



SPICY TURMERIC GINGER PICKLE

Vata↓, Pitta↑*, Kapha↓

Makes: 1½ cups

Prep Time: 20 to 25 minutes

*Pitta types can enjoy in moderation with the proper Pitta modifications listed below.

INGREDIENTS

- ½ cup chopped fresh ginger, packed (ideally organic)
- ½ cup chopped fresh turmeric*, packed (ideally organic)
- 2 serrano peppers, finely chopped (omit for Pitta)
- ½ cup fresh lemon juice (about 3 to 4 lemons) (use lime for Pitta)
- 2 tablespoons sunflower oil or olive oil
- ¼ teaspoon brown mustard seed, whole (omit for Pitta)
- ¼ teaspoon cumin seed, whole
- 1½ teaspoons pink Himalayan salt or mineral salt (use 1 teaspoon for Kapha)
- ⅛ teaspoon freshly ground black pepper

*Find fresh turmeric at many natural grocery stores including Vitamin Cottage and Whole Foods, or purchase online on Etsy and Amazon, among other sites.

DIRECTIONS

1. Wash and peel the fresh turmeric and ginger. Using a sharp knife, chop the turmeric and ginger into fine, small pieces. Add the ingredients to a clean and dry glass pint jar that has an air tight lid.
2. Wash and finely chop the serrano pepper. Add this to the jar.
3. Squeeze the lemons and add the fresh juice to the jar.
4. Add in the oil, brown mustard seed, cumin seed, salt, and black pepper.
5. Using a clean and dry spoon, stir all of the ingredients together until they have been evenly blended. If the liquid does not cover all of the dry ingredients, add in more lemon juice until there is complete coverage.
6. Place the lid onto the jar and let the pickle sit at room temperature for 2 days (only 1 day if the temperature is over 75°). Shake the jar well at least once daily.

NOTE: I will often use some in the meantime if I simply cannot wait, but the flavor is best when the pickle has sat for at least 24 hours.

7. After 1 to 2 days of steeping at room temperature, place the pickle in the refrigerator for up to one month. Please store it in an airtight glass jar and make sure to use a clean, dry spoon with every use. If food or water gets into the pickle, this may lead to contamination and spoilage.