

Fire Cider: Health Tonic and Homeopathic Remedy

Source: Foodiewithfamily.com



Ingredients

- 1 large horseradish root scrubbed very well, about 7 inches long
- 1 large ginger root about 7 inches long
- 1 large onion root and stem end removed and peeled
- 1 large orange
- 1 lemon
- 16 cloves of garlic peeled
- 2-4 habanero peppers stems removed
- 1 tablespoon ground turmeric
- raw apple cider vinegar
- raw honey

Instructions

1. Grate the horseradish and ginger roots. Roughly chop the onions, orange, lemon, garlic, and habanero peppers. Stuff them into a half-gallon glass jar with a tight fitting lid or divide evenly between two quart sized canning jars. Sprinkle the turmeric in on top (dividing evenly between the two jars if using quart jars). Pour the raw apple cider vinegar in over the contents, allowing it to settle in through the crevices and adding more so that the contents are submerged. Lay a piece of parchment paper over the rim of the jar, then screw the lid tightly in place. Let the mixture sit in a dark, cool place, allowing it to marry and infuse for 4 weeks, shaking once daily.
2. After 4 weeks, pour the contents into a muslin or cheesecloth lined colander positioned over a stable pot. Let it drain for 30 minutes, then gather the corners of the cloth, twisting and squeezing until you cannot release any more liquid. When it's fully strained, add honey to the liquid to taste and pour into a sterilized wine bottle or canning jar. Store in a cool, dark place for up to a year, shaking well before using.

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