

# Fluvanna County Public Library

## Spice of the Month Club

### Ground Ginger/Ginger Powder

**Flavor Profile: Sweet, Floral, Slightly Pepper Flavor**

Although often referred to as ginger root, ginger actually comes from the rhizome (underground stem) of *Zingiber officinale*, a tropical flowering plant from the same family as cardamom and turmeric. The sharp bite of raw fresh ginger comes from gingerol, an aromatic compound that transforms into the sweeter zingerone when heated and dried, making ginger an especially versatile ingredient.

You can incorporate ginger into recipes worldwide, particularly East and South Asian cuisines and Caribbean fare. As well as being a welcome addition to a stir fry or stew, it also has health benefits as an anti-inflammatory and an agent that has reportedly led to lower blood pressure.

Ground ginger, sometimes labeled powdered ginger, is made by simply drying out peeled fresh ginger root, then grinding it to a fine powder. It is pale yellow in color and should have a pungent, spicy smell to indicate freshness. Ground ginger has a warm, spicy bite, is a little bit sweet, and is not as strongly flavored as fresh ginger. This spice cabinet ingredient is also not a direct substitute for fresh ginger. Store ground ginger in an airtight container out of direct heat and light.

Ground ginger is simply dried ginger pulverized into a fine powder, but that process gives it a different flavor and different properties:

**Flavor:** Fresh ginger is sweeter, more pungent, and has an overall more complex flavor than ground ginger

**Shelf Life:** Ground ginger is more shelf stable than fresh ginger (though it will lose its potency over time) and holds up to high heat better than fresh ginger.

**Uses:** Ground ginger is often used in baking to lend a spicy, warm flavor to favorites like pumpkin pie and gingerbread. Ground ginger is often found in spice blends with other similar, complementary spices as well as in savory dishes like curries and marinades. You can use fresh, raw, ginger in many forms – from keeping it in a whole, unpeeled knob to add flavor to soups and liquids to pickling it to mincing it for a stir-fry. You can also chop or grate it to use in ginger tea.

**Origin:** Made from pulverized, dried ginger root, and as a dry spice

**Often Used In:** Baked goods, but also in places fresh ginger might typically be seen, like curries, stews, or braises.

Ground ginger is the predominant spice in gingerbread and gingersnap cookies and is also used in many sweet spice mixes like pumpkin pie spice. Ground ginger is also used in savory applications like spice rubs, tagines, and marinades, and is part of the Japanese spice blend shichimi togarashi.

#### Health Benefits of Ginger

Gingerol, a natural component of ginger root, benefits gastrointestinal motility – the rate at which food exits the stomach and continues along the digestive process. Eating ginger encourages efficient digestion, so food doesn't linger as long in the gut.

Nausea relief - Encouraging stomach emptying can relieve the discomforts of nausea.

Bloating and gas – Eating ginger can cut down on fermentation, constipation and other causes of bloating and intestinal gas.

Wear and tear on cells – Ginger contains antioxidants. These molecules help manage free radicals, which are compounds that can damage cells when their numbers grow too high.

Is ginger anti-inflammatory? – It is possible. Ginger contains over 400 natural compounds, and some of these are anti-inflammatory.

### **Ginger Switchel (makes 1 to 2 drinks)**

Dating back to the early American colonies and possibly the Caribbean before that, this vinegar and ginger drink became known as haymaker's punch in the 19<sup>th</sup> century, when it was served to quench farmers' thirst during the hay harvest.

- 2 Tablespoons apple cider vinegar
- 4 tsp. sweetener (molasses, maple syrup, honey, sugar)
- ¼ tsp. ground ginger
- 1 cup water

Combine all ingredients in a jar or glass. Cover and refrigerate at least 2 hours and up to a day.

1. Shake or stir before serving. Taste and adjust sweetener, if desired.
2. Pour over ice or mix with soda water, if desired.

<https://www.thekitchn.com/recipe-ginger-switchel-154517>



### **Glazed Soy Sauce Brown Sugar Chicken Thighs**

- ½ cup brown sugar
- ½ cup soy sauce
- 2 Tablespoons white vinegar
- 1 tsp. ground ginger
- 4 cloves garlic, minced
- 4 chicken thighs
- 1 Tablespoon olive oil

1. Preheat the oven to 375F. Rub the thighs with the olive oil. Salt and pepper the thighs on both sides. Place them in a 10 inch ovenproof skillet (this recipe used cast iron skillet). Sauté the thighs 3-5 minutes without moving them until skin is lightly browned.
2. Transfer the chicken to a plate, pour off any drippings from frying. Place the chicken thighs back into the pan, skin side up. Pour the soy sauce mixture over the chicken. Roast about 25 minutes, basting occasionally until chicken is cooked through and juices run clear. Serve with the sauce.



