

Gobo (Burdock) Pickles

Commentary: *This recipe is very high in sodium, so not ideal for folks with high blood pressure or who are sodium sensitive. Otherwise this is a great recipe for use during a detox. Gobo is a great liver herb, a nourishing root vegetable, and the combination of bitter and sour flavors are very stimulating for the liver, gallbladder and digestive system.*

You will need a medium to small sized jar with tight fitting lid.
An old jelly jar, or small canning jar is ideal.

Ingredients:

6-12 inch fresh Burdock (Gobo) root (available at Asian and Health Food groceries)

Rice Vinegar

Low Sodium Soy or Tamari

Fresh Ginger (1/2 inch – optional)

Slice Gobo to jar length, and then into thin (1/4 inch thick) sticks

Steam 4-5 min

Place into jar on end, add ginger if you are going to.

Fill jar with pickling mixture: 1:1:1 (equal parts) of

Rice Vinegar, Juice from steaming, and Low Sodium Soy or Tamari

Let sit in fridge one week. Shake 1-2 times daily

Ready to eat in 3-7 days.