

Preparation	10 minutes	Low
Infusion (Cold Method)	2-4 weeks	Passive (daily shaking)
Infusion (Warm Method)	15-20 minutes	Low heat
Straining & Bottling	10 minutes	Low
Total (Cold Method)	2-4 weeks	Minimal effort
Total (Warm Method)	Under 1 hour	Low

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Instructions

Cold Infusion Method (Traditional)

1. Prepare the Garlic. Peel approximately 10 cloves of fresh garlic. Lightly crush each clove with the flat side of a knife or the back of a spoon. This releases allicin, garlic's primary bioactive compound, without excessive chopping that can make the flavor overwhelming .
2. Combine Ingredients. Place the crushed garlic (and optional fennel or caraway seeds, if using) into a clean glass jar. Pour the raw apple cider vinegar over the garlic, ensuring all pieces are fully submerged .

3. Add the Honey. Add the raw honey to the jar. Secure the lid and shake vigorously until the honey is fully dissolved into the vinegar .
4. Infuse. Store the jar in a cool, dark location—such as a kitchen cabinet away from heat sources—for 2 to 4 weeks. Shake the jar gently once daily to oxygenate the mixture and prevent any unwanted microbial growth .
5. Strain and Bottle. After the infusion period, strain the mixture through a fine-mesh sieve or cheesecloth into a sterilized glass bottle. Press gently on the solids to extract all liquid. Discard the spent garlic and seeds.
6. Store. Keep your finished oxymel in the refrigerator, where it will last for 6 months or longer .

Warm Infusion Method (Quick Preparation)

For those who prefer a faster preparation, a gentle warm infusion can be ready in under an hour.

1. Simmer the Seeds. In a small saucepan over very low heat, combine the apple cider vinegar and optional seeds. Simmer gently for 5–10 minutes. Do not allow the vinegar to boil .
2. Add Garlic. Remove the saucepan from heat. Add the peeled and crushed garlic cloves to the warm vinegar. Allow the mixture to steep for 10 minutes .
3. Strain. Pour the mixture through a fine-mesh strainer to remove solids.

4. Incorporate Honey. While the liquid is still warm (but not hot), add the honey and stir until fully dissolved. Gentle warming helps the honey combine without destroying its beneficial enzymes .
 5. Bottle and Store. Pour into a sterilized glass bottle. Refrigerate and use within 6 months.
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How to Use

- Daily Support: Take 1 teaspoon once or twice daily .
 - During Illness: Take 1 teaspoon up to 3 times daily, or as needed .
 - Medicinal Tea: Combine 2 tablespoons of oxymel with 2 tablespoons fresh lemon juice and 12 ounces warm (not boiling) water for a soothing throat remedy .
 - Culinary Use: Use as a salad dressing or marinade for an immune-boosting flavor boost .
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Nutrition Information

Values are approximate and will vary based on specific honey and vinegar used. Per 1 tablespoon (15 ml) serving:

	Nutrient	Amount
Calories		~25-30 kcal
Total Fat		0 g
Saturated Fat		0 g
Carbohydrates		6-7 g
Sugars		6-7 g
Protein		0 g
Sodium		~2 mg