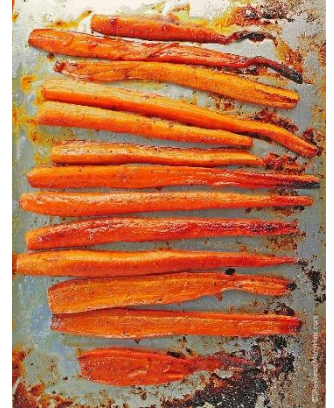
3. Black cast iron pans cook quicker and hold the heat more than a regular metal pan or ceramic dish. If your using metal pan or baking dish roast the chicken longer than 25 minutes or until the sauce has reduced and coats the chicken when basted.

<https://bunnyswarmoven.net/glazed-soy-sauce-brown-sugar-chicken-thighs/?pp=0&epik=dj0YnU9ZkQ5bUIETUw1UDZlTDZxSVVCTjQxT1Y5NEpVWlVXR0lmcD0xJm49TEgtbUIDNjNMTjQ3Zk9jYVJ6cTdPZyZ0PUFBQUFBFR09rZGRV>

## Ginger Honey Roasted Carrots

- 3 Tablespoons butter
- 2 pounds carrots, tops removed and peeled
- 3 Tablespoons honey
- 2 tsp. ground ginger
- 1 tsp. salt
- 1 tsp. pepper

1. Preheat oven to 500F. Place rack in middle.
2. Halve or quarter (length-wise) any carrots that are thicker than 1-inch in diameter.
3. Melt butter on large rimmed baking sheet pan.
4. Toss carrots in butter and remaining ingredients, spread out evenly on sheet pan. Roast 15 minutes. Reduce oven to 350F and continue to roast, tossing occasionally, for 20-25 minutes more. Carrots should be tender and slightly browned.



<https://shewearsmanyhats.com/ginger-honey-roasted-carrots-recipe/>

## Ginger Cookies (Makes 4-5 dozen.)

- 1 cup Crisco or other shortening (not butter)
- 1/2 cup molasses
- 1 egg
- 1 cup granulated sugar
- 2 1/2 cups all purpose flour
- 1 tsp baking soda
- 1/2 tsp table salt
- 1 Tablespoon ground ginger
- 1 tsp. cinnamon
- ¼ tsp. ground clove

1. Cream Crisco or shortening with sugar, until light and fluffy. Add beaten egg and molasses.
2. Sift dry ingredients; blend into the Crisco mixture. Chill the dough for 6 hours or overnight.
3. Preheat oven to 350. Roll cookie dough into 1 inch balls, then roll lightly in granulated sugar and place on a greased cookie sheet. Leave room for the cookie to expand. Bake 5-7 minutes until bottom of cookie is lightly browned. Remove and let cool.



(Recipe from staff member Ellen's kitchen)

## Cinnamon Ginger Candied Walnuts (8 servings)

- 1 egg white
- 1 tsp. vanilla extract
- 4 cups raw walnuts
- 2 Tablespoons white sugar
- ¼ cup light brown sugar
- ½ tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger

1. Preheat the oven to 250F.
2. Spray a large jelly roll pan (or other rimmed baking pan) with cooking spray or line it with a silicone baking mat.
3. In a medium mixing bowl, beat the egg white and vanilla with a mixer until they are frothy, but not stiff yet. Pour in the nuts, and stir until well coated.
4. In a separate smaller bowl, mix the sugars, salt, and spices until well mixed. Stir the spiced sugar into the egg/nut mixture and toss to coat all the nuts evenly.
5. Spread the nuts out onto a 10 x 15 inch jelly roll pan (or other large rimmed baking pan) and bake in a preheated oven for 1 hours and 15 minutes, stirring every 15 minutes.
6. Remove from oven and set aside to cool. Store in an airtight container or tin.

<https://www.sumptuouspoonfuls.com/cinnamon-ginger-candied-walnuts/>



## Brown Sugar Maple Ginger Cookies

- 1 ½ sticks (¾ cup) salted butter, at room temperature, plus more for greasing
- ¾ cup dark brown sugar
- 2 tsp. vanilla extract
- 1 large egg
- 1/3 cup blackstrap molasses
- 2 ½ cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. ground ginger
- ½ tsp. ground cinnamon
- ½ tsp. kosher salt
- ¾ semi-sweet chocolate chips

### Maple Glaze

- 4 Tablespoons salted butter
- 1/3 cup maple syrup
- ½ - ¾ cup powdered sugar
- 1 tsp. vanilla

1. Position an oven rack in the upper 1/3 of the oven. Preheat the oven to 375F. Line 2 baking sheets with parchment paper.





