



Fire Cider

A pungent, sweet, spicy vinegar with its roots in folk medicine.

Fire Cider is an American variant on the traditional European Four Thieves Vinegar used by thieves to ward off the Black Plague so they could successfully rob its victim's houses.

This combination makes a powerful decongestant, circulatory, antibacterial and antiviral medicine. Incorporate 1 tablespoon a day into salads, pickles, drinks or just straight out of the jar.

Ingredients:

- 1/2 cup fresh grated ginger root
- 1/2 cup fresh grated horseradish root
- 1 medium onion, chopped
- 10 cloves of garlic, chopped or crushed
- 2 chilli peppers
- Zest and juice from 1 lemon
- Several sprigs of fresh herbs of your choice such as rosemary, sage, thyme
- 1 tbsp turmeric powder
- 1/4 tsp chilli powder
- Organic apple cider vinegar (with the mother tincture)
- Honey

Instructions:

1. Peel and chop or grate all of your fresh roots and herbs
2. Add all the ingredients to a large jar and cover completely with cider vinegar
3. Close the jar, shake well and leave in a cool dark place for up to one month
4. Shake daily!
5. Strain out the pulp and pour the vinegar into a clean jar.
6. Add 1/4 honey and stir well
7. Add more honey to your taste if you wish

