

# Ginger Beer

**½ yeast cake**

**ground ginger**

**sugar**

**water**

**lemon**

Start the ginger beer “plant” in a jam jar with half a cake of yeast, 2 teaspoons each of ground ginger and sugar, and 2 cups water. Every day for a week add a level teaspoon each of ground ginger and sugar.

At the end of the week strain through a cloth and dilute the liquid thus obtained with about 14 cups of cold water. Make a syrup of 4 cups boiling water and 3 cups sugar, plus the juice of a lemon. Stir well and add, still stirring, to the strained ginger liquid.

Fill bottles with this up to 3 inches from the top and screw or cork securely. Leave to stand for a week before using.

The sediment left in the cloth after straining is the “plant” which continues to double itself each week. Put each half of this immediately into separate jars and add 2 level teaspoons each of ground ginger and sugar and 2 cups water.

Continue to feed these plants daily with ground ginger and sugar for a week.

Original recipe for ginger beer from a Durban, South Africa, newspaper (circa 1965). Tested by John Vigor (with occasional explosive results). We recommend using great caution if you try this yourself!