
From: [REDACTED]
Sent: Tuesday, September 4, 2012 6:18 PM
To: [REDACTED] Francis Derby
Subject: Fwd: Ginger spiced tea for Jeffrey

----- Forwarded message -----

From: [REDACTED]
Sent: Tuesday, September 4, 2012
Subject: Ginger spiced tea for Jeffrey<=r>To [REDACTED]
[REDACTED]

Ginger spiced tea for Jeffrey

Servings:2

Ingredients

6,5-7 oz ginger root, sliced

4 tablespoons honey

5 pods cardamom

1 star anise (or 1/2 tsp of dry seeds)

10 whole cloves

juice of 1 lemon

Directions:

Add sliced ginger, star anise and cardamom to 1 liter of boiling water.

Simmer for 20 minutes

Add in cloves and simmer for additional 5 minutes

Cut the heat. Add juice of one lemon.

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