

GINGER / TURMERIC BUG & BEER

EDIBLE
ALCHEMY

GINGER BEER - HOW TO FROM STARTER TO SODA

Slightly sour, slightly sweet and naturally carbonated beverages are the traditional 'soft drinks' or 'soda pops'. Old-Fashioned lightly fizzy drinks made by fermentation are special not just for their flavor, but also that they are great for our health!

Fermented beverages are made in a variety of ways and some require a starter from previous batches or specially developed cultures (SCOBYs) like Kombucha or water kefir. Here with ginger (or turmeric), we can capture natural yeasts from the air in order to make our own starter to make more and more sparkling, probiotic sodas! We call the ginger starter a **GINGER BUG!**

How to make your own GINGER / TURMERIC BUG

- 2 tsp grated fresh ginger or turmeric root (including skin)
- 2 tsp sugar (brown cane sugar, white sugar, palm sugar, it all works)
- 1 cup water



- NOTE: This is the recipe for day 1-7 -

Combine and stir all ingredients together well. Leave in a warm spot covered with a cloth to allow free movement of air and interaction with the wild yeasts of your environment. Stir at least once a day.

Each day stir in the same amount of ginger and sugar and some more water until it begins to bubble. Depending on the heat of your environment and active yeasts on the ginger, bubbles will appear anywhere from day 2-7. The BUG loves to be agitated, so stir or shake whenever you walk into the room. This action helps capture yeasts and get the bubbling action started.

Once you have made a bubbling BUG, you can use it to create ginger beers and other natural sodas, OR put in a plastic bottle to capture fermentation action and use at a later date. If you leave your bubbling BUG to bubble away without feeding it, it will eat all the sugar and no longer be bubbling in open air and die. So once the bubbles appear, use it or capture it. The bubbling might even be audible from across the room, it can get quite vigorous!

Basic Soda Recipe

- bottles with tight closing caps to capture fizz
note: use plastic if it's your first time so you can FEEL how much pressure builds in the bottle by squeezing it - this is an EXPLOSIVE ferment!
- 3 inches (8cm) fresh ginger or turmeric root (add fresh pressed ginger juice for stronger gingery flavor)
- 2 liters of water
- 1/2 cups sugar
- 1/2 cup soda starter
- Spices of choice: star anise, cardamom, cayenne pepper, black peppercorns, cloves, cinnamon etc.

Boil ginger and spices in water for 15-20 minutes. Add ginger juice if you have. Add sugar to create a sweet ginger-spice tea. Let cool and strain into bottles. Add your active ginger or turmeric bug to the cooled, sweetened liquid. Seal tightly and allow to ferment at room temperature for 1-3 days checking regularly. With plastic bottles you will be able to feel the pressure!

IMPORTANT *This type of soda does accumulate a great deal of carbonation and should be handled with care. Check your bottles often, and if using glass bottles, put inside a sock or wrap in a cloth incase of explosions occurring. Once cooled down in the fridge, your soda will calm down and be a refreshing, probiotic drink for all occasions!*



QUESTIONS, COMMENTS OR WANT TO BOOK MORE WORKSHOPS?

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