

# Ginger beer

## Description



**Yield**  
15 bottles of 5 dl



**Scheduling**  
Preparation: approx. 20 minutes



**Nutritional values** (100 g or 100 ml)  
energy: 110 kJ/26 kcal;  
fat: 0.1 g, of which saturated 0.1 g;  
carbohydrates: 6.2 g, of which sugars 6.1 g;  
protein: 0.2 g; salt 0 g

## Recipe

### Ginger beer (7'500 g)

375 g	ginger bug
7'125 g	ginger liquid

### Ginger liquid (7'135 g)

5'355 g	water
1'350 g	orange juice, fresh
105 g	ginger, finely grated
145 g	maple syrup
180 g	sugar

Bring the water to a boil and add to the grated ginger, then leave to cool. Add the orange juice, sugar and maple syrup and continue processing.

### Ginger bug (374 g)

285 g	water
15 g	sugar (1)
15 g	sugar (2)
14 g	sugar (3)
15 g	ginger, finely grated, with peel (1)
15 g	ginger, finely grated, with peel (2)
15 g	ginger, finely grated, with peel (3)

## Production

1

### Ginger bug

Commercially produced ginger beer is available with or without alcohol. If you want to brew ginger beer yourself, that is, with alcohol, you need a starter culture. This is made with water and a proportion of ginger and sugar.

Leave the mixture to stand at 30°C for 24–48 hours until the first bubbles form. Then add another portion of ginger and sugar. Repeat this process until plenty of bubbles form.

It is important to use the ginger with the peel to include the necessary microorganisms.

2

### Storage

If the ginger bug is not needed, it can be stored in the refrigerator, but must be fed with ginger and sugar once a week.

3

### Filling

Pour about 20 g of the mixture into a half-liter bottle and fill with liquid. Store the bottle at room temperature for 12 hours, then place it in the refrigerator.

When refrigerated, the beer will keep for 3–4 days and should be aerated once a day, otherwise too much pressure can build up.