

Jamu



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Jamu is a traditional Indonesian herbal cure-all elixir. There are many recipes for Jamu but the majority of them contain turmeric, ginger, tamarind, lime or lemon juice and honey. It's very simple to make so find a recipe you like the sound of and give it a try. Basically you either grate up the roots or blend with water in a food processor and then bring to the boil with water and simmer for around 20 minutes. Once cooled, add some lime/lemon juice and honey or coconut sugar, strain and bottle in flip top bottle. How you grate/prepare the roots will give different taste results. It's recommended to use turmeric and ginger roots rather than dried powders. Optional additions/substitutions: black pepper, galangal, cinnamon, lemongrass, etc.

Leave the bottles out at room temperature for a couple of days. If you have added honey it will begin to ferment spontaneously. Check the bottles daily and refrigerate when showing signs of fermentation – i.e. a slight hiss when you open the lid. You could also opt to add some liquid from a ginger bug which will speed up the fermentation. This could make the Jamu fairly fizzy depending on amounts of sugar/honey/ginger bug added. Personally, we prefer just the honey option as otherwise the drink may become overly fizzy. The Jamu will continue to ferment very slowly in the fridge.

In order not to waste the ginger/turmeric/tamarind residue after straining, you can add some honey and keep the mixture in the fridge. The honey will ferment the mixture and stop it from going mouldy. The result is a lovely, sweet addition to a smoothy, a turmeric latte, cup of hot herbal tea or lemon tea, drizzled over porridge, etc.

