

Dan's Switchel Recipe

You can find many switchel or “haymaker’s punch” recipes online. This is the one I use.

Total Time: 25 minutes

Serves: Makes 2.25 Quarts

Ingredients:

- 1 cup (4oz or 113g) ginger, chopped
- ¾ cup maple syrup (or raw honey)
- ½ cup apple cider vinegar
- ⅔ cup lemon juice
- 5½-6 cups water
 - (optional) substitute 2 cups of fruit juice such as cherry* or pomegranate for 2 cups of water
 - Adjust the water/juice ration to taste

Directions:

1. Fill a 2-quart saucepan 2/3 with water and add ginger. (optional--put ½ tsp each of ground cayenne pepper and/or turmeric in a tea bag into the water to steep with the ginger)
2. Bring water to a boil and allow ginger to boil for about 2 minutes.
3. Remove from heat and let ginger steep for 20 minutes.
4. In a 2-quart pitcher, add maple syrup, apple cider vinegar and lemon juice.
5. Strain ginger as you are pouring into the pitcher.
6. Stir and mix all ingredients well.
7. Can be served warm or on ice. You can also add a shot of your favorite spirit. I like it with rye whiskey. Some online recipes suggest bourbon or scotch. No doubt vodka would work as well.

*I use cherry juice because I have gout and cherry juice is said to be a good preventative against flare-ups. Since I've been drinking switchel everyday, I have not had a single gout flare-up.