

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.

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.

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

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

Milk Street Fast and Slow by Christopher Kimball – 641.5587 KIM

Soy-Ginger Pot Roast (6 servings)

- 1 boneless beef chuck roast (3 to 4 pounds)
- 1 tsp. salt
- ½ tsp. pepper
- 1 tbsp. canola oil
- 1 ½ cups water
- ½ cup reduced-sodium soy sauce
- ¼ cup honey
- 3 tbsp. cider vinegar
- 3 garlic cloves, minced
- 2 tsp. ground ginger
- 1 tsp. ground mustard
- 1 large onion, halved and sliced
- 2 tbsp. cornstarch
- 2 tbsp. cold water

1. Sprinkle roast with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown roast on all sides. Transfer meat to a 5- or 6-qt. slow cooker. In a small bowl, mix water, soy sauce, honey, vinegar, garlic, ginger and mustard; pour over meat. Top with onion. Cook, covered, on low 7-9 hours, until tender.
2. Remove roast and onion to a serving platter; keep warm. Transfer cooking juices to a large saucepan; skim fat. Bring cooking juices to a boil. In a small bowl, mix cornstarch and cold water until smooth; stir into cooking juices. Return to a boil; cook and stir until thickened, 1-2 minutes. Serve with roast.

<https://www.tasteofhome.com/recipes/soy-ginger-pot-roast/>



Overnight Oats with Coconut and Ginger

- ¾ cup old-fashioned oats
- ¼ tsp. ground ginger
- ¼ to ½ cup coconut milk
- 1 tablespoon agave syrup
- Toppings
- ¼ 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>



Peanut Sauce (Makes ½ cup)

- 3 tbsp. peanut butter
- 1 tbsp. rice vinegar or apple cider vinegar
- 2 tbsp. warm water
- 2 tsp. low-sodium soy sauce
- 1 tsp. honey or maple syrup (see Notes)
- 1 tsp. sesame oil
- ¼ tsp. red pepper flakes or hot sauce
- ¼ teaspoon garlic powder or 1 clove garlic, minced
- ⅛ teaspoon ground ginger or 1 teaspoon grated fresh ginger.



1. In a small bowl or jar with a tight-fitting lid, mix or shake together all the ingredients.
2. Add 1 to 2 teaspoons warm water to thin, if desired.
3. Refrigerate leftovers within 2 hours.

<https://foodhero.org/recipes/peanut-sauce>

Chicken and Greens Soup (6 cups)

- 1 tbsp. vegetable oil
- 1 boneless uncooked chicken thigh, cut to bite-sized pieces (about 4 ounces or ½ cup)
- 1 cup chopped onion
- ½ cup chopped carrot
- 3 cloves garlic, minced or ¾ teaspoon garlic powder
- 5 cups low-sodium broth (any type)
- 3 tbsp. quinoa (rinse if not pre-rinsed)
- ¾ tsp. turmeric
- ¾ to 1½ tsp. cayenne pepper (see Notes)
- 2 cups chopped leafy greens (try kale, spinach or cabbage, or a mix of any)
- 2 tsp. curry powder
- ¼ tsp. allspice
- ½ tsp. ground ginger
- ¼ tsp. paprika
- ¼ tsp. salt or 2 pieces cooked and chopped turkey bacon



1. In a large saucepan or soup pot, heat oil on medium.
2. Add chicken and stir to brown, about 3 minutes.
3. Stir in onion, carrot and garlic. Cook for about 5 minutes, stirring as needed to keep chicken and vegetables from sticking. Add a few tablespoons water, if needed.
4. Add broth, quinoa, turmeric and cayenne pepper. Bring mixture to a boil, turn heat to medium and simmer for 5 minutes.
5. Add greens, curry powder, ginger and paprika. Cook for 15 minutes. Add salt or bacon after 10 minutes, if desired.
6. Refrigerate leftovers within 2 hours.

<https://foodhero.org/recipes/chicken-and-greens-soup>

Turkey Ginger Rice Lettuce Wraps (6 cups)

- 3 tbsp. low-sodium soy sauce
 - 1 tbsp. sugar, granulated or brown
 - 2 tsp. sesame oil
 - 1 tsp. hot sauce
 - ¾ pound lean ground turkey (15% fat)
 - 2 stalks celery, sliced
 - 2 medium carrots, shredded
 - 1 tbsp. minced fresh ginger or ¾ teaspoon ground ginger
 - ¼ tsp. garlic powder or 1 clove of garlic, minced
 - 1 can (8 ounces) water chestnuts, drained and chopped
 - 2 cups cooked brown rice
 - 8 large lettuce leaves
1. In a small bowl, blend the soy sauce, sugar, sesame oil and hot sauce.
 2. In a large skillet, sauté turkey, celery and carrot until the turkey begins to brown, 10 minutes. Break turkey into crumbles as it cooks.
 3. Add ginger and garlic. Cook 2 minutes.
 4. Stir in soy sauce mixture and water chestnuts. Cook 2 minutes longer.
 5. Stir in cooked rice. Heat through.
 6. Serve in lettuce leaves.
 7. Refrigerate leftovers within 2 hours.



<https://foodhero.org/recipes/turkey-ginger-rice-lettuce-wraps>

Thai Peanut Ginger Dressing Recipe

- 1 tsp. Spice Islands Ground Ginger
 - ½ tsp. Spice Islands Cayenne Pepper
 - ½ tsp. Spice Islands Garlic Powder
 - ¼ cup creamy peanut butter
 - 3 tbsp. rice vinegar
 - 2 tbsp. soy sauce
 - 2 tbsp. honey
 - 2 tbsp. lime juice
 - 1 tsp. sesame oil
 - salt & pepper
1. Add all ingredients to a blender and blend until smooth.
 2. Use dressing on your favorite salad, pasta, or as a dip.



