



**We used fresh Ginger in a dish we cooked yesterday which set my fermenting mind in motion. We always have jars of fermented Garlic on hand, but Ginger? Oh why not?..**

### **Ingredients:-**

2 Hands of Ginger, roughly cut into lumps  
2 heaped Table Spoons of Himalayan Salt  
½ a litre of water.

### **Method:-**

- (1) Heat the water to dissolve the Salt and allow to cool to room temperature.
- (2) Add the Ginger to a clip top jar.
- (3) Pour the brine in so that the Ginger is covered.
- (4) Seal the jar and allow to ferment. Fermentation will start in a couple of days. Allow it to ferment out and it will store for months.

**We?re discovered that the fresh Ginger in our recipe last night was really good for Sue?s digestive issues. So hopefully a pickled version will work equally well. This brine was nearer to the 3% rather than the usual 2% salinity. I?m expecting quite a vigorous / violent fermentation as there?s lots of sugars in the root?..**