



Kim's famous tartar sauce

This delicious sauce features naturally fermented pickles and kefir which provide beneficial bacteria and enzymes. Fresh ginger naturally aids digestion and chia seeds are a great source of healthy fat and fiber. This sauce pairs well with any fish, or poultry. Try it as a sauce for wraps or to add zing to tuna or egg salad.

Ingredients:

- 1 or 2 green onions chopped or 1-2 tbsp of chopped onion
- 1 small piece of fresh ginger chopped very fine or grated (about the size of a dice)
- 3 small/medium naturally fermented dill pickles chopped fine + 1 tbsp of the brine
- 1 teaspoon prepared horseradish
- 1/4 cup fresh mayo (I like Maison Orphée, you will find it in the refrigerated section)
- 1/4 cup plain kefir (I like Liberté brand Kefir)
- 3 teaspoons of chia seeds
- 2 tablespoons of chopped coriander (or parsley, dill, tarragon, mint...)

Procedure:

- Combine all of the ingredients in a medium sized bowl, the sauce will appear quite liquid at first.
- Allow the sauce to rest for approximately half an hour, the chia will swell and thicken the sauce.
- Keeps in the fridge for 1 week