



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
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Pickled Ginger

1 lb. Organic fresh ginger root

12 oz. Organic rice wine Vinegar

3 tbsp. Organic cane sugar

Peel the ginger using a spoon and/or peeler. Slice it in a food processor using a 3mm slicing blade.

Bring the vinegar and sugar to a boil on a stove top. Add the ginger and when it starts to simmer, let it simmer for three minutes.

Place in a BPA free plastic container. Let it cool in the refrigerator. It will last for about 6 months. Have it with sushi because the ginger offered at sushi restaurants can contain toxic chemicals!

Watch the video on YouTube:

https://youtu.be/qvp4F_e_Jn8