



Ginger tea

Ingredients (serves 4)

1 litre of water

A thumb-sized piece of ginger (about 2 inches)

Zest of one and a half lemons

3 tsp of honey

Juice of half a lemon

Method

1. Peel and thinly slice the ginger.
2. Bring the water to a boil, take off the heat and add the ginger slices and lemon zest.
3. Cover the pot and allow to steep for thirty to sixty minutes.
4. Pour the tea through a fine sieve and stir in three teaspoons of honey and lemon juice.
5. Mix well until the honey dissolves and serve.

Recommendations

A handful of fresh mint leaves can be added to the infusion.