



## “Te JenJanm” Ginger Tea

### **Ingredients:**

4 ½ cups of Water  
2 tbsps. of fresh grated Ginger  
1 stalk of Lemongrass  
2 Cinnamon Sticks  
1 tbsp. Star Anise  
Honey and/or Sugar to taste

### **Directions:**

1. Using a grater, grate about 2 tbsps. of fresh ginger.
2. Cut off the root end of the lemongrass. Remove only its first outer layer. Rinse off the lemon grass then cut into pieces that will fit into the pot.
3. To a pot, add 4 ½ cups of water, the 2 tbsps. of grated ginger, the lemongrass pieces, 2 sticks of cinnamon, and about 1 tbsp. of star anise.
4. Turn heat to high and bring liquid up to a roaring boil. Once it has reached a boil, reduce heat to medium and continue to boil for about 10 minutes.
5. Turn of the heat and strain the tea through a fine mesh strainer into another container.
6. Pour tea into a mug and sweeten with honey and/or sugar to taste.