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## Ginger Beverages

Salabat (Ginger Tea):  
World-of-the-East Vegetarian Cooking,  
Madhur Jaffrey, Alfred A. Knopf, New York, 1992

2 1-inch cubes of fresh ginger  
3 heaping tablespoons honey, or to taste  
4 cups of water

Peel the ginger and chop it coarsely. Put it into a pot along with 4 cups water and the honey. Bring to a boil. Cover, turn heat to low and simmer for 25 minutes. Uncover, turn up heat to medium-low, and cook another 15 minutes. You now should have 3 cups of liquid. Strain and serve.  
Serves 4.

Fresh Ginger Beer:  
Hay Day Country Market Cookbook,  
Kim Rizk, Workman Publishing, New York, 1998

1 chunk (2 ounces) fresh ginger, unpeeled, cut into several large pieces  
Generous ½ cup fresh lime juice (about 5 large limes)  
1 cup cold water  
½ cup sugar  
2 cups sparkling water  
Ice  
1 lime, sliced into thin rounds, for garnish

1. Combine the ginger, lime juice, and water in a blender and purée to form a fragrant cloudy liquid with the ginger chopped to a very fine pulp. Line a fine-mesh sieve or colander with cheesecloth, place it over a small pitcher, and strain the mixture through it. Wring all the juices through the cheesecloth, and discard the cheesecloth and its contents. Add the sugar and stir until dissolved.

2. Stir in the sparkling water, pour into tall ice-filled glasses, garnish each one with a slice of lime, and serve immediately.  
Serves 6.

Ginger Lime Fizz:  
[www.marthastewart.com](http://www.marthastewart.com)

1 ½ pounds fresh ginger, thinly sliced  
2 cups sugar  
4 cups water  
1 cup freshly squeezed lime juice  
1 liter seltzer or sparkling water

1. Combine ginger and sugar with 4 cups water, or enough to cover, in a medium saucepan. Place over medium-high heat until mixture comes to a boil. Reduce to a simmer; stir until sugar dissolves completely. Continue to simmer about 20 minutes. Remove from heat; let cool to room temperature, at least 2 hours. Strain out the ginger, and discard.

2. Combine the ginger syrup, lime juice, and seltzer in a pitcher. Pour into ice-filled glasses, and serve immediately.  
Serves 8.

Note: The ginger syrup made in step one may be stored in an airtight container,  
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refrigerated, for up to a week. Ginger Beverages.txt