2. In a mixing bowl, beat together the butter, brown sugar, and vanilla until light and fluffy, about 3-5 minutes. Add the egg and molasses and mix until evenly combined. Add the flour, baking soda, ginger, cinnamon, and salt, beating until combined. Fold in the chocolate chips.
3. Rub your hands with butter and roll the dough into tablespoons-size balls (if the dough is too sticky, chill for 20 minutes). Place on the prepared baking sheet, spacing the cookies 2 inches apart. Bake for 9-12 minutes or until the cookies are just starting to set around the edges, the centers should be a little doughy. Let cool on the pan.
4. Meanwhile, make the glaze. Melt together the butter and maple syrup in a small pot over medium heat. Remove from the heat and whisk in the powdered sugar, vanilla, and a pinch of salt. Drizzle or dip the glaze over each cookie. Store in an airtight container for up to 5 days.

<https://www.halfbakedharvest.com/brown-sugar-maple-ginger-cookies/>

### **Cranberry-Ginger Spritzer (Serves 4)**

- 2 Tablespoons sugar; for rimming the glass
- 1 cup Cranberry juice
- 1 cup water
- Grated zest and juice of 1 lime
- 4 lime slices; for garnish
- ½ tsp. ginger powder (or 1 inch fresh ginger; peeled and cut into 1/8-inch slices)
- 1 Tablespoon brown sugar
- Ice cubes
- 12 ounces lime soda



1. Pour the sugar onto a small plate. Moisten the rim of 4 tall glasses. Dip each glass into the sugar to rim.
2. In a small pitcher, combine the cranberry juice, water, lime zest and juice, ginger, and brown sugar. Stir until the sugar and ginger dissolves. Fill the glasses with ice. Strain the cranberry mixture into the glasses, filling each three-quarters full and topping with lime soda. Garnish with a lime slice.

<https://www.bigoven.com/recipe/carlas-cranberry-ginger-spritzer/940357>

### **Easy Fried Rice (Serves 4)**

- 2 Tablespoons oil, divided
- ½ cup chopped onion
- 1 cup cut-up vegetables for stir-fry
- 2 cups cooked rice
- 2 Tablespoons soy sauce
- 2 tsp. garlic powder
- ½ tsp. ground ginger
- ½ tsp. sesame seed (optional)
- 1 egg, lightly beaten



1. Heat 1 tablespoon of the oil in large skillet on medium-high heat. Add onion and vegetables, stir fry 3 minutes or until tender.

2. Stir in rice, soy sauce, garlic powder, ginger, and sesame seed; stir fry for 3 minutes or until rice is heated through. Push rice mixture to side of skillet. Add remaining 1 tablespoon oil to middle of skillet. Add egg; scramble until set. Stir into rice mixture. Serve with additional soy sauce, if desired.

<https://www.mccormick.com/recipes/salads-sides/easy-fried-rice>

## Lemon Blueberry Muffins (12 muffins)

- 2 cups flour
- 2/3 cup sugar
- 1 ½ tsp. baking powder
- 1 tsp. ground ginger
- ½ tsp. baking soda
- 1 cup sour cream
- ¼ cup milk
- ¼ cup vegetable oil
- 1 egg, lightly beaten
- 1 tsp. pure lemon extract
- 1 cup blueberries



1. Preheat oven to 400F. Lightly grease 12 muffin cups or line with paper baking cups. Set aside. Mix flour, sugar, baking powder, ginger and baking soda in large bowl. Mix sour cream, milk, oil, egg and lemon extract in medium bowl. Add to flour mixture; stir just until dry ingredients are moistened. (Batter will be thick and slightly lumpy.) Gently stir in blueberries.
2. Spoon batter into prepared muffin cups, filling each cup 2/3 full.
3. Bake 20 to 25 minutes or until toothpick inserted in center of muffins comes out clean. Serve warm.

<https://www.mccormick.com/recipes/breakfast-brunch/lemon-ginger-blueberry-muffins>

## Gingerbread

- 1 ¾ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. salt
- 2 tsp. ground ginger
- 1 tsp. ground cinnamon
- ¼ tsp. ground cloves
- 4 tablespoons unsalted butter, melted
- 2/3 cup packed dark brown sugar
- 2/3 cup mild flavored molasses, such as Grandma's Original (no Robust or Blackstrap)
- 2/3 cup boiling water
- 1 large egg



1. Preheat oven to 350F. Grease a 9-inch square pan with nonstick cooking spray with flour. (Alternatively, grease the pan with butter and lightly coat with flour.)
2. In a medium bowl, whisk together flour, baking soda, salt, ginger, cinnamon, and cloves. Set aside.

