FAMILY RECIPE

FIRE CIDER

Orange, Ginger & Turmeric

Recipe by Alisha Keller | Herbalist & Formulator

FINISHED YIELD	SERVING SIZE	INFUSION
1 US quart (32 fl oz)	1 tablespoon	3-4 weeks

INGREDIENTS

- 4 cups commercial apple cider vinegar labeled 5% acidity, preferably pasteurized, plus extra for coverage and finishing
- ½ cup peeled, freshly grated raw horseradish root
- ½ cup finely grated fresh ginger
- ½ cup chopped onion
- ¼ cup peeled, chopped garlic
- 1 whole jalapeño, stem removed and thinly sliced
- 1 whole serrano pepper, stem removed and thinly sliced
- 1 whole habanero pepper, stem removed and finely chopped
- 2 tablespoons finely grated fresh turmeric
- 1 tablespoon dried sweet orange peel
- 1 tablespoon dried, deseeded rose-hip shells
- 1 tablespoon dried hibiscus
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 small Ceylon cinnamon stick, broken into pieces
- ½ teaspoon black peppercorns, lightly cracked
- 2 whole cloves, lightly crushed
- ¼ of a whole food-grade Chinese star anise pod, Illicium verum

AFTER STRAINING

½ cup mild honey, added after straining

Nutrition facts

Estimated per 1 tablespoon

64 servings per recipe

Calories	**~10**
Total fat	0 g
Total carbohydrate	~2 g
Total sugars	~2 g
Dietary fiber	0 g
Protein	0 g
Sodium	<5 mg

Rounded estimates use honey and vinegar only. Extracted nutrients are unmeasured; actual values vary.

EQUIPMENT

Heat-safe canning jars, a stainless steel saucepan, a food thermometer, and a sieve with fine filter cloth or coffee filters.

Wear gloves for hot peppers. Grate horseradish with ventilation. For less heat, remove the peppers' inner white ribs and seeds.

THE METHOD

01 Clean and prepare the jars

Wash your hands and sanitize work surfaces and utensils. Wash the produce under running water and trim away damaged portions.

Sanitize two heat-safe quart canning jars or one heat-safe half-gallon jar. Prepare the lids according to the manufacturer's directions and keep the jars warm for the hot mixture.

02 Prepare the roots, vegetables, and peppers

Peel and finely grate the horseradish, ginger, and turmeric. Grate the horseradish just before use in a ventilated space, then chop the onion and peeled garlic.

Wear gloves and remove the pepper stems. Thinly slice the jalapeño and serrano, and finely chop the habanero.

03 Measure the herbs and spices

Measure the prepared roots and vegetables, orange peel, rose hips, hibiscus, rosemary, thyme, and remaining spices using the ingredient list. Lightly crack the peppercorns, crush the cloves, and break the cinnamon stick into pieces.

Set the honey aside; it goes in after straining.

04 Check the vinegar-to-solids ratio

Loosely measure all the prepared infusion ingredients together without packing them down. Use at least 2 cups of commercial 5% acidity apple cider vinegar for every 1 cup of solids.

If the solids measure more than 2 cups, increase the vinegar accordingly and use another jar if needed. Do not add water, juice, oil, or honey during infusion.

05 Heat the vinegar and ingredients

In a stainless steel saucepan, heat the measured vinegar to **190-195°F**, just below boiling. Carefully stir in all the prepared infusion ingredients, leaving out the honey.

Gently reheat as needed and avoid prolonged boiling.

06 Check the temperature and holding time

Use a food thermometer to check several places in the mixture, including the centers of the thickest pieces. The entire mixture must remain **above 165°F** for at least **1 minute and 12 seconds**.

Start timing only after all checked areas are **above 165°F**. Pouring hot vinegar over cold ingredients alone may not achieve the required temperature.

THE METHOD, CONTINUED

07 Transfer to jars and infuse

Carefully divide the hot mixture between the warm jars, leaving room for gentle mixing. Add heated commercial 5% acidity vinegar as needed to keep all ingredients submerged, then secure vinegar-compatible lids suitable for the hot mixture.

Let the jars cool on a heat-safe surface. Infuse for **3-4 weeks** in a cool, dark cupboard or on a shaded countertop away from sunlight and stove heat.

Gently swirl the closed jars daily and keep the solids submerged. This is a vinegar infusion; an airlock is unnecessary.

08 Strain thoroughly

Pour the infusion through a sieve lined with clean filter cloth. Filter again through fine cloth or a coffee filter to remove small particles.

Discard the strained solids.

09 Add honey and finish to one quart

Measure **3½ cups** of strained infusion into a measuring pitcher. If you have less, top it up with plain commercial 5% acidity apple cider vinegar.

Stir in **½ cup of mild honey** until fully dissolved. Check the finished volume and add a little more infusion or plain 5% acidity vinegar as needed to reach exactly **4 cups (1 US quart)**.

Do not add water. Refrigerate any extra unsweetened infusion separately.

10 Bottle, label, and refrigerate

Pour the finished cider into clean bottles and label them with the ingredients and bottling date. Refrigerate at **40°F or below** after straining and adding honey.

The finished quart provides 64 servings of 1 tablespoon each.

SERVING

Dilute 1 tablespoon in a glass of water or warm tea and take with food. Dilute only the portion you are serving, keeping the stored batch undiluted.

STORAGE

Keep refrigerated at 40°F or below. Plan to use within 3 months as a home-use guideline, not a tested shelf life. Discard without tasting if mold, slime, or unexpected bubbling develops.

A home vinegar infusion, not a canning process for shelf-stable storage. Written for adults and teens; skip it if the acid or peppers irritate your mouth or stomach.

Preparation adapted from University of Minnesota Extension. Storage guidance: University of Maine Extension. Nutrition reference: USDA.