



## Pickled Ginger

Ginger is incredibly good as an anti-inflammatory and immune booster for the body, especially in the gut. This helps your gut to absorb the nutrients from your food. That's great news because in perimenopause and menopause gut function can sometimes get out of balance and food like ginger really help.

Make a small batch to begin with, so you gain confidence.

### Ingredients

1 large knob of fresh young ginger, about 75g (3oz)  
1-2 Tablespoon unbleached sugar  
250mls (9oz) rice vinegar (sugar free) or apple cider vinegar  
1 teaspoon salt

### Method

You will need a 300ml heat proof glass jar with a lid, washed thoroughly and dried with clean kitchen paper.

Since making this video, I have found out there is no need to peel the ginger. It is personal preference.

Wash it and trim off the ends.

Very finely slice the ginger with a mandolin, a food processor with a fine slicer attachment or a steady hand and sharp knife.

Put the vinegar, sugar and salt into a saucepan and bring to the boil, so that the sugar melts. Once the sugar has melted, add the ginger and turn off the heat. Mix it well. The ginger may go a subtle pink colour if it is young fresh ginger. This is natural. In fact the younger your ginger the more pink it will develop.

Pour into your clean jar and seal with a lid. It is ready to eat after 12 hours.

Best stored in the fridge for up to 1-2 month. For freshness keep the ginger pieces submerged in the pickling liquid.

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