***What the Heck is Switchel?***

Hanna Christiansen-Houser, PenguiCon 2015

**Basic Ratio:**

2 Tablespoons (or more) ginger root, grated

¼ - ½ cup Apple cider vinegar (my brand of choice is Braggs)

¼ - ½ cup Lemon or Lime juice

½ - 1 cup sweetener (honey, maple syrup, molasses, cane sugar, etc)

6 cups water

**Basic Method:**

1. Steep ginger in 2 cups boiling water for 5-10 minutes.
2. In pitcher combine apple cider vinegar, lemon or lime juice, and sweetener.
3. Add steeped ginger.
4. Add remaining 4 cups water. Enjoy

Notes:

* If fresh ginger is unavailable, try using shredded and dried ginger, and double your steeping time. Powdered ginger can lead to a gritty or cloudy end product.
* Any apple cider will do, but you will get the most nutrients from a “raw, unfiltered” variety. I like Braggs, I like the flavor and it is widely available.

**Recipes used in class:**

Lime Switchel

2+ Tablespoons ginger root, grated

1/3 cup Apple cider vinegar (my brand of choice is Braggs)

1/3 cup Lime juice

¾ cup sweetener (honey, maple syrup, molasses, cane sugar, etc)

6 cups water

Sprig of mint for each cup

Prepare according to basic method.

Muddle the mint in a cup with a few ice cubes, pour switchel, enjoy. This recipe is great with spicy and smoky flavors, think tacos or barbeque.

(Alternately you can steep the mint with the ginger in step one).

Berry Switchel

2+ Tablespoons ginger root, grated

½ cup Braggs apple cider vinegar

1 pint berries (I used a frozen raspberry, blueberry, strawberry mix)

1/2 (scant) maple syrup

2 cups water

Combine ginger, vinegar, berries, and maple syrup in a pan, bring to simmer. Simmer 5-10 minutes until the berries start falling apart. Let cool a bit. Pour mixture through a strainer into a pitcher, pour 2 cups water through the berry mixture, pressing with the back of a spoon to get the juice out.

Serve over ice and/or with seltzer water.

Hanna’s Basic Lemon Switchel
2+ Tablespoons ginger root, grated

½ cup Apple cider vinegar (my brand of choice is Braggs)

½ cup Lemon

1/3 cup Honey

1/3 cup Maple syrup

6 cups water

Make according to basic method.

Extra Resources:

Another variant: <http://www.eatingwell.com/recipes/haymakers_ginger_switchel.html>

Some history, a basic recipe, and a mixed drink:

<http://www.americanfoodroots.com/features/american-made/american-made-switchel/>

PBS Video How To:

<http://www.pbs.org/food/recipes/switchel/>