



Indonesian “Jamu” Turmeric Elixir

With Indonesia as its cultural home, Jamu is a refreshing and revitalising traditional medicinal tonic that has been used for over 1000 years to lower inflammation and improve immunity. The two medicinal roots, ginger and turmeric make a powerful team with a multitude of health benefits. The source of Jamu’s vivid colour is curcumin, the powerful anti-inflammatory component in turmeric, which is valued by many as a pain reliever and liver tonic.

Ginger, whilst also being strongly anti-inflammatory and antibacterial, helps to build our “digestive fire” and can be used to treat nausea and indigestion.

Jamu can be served warm or chilled. For a gentle liver flush and to stimulate digestive secretions, enjoy a 30ml shot each morning 15 minutes before breakfast.

Ingredients

Fresh turmeric, peeled and sliced	125g
(OR substitute with organic dried turmeric powder)	25g
Fresh ginger, peeled and sliced	30g
Coconut water or mineral water	1 litre
Organic raw honey	3 - 4 tablespoons
Limes, juiced	2 - 3 limes

Method

Combine the water, turmeric and ginger in a blender and use a high speed setting to achieve the consistency of a juice. Transfer the liquid to a thick bottomed saucepan, bring to the boil on a medium heat and simmer for 20 minutes, allowing the spices to fully infuse, thereby unlocking the depth of their therapeutic properties.

Set aside and allow to cool. Pass the liquid through a fine strainer and discard any solid particles. Stir in the honey and lime until the honey has dissolved.

Transfer to a sterilised glass bottle and store in the refrigerator for up to two weeks.