

Prep Time: 5 minutes

Cooking Time: 20 minutes

Table of Contents



- [Ingredients](#)
- [Equipment](#)
- [Instructions](#)
- [Recipe Notes & Variations](#)
- [Nutrition Information \(Per Serving\)](#)
- [Method, Time, and Intensity Summary](#)

Ingredients

- 2 cups (500ml) filtered water
- 2-inch (5cm) piece of fresh ginger root
- 6-8 whole cloves
- 1-2 tsp honey (or to taste) – *optional*
- 1 slice of lemon (or to taste) – *optional*

Equipment

- Small saucepan
- Fine-mesh strainer
- Mugs for serving

Instructions

Step 1: Prep the Aromatics (5 minutes)

Begin by preparing your key ingredients. Rinse the ginger root under cool water to remove any dirt. You can choose to peel it or leave the skin on—the skin contains additional nutrients, so leave it on if it's clean and you don't mind a slightly more robust flavor. Slice the ginger into thin coins or matchsticks. This increases the surface area, allowing for a more efficient extraction of flavor. Give your whole cloves a quick rinse as well.

Step 2: Combine and Simmer (20 minutes)

Add the 2 cups of filtered water to your small saucepan. Add the sliced ginger and the whole cloves. Place the saucepan over high heat and bring the water to a rolling boil. Once boiling, immediately reduce the heat to a low simmer. Cover the pot with a lid and let it simmer gently for 15-20 minutes. This slow extraction is crucial for releasing the deep flavors and beneficial compounds from the ginger and cloves. The longer it simmers, the more potent the tea will become.

Step 3: Strain and Serve

After simmering, remove the saucepan from the heat. Carefully pour the hot tea through a fine-mesh strainer into a large measuring cup or a teapot to catch all the ginger and clove pieces. Discard the solids (or compost them).

Step 4: Personalize and Enjoy

Pour the strained tea into your mugs. While the tea is still hot, stir in the honey (if using) until dissolved. For an extra layer of flavor, add a fresh slice of lemon. The lemon's acidity brightens the overall flavor profile and complements the spice beautifully. Take a moment to inhale the fragrant steam before your first sip.

Recipe Notes & Variations

- **Adjusting the Intensity:** For a milder tea, use a 1-inch piece of ginger and 4-5 cloves. For a stronger, more medicinal brew, increase the ginger to a 3-inch piece and use up to 10 cloves. You can also let it simmer for the full 20 minutes.
- **Sweeteners:** While honey is the perfect natural pairing, you can also use maple syrup, agave nectar, or a pinch of brown sugar. Taste the tea before adding sweetener, as it has a natural, subtle sweetness of its own.
- **Add-Ins:** This recipe is a beautiful base for exploration.
 - **Spice it Up:** Add a cinnamon stick or a few cardamom pods during the simmer.
 - **Citrus Twist:** Instead of lemon, try a slice of orange or a strip of lime zest in the cup.
 - **Herbal Note:** Add a tablespoon of fresh mint leaves in the final 5 minutes of simmering for a cooling contrast.

- **Making a Larger Batch:** This recipe scales up easily. For a larger pot, use 4 cups of water, a 3-4 inch piece of ginger, and 12-16 cloves. The simmering time remains the same.
- **Iced Ginger Clove Tea:** To make a refreshing summer drink, brew a double-strength batch. Strain and let it cool completely, then refrigerate. Serve over ice with a fresh lemon wedge.

Nutrition Information (Per Serving)

Disclaimer: The following nutritional information is an estimate based on one serving (half of the recipe) without any added sweetener. It should be considered a guideline, not a medical fact.

- Calories: ~5 kcal
- Protein: 0g
- Fat: 0g
- Carbohydrates: ~1g
- Fiber: 0g
- Sugars: 0g

- Sodium: 1mg
- Potassium: ~15mg

Note on Nutrition: This tea is virtually calorie-free and contains no sugar when enjoyed plain. Its primary nutritional value comes from the trace amounts of beneficial compounds extracted from the ginger and cloves, such as gingerol and antioxidants. The calorie and sugar content will increase significantly if honey or other sweeteners are added. It is caffeine-free.

Method, Time, and Intensity Summary

- Preparation: Mince, Slice, or Crush
 - Time: 5 minutes
 - Intensity: Low (simple knife work)
- Extraction: Simmer
 - Time: 15-20 minutes
 - Intensity: Low (gentle heat, minimal supervision)

- Straining: Pour and Filter

- Time: 1 minute

- Intensity: Low (requires care with hot liquid)

- Serving: Stir and Garnish

- Time: 1 minute

- Intensity: Low

- Total Time: 25 minutes