

Ginger Mint Tea



TIP: This fully flavorful, easy to make tea combines the gentle bite of ginger and turmeric with crisp, cool peppermint and comforting warmth of cinnamon and honey. Great stuff - every ingredient is anti-inflammatory!

Preparation Time: 5-7 minutes

Cooking Time: about 10 minutes

Ingredients

(to make 2-3 quarts)

Fresh Ginger Root

Either 1 Fresh Turmeric Root (the smaller orange colored root below) or 1 Teaspoon Turmeric Powder

2 Cinnamon Sticks
2 Ginger Lemon Tea Bags
1-2 Peppermint Tea Bags



Equipment

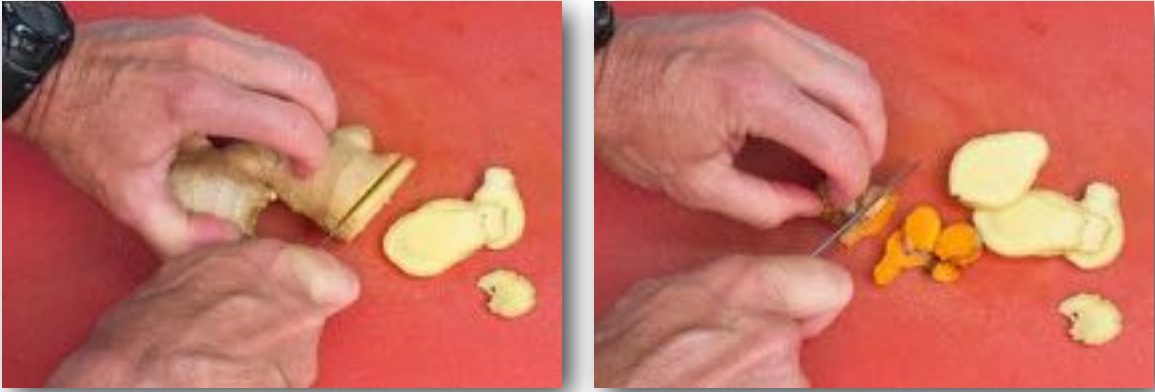
Medium Sized (3-4 Quart) Pot
Small Sharp (Paring) Knife
Scissors
Cutting Board
Large Spoon
Teaspoon (if you're using turmeric powder)
Strainer (if needed)
Container (for leftover tea or to make iced ginger mint tea)



1. Give a **fresh ginger root** and **fresh turmeric root** (if you have one) a good hand-scrubbing clean with cold tap water.



2. Use a sharp knife to cut enough **fresh ginger** and **fresh turmeric** (again, if you have it) into slices about 1/8 inch (3 mm) wide until...



...you have about a handful as shown below.



3. Add the following to a medium-sized pot:

either sliced fresh ginger and sliced turmeric (left) or sliced fresh ginger and 1 teaspoon of turmeric powder (right)



sliced fresh ginger
and fresh turmeric

or



sliced fresh ginger
and 1 teaspoon
powdered turmeric

2 bags of lemon ginger tea and 1-2 bags of
peppermint tea (use scissors, if necessary, to cut
the strings off the tea bags)



2 cinnamon sticks



shot of honey (use less than you think you'll need to start - you can always add more to taste later)



4. Fill the pot mostly full with **cold water**.



5. Put the pot on the stove, turn on the burner to HIGH, and set a timer for 10 minutes.



6. When the timer sounds, either turn off the burner heat or keep warming the tea to your desired temperature, preferably, as shown below - without letting the tea come to a full boil.



7. For maximum flavor, let the **tea** sit on a cool burner for at least 10 minutes. Then, use a big spoon to scoop out the **tea bags**, **sliced turmeric** and **ginger**, and **cinnamon sticks**, and...



...either have the **tea** hot or...



...let the **tea** cool until it is safe to handle, pour (through a strainer, if necessary) into a container, and refrigerate for **iced tea**.



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