

Herbal Legacy Recipes

Raw Candied Ginger

Contributed by MoonLtStrl on The School of Natural Healing Community board at <http://www.snh.cc/Community.html>

Many times I have run across "candied" ginger. I just don't see the point in boiling this healing root in sugar. Seems to defeat the purpose...After making some rosepetal honey, I ate one of the petals and noticed it was kind of crystallized. I began to wonder if it would work for the ginger root, . . . and sure enough, it did!

DIRECTIONS:

- Peel ginger root, slice it about 1/8 inch thick
- Put slices in a jar, cover with honey
- After about an hour the honey will start to get watery, pour off the watery honey juice and SAVE it!
- Cover slices again with honey. Let it sit. (about another hour)
- Pour off more juice. (save again)
- Cover with more honey.
- Pour off honey juice, again.
- Remove the ginger slices from the jar and lay them on some waxed paper, place in the fridge.



NOTES:

- It will probably take about 3-4 cycles of covering the slices with honey and pouring it off until you stop getting watery juice.
- The ginger slices will keep for months in the fridge.
- You can use the honey ginger juice to sweeten other things.

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<http://www.herballegacy.com/Recipes.html>

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