

Ingwer, süß-sauer eingelegt

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Typ: Japanisch

Quelle: Consumers Guide

Bemerkungen: 2 Feb 85: etwas Saft von rote Beete dazu; wurde nicht von selbst rosa. Wurzeln gut bürsten, lose Haut abreißen.

Zutaten: 4 ounces (115 g) pared, fresh ginger root
1 cup (250 mL) boiling water
1/2 cup (125 mL) rice vinegar
2 tablespoons (30 mL) sugar
1/2 teaspoon (2 mL) salt
Red food coloring, if desired

Rezept:

1. Cut ginger - crosswise or lengthwise, as desired - into 2-mm thick slices. Place ginger in small bowl; add boiling water. Let stand 30 seconds; drain well.
2. Place vinegar, sugar and salt in small crockery, glass or ceramic bowl; stir until sugar is completely dissolved. Add ginger; stir to coat well.
3. Cover bowl; let ginger stand at room temperature at least 1 hour. Refrigerate, covered, until well chilled. (The color of the ginger becomes pinkish; for deeper color, add 1 drop red food coloring.) To serve, remove slices from pickling liquid.

Makes about 1/2 cup (180 mL)

Note: Pickled Ginger Slices will keep for several weeks; refrigerate in pickling liquid, tightly covered.