



How to make Ginger-Root-Beer (Ginger-Root-lemonade)

What do I need to make one litre of the delicious Ginger-Root-Beer?

- 1 litre water
- 30g original www.natural-kefir-drinks.de Ginger-Root-Culture - individual bred water kefir culture
- 60g sugar
- 15g molasses (1 tablespoon)
- 30g dried fruits (upon your request: raisins, plums, dates etc.)
- 2 thin slices of lemon (untreated organic lemon)
- 60g ginger - freshly cut
- 1 fermentation vessel made of glass, pottery or plastic with a suitable capacity providing the desired amount of water kefir soda
- 1 bottle made of glass, pottery or plastic with a suitable capacity providing the desired amount of water kefir soda
- 1 elastic band
- 1 sheet of wrapping film (not breathable) to cover the fermentation vessel
- 1 sieve
- 1 funnel

How to make Ginger-Root-Beer - short and simple

1. Fill the vessel with the desired volume of water, add about 60g sugar and 15g molasses per litre and stir it until everything is completely dissolved.
2. Add the ginger root plant (30g or 2 - 3 Tablespoons) without the ginger root drink.
3. Add the dried fruits, the thin slices of lemon and the freshly cut ginger.
4. Now cover the vessel with the wrapping film and the elastic band - the formed carbonic acid must be able to escape(!).
5. Store it at a place at room temperature.
6. After 1 - 3 days the fermentation process has completed and you can fill it into another glass or into bottles. Remove the dried fruits, the ginger and the slices of lemon.
7. Rinse the ginger root crystals thoroughly with cold to lukewarm water.
8. Clean the fermentation vessel thoroughly with washing up liquid and subsequently rinse it with hot clear water. Now you can start again from step one.

Please note the following:

If you are satisfied by the taste of ginger root beer and if you would like to enjoy it for a long time there are a few things to care about. Cleanliness and hygiene are the basic conditions for a successful ginger root beer production. Make sure that the required equipment that gets in touch with the ginger root plant is clean. This can be ensured by thorough cleaning of all items with dishwashing liquid. Subsequently you should rinse everything with hot and clear water. This also applies to the utensils which have been cleaned with the help of dishwasher, because the chemical residues of the rinse aid can harm the ginger root plant. Please also make sure that the ginger root culture is not stored near sources of mold. This could be caused by potted plants, in which moist earth could start to mold.

How to make Ginger-Root-Beer - detailed guidance

1. Fill the vessel with the desired volume of water, add about 60g sugar and 15g molasses per litre and stir it until everything is completely dissolved.

Fill 1 litre of tap water, non carbonated water or aerated water into a clean vessel of glass, pottery or plastic. Make sure to use lukewarm water. Now dissolve 60g of sugar and 15g molasses in it. At the end of the fermentation process a part of the sugar will be converted into valuable substances. With regard to sugar, you can take ordinary refined sugar. In combination of high quality molasses you lay the foundations of a delicious drink. If you don't have any molasses you can also choose between raw cane sugar and whole cane sugar (contains molasses). In this case, however you should increase the amount of sugar from 60g to 80g. This approach has proved that the molasses has a very positive impact on the culture. By the way, honey is not suitable for the production of ginger root beer.

2. Add the ginger root culture (30g or 2-3 Tablespoons) without the ginger root drink. Add the original www.natural-kefir-drinks.de ginger root crystals to the sugar solution, but without the ginger root drink. The drink merely serves as transport liquid. The 30g ginger root culture are suitable to make 1 litre of ginger root beer.

3. Add the dried fruits, the thin slices of lemon and the freshly cut ginger. After adding the grains into the sugar solution you should additionally add dried fruits, thin slices of lemon and freshly cut ginger. Cut the fresh ginger root into thin slices. Alternatively you can also use ginger powder, candied ginger or dried ginger. The dried fruits supply the - for the root beer production necessary nitrogen and as a pleasant side effect they give an individual flavour note. Depending on your taste you can refine the water kefir soda with dates, figs, raisins, plums etc. It is crucial, however, to use non-sulphurized dried fruits.
4. Now cover the vessel with the wrapping film and the elastic band - the formed carbonic acid must be able to escape(!). The fermentation vessel should be covered, however, the formed carbonic acid must be able to escape. In the case of glasses with screw cap the cover may only be screwed slightly. If you use a glass without screw cap you can fix a wrapping film with an elastic band. Through this approach you can reduce the risk, that the ginger root culture is attacked by undesired pathogens.
5. Store it to at a place at room temperature. Now store the fermentation vessel at a place at room temperature (about 22°C / 72°F). However, immediately after you have finished preparing the fermentation vessel and it reached room temperature the water ginger root beer production will start. Because of the the formed carbonic acid the crystals start ascending softly and descend again. If you place it in the sun the root beer production will keep at fullspeed.
6. After 1 - 3 days the fermentation process has completed and you can fill it into another glass or into bottles. Remove the dried fruits, the ginger and the slices of lemon. After just 1 - 3 days of fermentation the ginger beer is ready to serve. It is hard to say how long it exactly takes. The duration depends on your individual taste. The longer the process continues, the more sugar is converted into valuable substances. In this way, of course, the natural sweetness is decreasing day after day. After one day of fermentation the brown drink reminds of bitter lemon. Another day later it already tastes more acid. If you store it longer the taste becomes increasingly acidic. Now please fill the fermentating fluid through a thief into another glass or bottle and remove the fruits, the slices of lemon and the ginger root slices. You can eat the swollen fruits or dispose them. It is excellent and very tasty to squeeze the juice from the lemon slices into your finished drink. If you store the finished kefir in a closed bottle you should make sure that the formed carbonic acid can escape.
7. Rinse the ginger root crystals thoroughly with cold to lukewarm water. Now you have separated the crystals from the ginger root beer beverage. After that you should rinse the crystals thoroughly with cold to lukewarm water. We recommend to do this procedure after every fermentation process. You will notice that the quantity of crystals will rise. Redundant crystals can be disposed, composted or given as a present to good friends.
8. Clean the fermentation vessel thoroughly with washing up liquid and subsequently rinse it with hot clear water. Now you can start again from step one. After the drink is kept under cool conditions and the crystals are cleaned thoroughly you can clean the fermentation vessel and the other equipment. Ensure that all utensils which have been cleaned with the help of washing up liquid or the dishwasher, have been rinsed with clear water, because the chemical residues can harm the ginger root beer crystals.

Important: However, in the context of the process of fermentation a small amount of alcohol develops!

Holiday tip: If you intend to go on holiday you can store the crystals and the drink with the fermentation vessel in the basement or refrigerator (at temperatures around 10 °C / 50 °F). In this manner it can be stored over an extended period without being damaged. On returning home you should dispose the ginger root beer drink and start a new fermentation.

Note: This document was compiled with great care and checked for accuracy. Nevertheless we assume no liability for incomplete or incorrect information. The usage of our recommendations is at your own risk.



natural-kefir-drinks

www.natural-kefir-drinks.de

Petra Kriegener | Hinterdorf 37 | D-99735 Pützlingen

Fon: (+49) (0) 3 63 37 31 90 06 | Fax: (+49) (0) 3 21 21 47 29 39