

Lemon and Ginger Tea on Sasasunakku.com

To me, teabag lemon, ginger and honey is an abomination but even if you like it, it must surely pale in comparison with this, the real thing: spicy from the ginger, sour and sweet. This tea is a winner if you have a sore throat or something but don't let being healthy stop you from making it; if it gets cold, it's just as lovely, as long as the honey has already been dissolved into it. Makes a 2-cup pot of tea.

1 medium lemon, rolled on the counter to release the juices and cut in halves

A 3 cm piece of fresh ginger, more if you like a bit of spice

A good deal more honey than you'd imagine - something like a tablespoon and a half to start off and add to taste

Grate the ginger and let it sit in the squeezed juices of the lemon for a few minutes.

Boil the kettle and pour over. Steep for 4 or 5 minutes.