

FERMENTED GINGER WITH SAGE



Ingredients:

- 300 g (10 1/2 oz) fresh ginger root
- 40 g (1 1/2 oz) fresh turmeric
- 10 g (1/3 oz) fresh sage leaves
- 1/2 lemon, sliced
- salt
- water

Fermented ginger preparation

Rinse sage leaves and dry them. Peel of the ginger root and turmeric skin. Chop both finely. Rinse the lemon and slice it to thin slices. Put ginger and turmeric into the jar. In between layers put sage leaves. Pour water to the rim and weigh. Subtract the weight of the glass and add 2% of salt based on the weight of the entire content of the jar. Stir well with a spoon. Put slices of lemon on the top.

Seal the jar well and make sure the glass weight pushes down the content and submerges it in water. After some time, with the help of pressing spring, the content will push down, keep it submerged and enable air bubbles to come out. Pump out the air from the jar with the help of the silicone pump.

Ferment for 2 weeks at room temperature. Sealed jars can be stored in the refrigerator for up to 6 months.

Benefits of fermented ginger

Use it to strengthen the immune system, in teas when experiencing colds or simply as an addition to the meals, such as salads, hummus spreads, smoothies, etc. During heat waves add it to cool water, eat it as it is or combine it with herbs: mint, lemon balm, lemon verbena.

See more recipes [here](#).

Recipe by Suzana Kranjec, fermentiraj.si.

Products used to prepare this recipe:



Veggie Fermenter

[Buy on Kefirko.com](http://Kefirko.com)



[Sea Salt](#)

[Buy on Kefirko.com](#)