



Ginger-Lemongrass Tea

makes about 10 cups (plus a second batch)

- 8 ounces fresh ginger
- 1 whole lemon
- 2 large stalks lemongrass
- honey, to taste

Slice 6 ounces of the ginger into coins and drop them into a large heavy pot. Use a spoon to bruise them. Finely grate the remaining 2 ounces and add it, along with any juice, to the pot.

Remove the zest from the lemon in strips with a peeler. Add these and the juice of the lemon to the pot.

Peel the tough outer layers of the lemongrass and remove the dark green stalks. Trim off the root ends and bash the remaining stalks with a heavy spoon or mallet to release the oils. Add them along with 10 cups of water to the pot. Cover and simmer gently for an hour.

Strain, reserving solids to make another batch, if desired. Pour cups of hot tea and stir in honey to taste. Keep refrigerated for several days and enjoy hot or cold.