness Mama at <http://wellnessmama.com/8945/ginger-ale/>