

From Farmer's Almanac

Fire Cider Recipe: The Spicy Apple Cider Vinegar Tonic for Immunity & Wellness

Ingredients

1/2 cup peeled and diced onion

Half a dozen cloves of minced garlic

1 or 2 habanero chilis, split in half (or, use cayenne pepper)

One large lemon, sliced rind and all (optional)

About 1/3 cup grated ginger roots

About 1/3 cup grated horseradish

1/4 cup peeled and diced turmeric (or 2 tablespoons dried, powdered turmeric)

2 tablespoons chopped rosemary (or 1 teaspoon dried)

2 tablespoons chopped thyme (or 1 teaspoon dried)

1/2 cup chopped parsley (optional)

A cinnamon stick, a few allspice berries, and a few whole cloves (optional)

1 teaspoon black peppercorns

1 quart (4 cups) of raw, unfiltered apple cider vinegar (at least 5% acidity)

1/4 cup raw honey, or more to taste

The degree of "fire" in the blend depends on how many hot peppers you add!

As a precaution, I use only organically grown roots, herbs, and fruits to keep agricultural chemicals, waxes, or dyes from migrating into the vinegar.

Instructions

Place the vegetables, fruits, herbs, and spices in a clean 1-quart jar. Fill the jar with apple cider vinegar.

The apple cider vinegar should cover the herbs by an inch or two. Seal your cap tightly. If you cap your jar with a lid containing metal parts, screw the lid on over a piece of cooking parchment or a small plastic bag to keep the lid from corroding. Shake well.

Let sit for a few weeks to soak. Shake daily (or when you remember).

Then, strain off the plant materials from the vinegar. Sweeten with honey to taste. Honey adds sweetness and blends all the flavors in fire cider nicely. Refrigerate and use within a year.