

My love affair with Bali began long before thinking about my product line for *Rawsome Creations* (www.rawsomecreations.com). Now travelling to this magical island on a regular basis I have come to know and appreciate the herbal remedies and culinary magic of the traditional Balinese people. I discovered Jamu on one of my first visits. This dark yellow-orange colored tonic often called Indonesia's cure-all elixir, is commonly made in household kitchens and cafes throughout Bali. The simple primary ingredients of turmeric root and lemon juice mixed with honey form a powerful medicinal tonic. Adding ginger in my version below this wonder juice can help as an anti-inflammatory, liver detoxifier and kidney cleanser while warming the body and improving circulation.

Jamu – a Turmeric Tonic

Yield: 16 ounces

Prep time: 10 minutes

Brenda Hinton, Rawsome Creations

Inspired by Ibu Rika

Ingredients:

6 – 7 inches, thumb size fresh turmeric root

6-7 inches, thumb size fresh ginger root

2 lemons, peeled

8 ounces water

2 teaspoons agave, honey, maple syrup or another liquid sweetener

Directions:

Juicer version – juice the ginger, turmeric and lemons to yield approximately 8 ounces of liquid. Add the water and honey stirring to combine all ingredients.

Blender version – cut peeled lemons into quarters and place in the blender first. Chop turmeric and ginger root into smaller ½ inch pieces adding these to the blender and blend until completely smooth. It may be necessary to use a small amount of the water. Squeeze pulp mixture through a “More Than a Nut Milk Bag” (www.rawsomecreations.com) for approximately 8 ounces of liquid. Add water and honey to this liquid stirring to combine all ingredients.

Your tonic can be stored in a glass jar in the refrigerator for several days.

Notes:

Turmeric juice can turn everything yellow/orange including your hands, so it is best to use gloves when squeezing through a nut milk bag and glass, stainless steel, or dark colors for spatulas, bowls or storage containers.