



ROOT BEER

INGREDIENTS: MAKES 2 QUARTS

- 10 CUPS WATER
- 3 TABLESPOONS SARSAPARILLA ROOT
- 1 TABLESPOON GINGER ROOT
- 1 TABLESPOON LICORICE ROOT
- 2 TEASPOONS DANDELION ROOT
- 2 TEASPOONS BIRCH BARK
- 1 STAR ANISE POD
- ¼ CUP SASSAFRAS ROOT BARK
- ¾ CUP CANE SUGAR
- ½ CUP GINGER BUG (STRAINED)

INSTRUCTIONS:

- FILL A LARGE STOCK POT WITH 10 CUPS WATER, AND THEN ADD THE SARSAPARILLA, GINGER, LICORICE, DANDELION, BIRCH, AND STAR ANISE.
- BRING TO A BOIL OVER MEDIUM-HIGH HEAT, THEN TURN DOWN THE HEAT TO MEDIUM-LOW. SIMMER FOR 30 MINUTES.
- STIR IN THE SASSAFRAS BARK AND CONTINUE SIMMERING A FURTHER 15 MINUTES.
- TURN OFF THE HEAT, STIR IN THE SUGAR UNTIL IT DISSOLVES. NEXT, ALLOW THE DECOCTION TO COOL TO ROOM TEMPERATURE - ABOUT 2 HOURS.
- STRAIN DECOCTION, DISCARDING THE HERBS. STIR IN THE GINGER BUG, AND POUR INTO FLIP-TOP BOTTLES OR ANY OTHER JAR/BOTTLE THAT CAN WITHSTAND CARBONATION - ALLOWING AT LEAST 1 TO 2 INCHES OF HEADSPACE IN EACH BOTTLE.
- FERMENT THE ROOT BEER AT ROOM TEMPERATURE ABOUT 1-2 DAYS TILL CARBONATED, ALLOWING MORE TIME DURING COLD WEATHER. TRANSFER TO THE FRIDGE.
- THE BEST WAY I KNOW TO MONITOR CARBONATION PRESSURE IS TO USE AT LEAST ONE PLASTIC BOTTLE. WHEN IT IS FULLY PRESSURIZED LIKE A SODA BOTTLE, THE BATCH IS READY TO BE CHILLED.