3. In a large bowl, whisk together the melted butter, brown sugar, molasses, and boiling water. When the mixture is lukewarm, whisk in the egg.
4. Add the dry ingredients to the wet ingredients and whisk until just combined and there are no more lumps. Pour the batter into the prepared pan and bake for 35 minutes, or until the edges look dark and the middle feels firm to the touch. Set the pan on a rack to cool slightly, then cut into squares and serve. This cake is best served warm out of the oven or reheated.
5. Freezer-friendly instructions: The gingerbread can be frozen for up to 3 months. After it is completely cooled, double-wrap it securely with aluminum foil or plastic freezer wrap, or place it in heavy-duty freezer bag. Thaw overnight on the countertop before serving.

<https://www.onceuponachef.com/recipes/gingerbread-cake.html>

## Overnight Oats with Coconut and Ginger

- $\frac{3}{4}$  cup old-fashioned oats
- $\frac{1}{4}$  tsp. ground ginger
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup coconut milk
- 1 tablespoon agave syrup
- Toppings
- $\frac{1}{4}$  cup toasted raw coconut flakes
- 2 tablespoons candied ginger, chopped

1. Make the Oats: In a 1-pint mason jar, mix the oats with the ground ginger to combine.
2. In a small bowl, mix the coconut milk (if you prefer a thicker oatmeal, use less milk) with the agave syrup
3. Pour the coconut milk mixture into the jar. Screw on the lid and refrigerate overnight, about 8 hours.
4. Make the Toppings: In the morning, top the oatmeal with the coconut flakes and candied ginger. Eat immediately or screw the top on and take it on the go.



<https://www.purewow.com/recipes/coconut-ginger-overnight-oats>

## Sesame-Orange Ginger Chickpea Stir-Fry

For the Sauce

- $\frac{3}{4}$  cup freshly squeezed orange juice
- 1 tablespoon honey (or agave nectar)
- 2 tablespoons soy sauce
- $\frac{1}{4}$  tsp. dry ginger
- 1 tablespoon cornstarch
- Zest of 1 orange

For the Stir-Fry

- 1  $\frac{1}{2}$  tablespoon toasted sesame oil, divided
- 1 (15 oz.) can chickpeas, rinsed and drained
- $\frac{1}{2}$  red onion, coarsely chopped
- 3 garlic cloves, minced



- 1 large red bell pepper, sliced into thin strips
  - 8 oz. fresh green beans, trimmed and cut into 2-inch pieces
  - Green onion, for garnish
  - Toasted sesame seeds, for garnish
  - Red pepper flakes, optional
  - Cooked quinoa or brown rice, for serving if desired
1. First make the sauce: Add the orange juice, honey, soy sauce, ginger, cornstarch, orange zest to a large bowl; whisk until the cornstarch is dissolved. Set aside for later.
  2. Next preheat a large skillet or pan over medium-high heat and add in 1 tablespoon of the sesame oil. Add chickpeas, stir frequently and cook until they begin turning slightly golden brown, about 5 minutes. Once chickpeas are cooked, transfer to a large bowl or plate and set aside for later. Keep the heat in the pan.
  3. Add the other ½ tablespoon of sesame oil to the pan (over medium-heat), add in onion and saute until onions become slightly translucent and golden brown, about 3-4 minutes. Next add in garlic and bell pepper; cook for about 3 minutes until slightly softened. Next add in the green beans and saute for 3-4 minutes. You want them to still have a little bit of crunch.
  4. Pour the sauce into the pan. Stir frequently as the sauce will start to thicken up. Add in chickpeas and stir again. Reduce heat to medium low and let the sauce simmer and thicken some more, about 3-4 minutes. Serve immediately over quinoa or brown rice. Garnish with toasted sesame seeds, green onions and a little red pepper flakes, if desired. Serves 4.

<https://www.ambitiouskitchen.com/healthy-orange-chicken-stir-fry/>

### Library Resources

Christopher Kimball's Milk Street: Tuesday Nights by Christopher Kimball – 641.555 KIM

Cook for Your Gut Health – 641.5638 AME

Dinner in an Instant by Melissa Clark – 641.512 CLA

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Kid in the Kitchen by Melissa Clark – J 641.5 CLA

Let's Make Ramen! By Hugh Amano – GN YA 641.82 AMA

Milk Street Fast and Slow by Christopher Kimball – 641.5587 KIM

The Pioneer Woman Cooks by Ree Drummond – 641.5 DRU

Spiced by America's Test Kitchen – 641.6383 AME

Teens Cook Dessert by Megan Carle – YA 641.8 CAR

Vegan Africa by Marie Kacouchia – 641.5636 KAC

The Vegetable Butcher by Cara Mangini – 641.65 MAN

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