



Easy Fermented Ginger

A convenient flavor boost that is also medicinal

Ingredients:

- 1 half pound of organic fresh ginger
- 1 tsp sea salt
- water

Instructions:

1. Slice ginger to desired thickness.
2. Place in jar that the ginger will almost fill.
3. Add salt, cover with filtered water and mix well. Leave an inch between the top of the jar and the top of the water.
4. Cover lightly with lid and leave on your counter for 2-3 days. When the bright color has faded, taste for flavor.
5. When you are satisfied with the flavor development transfer to fridge, usually after 2 - 7 days.
6. Keeps for months.

Recipe Notes:

Don't be afraid to experiment and add other spices too like a cinnamon stick, cloves, allspice, tumeric or hot peppers.

The brine will also be medicinal. Add to teas, soups, broth, or just take a shot when you feel an illness creeping up.