Drinks / United States

# Switchel (Haymaker's Punch)

Apple cider vinegar, molasses, ginger, and water — the colonial American field drink that predates sports drinks by 300 years. Tart, sweet, gingery, and surprisingly refreshing.

**Time** 60 min **Servings** 4

## What you'll need.

- ☐ 100 parts Raw apple cider vinegar
- ☐ 20 parts Fresh ginger, finely grated
- ☐ 15 parts Fresh lemon juice (optional)
- ☐ 80 parts Molasses or honey
- ☐ 800 parts Cold water

## Let's make it.

**01** Combine the apple cider vinegar, molasses, and grated ginger in a large jar or pitcher. Whisk or stir vigorously until the molasses is fully dissolved — it is thick and will want to cling to the bottom. Add a small splash of water to help it loosen if needed. The concentrate will be dark, syrupy, and intensely flavored.

**02** Pour the cold water and lemon juice into the concentrate and stir well. Taste and adjust — more molasses if too sharp, more vinegar if too sweet, more ginger if too flat. Refrigerate for at least 1 hour to allow the ginger to mellow and the flavors to marry. Serve over ice, stirring before each pour as the ginger pulp settles.

**Recipe & provenance** ForkRecipe Kitchen / ForkRecipe / FoodML and contributors / CC BY-SA 4.0.
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Servings are an estimate; check quantities in the source recipe.
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