

Sweet Pickled Ginger (Gari)

Inspired by Hiroko Shimbo, The Sushi Experience (ISBN 1-4000-4208-9)

Shoga, ginger, is an indispensable component of sushi dining because of its antiseptic properties.

1. Prepare pickling liquid

½ cup komezu (rice vinegar)
¼ cup water
2 teaspoons salt
¼ cup plus 1 tablespoon sugar

Mix the rice vinegar, salt, and sugar in a small saucepan.

Bring to a boil stirring to dissolve the salt and sugar.

Turn off the heat.

Pour this pickling liquid into a 2-cup size jar.

2. Prepare ginger

14 ounces young ginger, after peeling and slicing, about 3 cups) or ordinary mature ginger

Remove the little knobs from the ginger.

Then peel the main part and the knobs with a knife or vegetable peeler. Set aside peel for ginger tea¹.

Cut the ginger lengthwise into paper-thin slices, 2 inches long.

3. Boil ginger briefly

Bring about 1 ½ quarts of water to a boil in a pot.

Add the ginger slices all at once.

Cook them for 20 seconds. If you are using mature ginger, cook for 40 seconds.

4. Salt

¼ teaspoon salt

Drain the slices in a large colander.

Sprinkle salt over them, tossing them thoroughly.

Shake the colander to remove as much water as possible from the ginger slices.

5. Transfer

While they are still hot, transfer the slices to the jar of pickling liquid. The ginger will immediately acquire a faint pink color, although sometimes this does not happen and it may remain golden yellow. Do not be disappointed. The flavor will not be affected.

6. Rest

Pickled ginger tastes better after resting overnight or for 2 days.

7. Store

You may refrigerate it for an additional two to three weeks or freeze it for a longer period.

¹ To prepare ginger tea, boil peels with enough water to cover peels by 2 inches. Cook for 10 minutes. Strain off peel.

The Key Cooking Class
February 16, 2008

Luigi and Andi Sison, lsison@yahoo.com
more recipes at www.luigicooks.com