



Singer's Tea

This recipe came from Darlene Rogers by way of Pam Lauffer.

It warms and soothes the throat, cuts mucous and stimulates the circulation. Great to drink during a recording session or if you have a cold. Easy to make - just need to allow about an hour from start to finish.

1 fresh ginger root (about 8-10 inches) peeled and sliced in 1/4 inch rounds
1 can (6 oz.) apple juice concentrate
1 fresh lemon
1/8 to 1/4 tsp. cayenne pepper
1/3 cup honey

No specific amount of water is given. Start with about 2 quarts and add more as needed for taste and bite (up to maybe a gallon of liquid).

Put ginger in water and bring to a boil, then reduce heat to simmer for 45 minutes.

Add cayenne, honey, lemon and apple juice concentrate. Taste and decide if you like more or less bite from the ginger and cayenne by adding water or cayenne, whichever feels best in your throat.

It's good to sip either hot or cold. Keep refrigerated. Heat by the cup in the microwave.