

# Ginger Beer Plant

<u>Equipment</u>	<u>Ingredients</u>
<ul style="list-style-type: none"><li>• A jar and lid which is big enough to contain the plant (NOT air tight).</li></ul>	<ul style="list-style-type: none"><li>• Dried ginger</li></ul>
<ul style="list-style-type: none"><li>• One pint-sized measuring jug</li></ul>	<ul style="list-style-type: none"><li>• Dried yeast</li></ul>
<ul style="list-style-type: none"><li>• Teaspoons</li></ul>	<ul style="list-style-type: none"><li>• Sugar</li></ul>
<ul style="list-style-type: none"><li>• Several clean and dry two-litre plastic bottles.</li></ul>	<ul style="list-style-type: none"><li>• Juice of four lemons</li></ul>
<ul style="list-style-type: none"><li>• A fine cloth for straining the plant</li></ul>	<ul style="list-style-type: none"><li>• Water</li></ul>
<ul style="list-style-type: none"><li>• A large pan (approx 18pints)</li></ul>	

## Making the Plant

Place in the jar, one teaspoon of dried yeast, two teaspoons of dried ginger, four teaspoons of sugar and a pint (600ml) of cold water.

Stir and keep at room temperature.

## Feeding the Plant

Feed the plant every day with two teaspoons of dried ginger and four teaspoons of sugar. Stir after feeding.

The plant will be ready after one week.

## Making the Ginger Beer

Place 1kg (2lb) of sugar and two pints of boiling water in the large pan. Stir until all the sugar is dissolved.

Add the juice of the four lemons to the pan.

Strain the jar contents of the Ginger Beer Plant through the cloth into the pan. Do not discard the solid portion of the plant, see below.

Add 14 pints of room temperature water to the pan.

Stir and bottle. Fill the plastic bottles about seven-eighths full as you need to allow for expansion. Squeeze the air out of the bottles to stop them exploding under pressure from their contents.

Store the bottles in a dark place at room temperature, and leave for three to four weeks to 'brew'.

## Reuse of the Plant Solid

Discard half of the solid from the plant or give it to someone so they may start their own. Place the remaining half in a clean jar with a pint of water and continue to feed as above.