

Pink Sushi Japanese Pickled Ginger (Gari)

Yields: Approximately 2 cups

Ingredients:

- 2 large young ginger roots
- 1 1/2 teaspoons salt
- 1 cup rice vinegar
- 1/3 cup sugar

Instructions:

1. Prepare the Ginger:

- Wash the ginger thoroughly and peel it. Using a spoon to peel the ginger works wonderfully.
- Slice the ginger into very thin pieces. If you have a mandoline, use it to achieve uniformly thin slices. You should end up with about 2 cups of ginger slices.

2. Salt the Ginger:

- Place the sliced ginger into a bowl and sprinkle the salt over it.
- Rub the salt into the ginger slices with your hands and let them sit for about 30 minutes at room temperature.
- After 30 minutes, transfer the salted ginger slices to a clean container with a lid.

3. Make the Pickling Liquid:

- In a pot, combine the sugar and rice vinegar. Stir the mixture until the sugar dissolves completely.
- Bring the mixture to a boil, then remove it from the heat.

4. Pickle the Ginger:

- Pour the hot vinegar mixture over the salted ginger slices in the container.
- Allow the mixture to cool to room temperature, then cover the container with the lid.
- Refrigerate the ginger and let it pickle for at least one week before consuming for the best flavor.

5. Storage:

- This pickled ginger will last for up to one month in the refrigerator. Enjoy it as a condiment with sushi, as a palate cleanser, or in other dishes!

Nutrition (for the whole recipe):

- **Calories:** 316 kcal
- **Total Fat:** 0 g
- **Saturated Fat:** 0 g
- **Cholesterol:** 0 mg
- **Sodium:** 3,582 mg
- **Total Carbohydrates:** 82 g
- **Dietary Fiber:** 1 g
- **Sugars:** 77 g
- **Protein:** 1 g

Enjoy your homemade Pink Sushi Japanese Pickled Ginger!