

Ginger Ale

2 cups fresh ginger root, peeled and chopped
3 strips lemon peel, about 4 inches each
1-1/2 cups sugar
3 quarts chilled club soda
Ice

1. Combine ginger, lemon peel and 4 cups water in a 3 to 4-quart saucepan. Bring to boil over high heat; boil gently, uncovered, 10 minutes.
2. Stir in 1-1/2 cups sugar and continue boiling until mixture is reduced to 3 cups, about 15 minutes longer.
3. Pour mixture through a fine wire strainer set over a bowl. Discard peel; reserve ginger for another use or discard. Cool syrup, cover and chill until cold, at least 1 hour or up to 1 week.
4. For each serving, in a 16-ounce glass mix 1/4 cup ginger syrup with 1 cup cold club soda. Add more ginger syrup, ice and sugar to taste.

Serves 12.

Nutrition Facts		
Serving Size: 1-1/4 cups plus ice		
Servings per recipe: 12		
Amount Per Serving		
Calories 109	Calories from fat trace	
	% Daily Value	
Total Fat trace		0%
Saturated Fat	trace	0%
Cholesterol 0mg		0%
Sodium 52mg		2%
Carbohydrate 28g		9%
Dietary Fiber	trace	2%
Protein trace		1%
Vitamin A: 0%	Vitamin C: 5%	Folacin: 0%
Calcium: 2%	Iron: 1%	Potassium: 2%

Original source: Sunset Recipe Annual 1997 via About Home Cooking: fresh ginger ale at <http://homecooking.about.com/library/archive/blbev7htm>, accessed on 7/29/04
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