

# Garlic-Ginger Paste

*Swick*

Makes 1 cups | Active Time: 10 minutes | Total Time: 10 minutes

## Step 1: Making the Paste

- 250 grs fresh garlic, peeled and roughly chopped
- 250 grs fresh ginger, peeled and roughly chopped
- 2 tsp sea salt
- 3 tbsp oil, such as avocado oil
- 1/2 to 1 tsp turmeric, optional

To make the garlic-ginger paste, add all of the ingredients to a food processor or high-speed blender and blend until smooth. Blend the mixture until quite smooth — using the blender stick, if needed. The turmeric will add a nice bright yellow color to the paste.

Once done, add the paste to a glass jar or container and cover it with a lid. If desired, pour a bit more oil over the top of the paste before storing it.

This paste will keep for quite some time in the refrigerator.

## Chef's Notes

This is a great way to make sure you always have prepared ginger, garlic, or a mix of the two, ready at all times.

A few additional notes:

- depending on how the paste is going to be used and your flavor preference, use equal parts of each (by weight).
- always use fresh (as in, the freshest) garlic and ginger. Avoid old, more fibrous ginger and garlic.
- buy organic peeled garlic if you can as it will make life way easier.
- the past can be refrigerated for quite a while or it can be frozen.
- the paste can also be portioned into 1 or 2 tablespoon portions and frozen.
- the salt and oil act as preservatives to the garlic and ginger.
- when salting dishes later, remember that the paste also contains salt, so don't overseason.