

Root Beer

Makes about 1 gallon

5 quarts water
1/4 ounce hops
1/2 ounce dried burdock root
1/2 ounce dried yellow dock root
1/2 ounce dried sarsaparilla root
1/2 ounce dried sassafras root
1/2 ounce dried spikenard root
1 1/2 cups sugar
1/8 tsp granulated yeast

Simmer herbs in water for 30 minutes. Add sugar, stir to dissolve, and strain into a crock. Cool to lukewarm, add yeast, and stir well. Cover crock and leave to ferment for about an hour. Funnel into sterilized bottles (old beer bottles will do), and cap tightly. Metal caps applied with a crimping tool, or wire-hinged caps are best. If you cork your bottles, tie or wire the corks down firmly and store bottles on their side to encourage sealing. Use only sturdy, returnable-type beer bottles or champagne bottles; those with twist-top caps are not strong enough.