<https://spiceislands.com/recipe/thai-peanut-ginger-dressing/>

Pumpkin Breakfast Cookies (48 cookies)

- 1 $\frac{3}{4}$ cups cooked, pureed pumpkin (15 ounce can)
- 1 cup packed brown sugar
- 2 eggs
- $\frac{1}{2}$ cup vegetable oil
- 1 $\frac{1}{2}$ cups flour
- 1 $\frac{1}{4}$ cups whole-wheat flour
- 1 tbsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. ground ginger
- 1 cup raisins
- 1 cup chopped nuts (any type)

1. Preheat oven to 400 degrees F.
2. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
3. In another bowl, stir together the flours, baking powder, cinnamon, nutmeg, ginger and salt. Add to the pumpkin mixture and mix well.
4. Stir in raisins and nuts.
5. Drop the dough by a tablespoon on to a lightly greased baking sheet, 1 inch apart.
6. Gently flatten each cookie with the back of a spoon.
7. Bake 10 to 12 minutes until tops are dry and begin to brown.

<https://foodhero.org/recipes/pumpkin-breakfast-cookies>



Carrot Cake Cookies (48 cookies)

- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup unsweetened applesauce or fruit puree
- 2 eggs
- 1 tsp. vanilla
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. ground ginger
- 2 cups old fashioned rolled oats
- 1 $\frac{1}{2}$ cups finely grated carrot (about 3 large carrots)
- 1 cup raisins (or any type dried fruit)

1. Preheat oven to 350 degrees F. Lightly grease a baking sheet.



2. In a large bowl, stir together the sugars, oil, applesauce, eggs and vanilla. Mix well.
3. In a separate bowl, stir together the dry ingredients.
4. Blend the dry ingredients into the wet mixture. Stir in the carrots and raisins.
5. Drop the dough by a teaspoon onto the baking sheet.
6. Bake 12 to 15 minutes until golden brown.

<https://foodhero.org/recipes/carrot-cake-cookies>

Healthy Ground Chicken and Broccoli Stir Fry (4 servings)

- 1 pound ground chicken
- ¼ tsp. salt
- ¼ tsp. black pepper
- Broccoli + Mushrooms
- 1 tbsp. olive or avocado oil
- 8 ounces sliced mushrooms
- 4 cups broccoli florets
- ¼ cup water
- ¼ tsp. salt
- ¼ tsp. black pepper



Sauce

- ½ cup coconut aminos or low sodium soy sauce
- ⅓ cup water
- 1 tbsp. rice vinegar
- 2 tsp. sesame oil
- 2 tsp. garlic, minced
- ½ tsp. chili powder
- ½ tsp. ground ginger
- 2 tsp. arrowroot flour, can sub cornstarch

1. Add your ground chicken to a large skillet on the stovetop. Use a spatula to crumble the meat. (If it's sticking add a little oil.) Cook on medium or medium-high heat, stirring occasionally, until cooked through and no longer pink. Stir in ¼ teaspoon salt and ¼ teaspoon pepper. Remove cooked chicken from the pan and set aside.
2. Add one tablespoon of oil to the now empty skillet. Reduce heat to medium. Add the mushrooms. Sauté, stirring occasionally, for 3 to 5 minutes or until mushrooms are tender.
3. Add the cooked ground chicken back to the skillet. Stir to mix it in with the mushrooms.
4. Now add ¼ cup water and fresh broccoli florets to the pan too. Season with ¼ teaspoon salt and ¼ teaspoon pepper. (If you are using a low sodium soy sauce in the sauce instead of coconut aminos don't add salt here. The soy sauce will be saltier than the coconut aminos and you may find you don't need anymore.) Stir it all together. Cover and let the water steam your broccoli for a few minutes. I prefer my broccoli softened but with a little crunch so I only let it cook for about 3 minutes. Water should be cooked out. (If you still see water in the pan leave it uncovered and give it a minute.)
5. While the broccoli is steaming, add coconut aminos, ⅓ cup water, rice vinegar, sesame oil, minced garlic, chili powder, ground ginger, and arrowroot flour to a jar. Screw the lid on the jar and shake until well combined.

6. When broccoli is cooked how you like it, reduce the heat to low. Pour your sauce into the skillet and stir for 2 minutes. You should see the sauce thicken immediately.
7. Ladle into bowls with white rice, brown rice, cauliflower rice, or roasted potatoes. Top with fresh chopped parsley or green onions and serve.

<https://thewholecook.com/healthy-ground-chicken-broccoli-stir-fry/>

Asian Chicken Meatballs (4 servings)

For the Meatballs:

- 1 pound ground chicken
- ½ cup breadcrumbs
- 4 green onions (finely chopped)
- 2 cloves garlic (minced)
- 1 tsp. minced fresh ginger OR ¼ tsp. ground ginger
- 1 large egg
- 2 tsp. sesame oil
- 1 tbsp. low sodium soy sauce
- ¼ tsp. kosher salt



For the Glaze:

- ⅓ cup low-sodium soy sauce
- 1 tbsp. rice vinegar
- 1 clove garlic (grated or minced)
- ¼ cup honey
- 1 tsp. sesame oil
- 2 tsp. cornstarch (+ 2 teaspoons water)

1. Preheat oven to 425°F.
2. Thoroughly combine all the ingredients for the meatballs in a large bowl.
3. 1 pound ground chicken, ½ cup breadcrumbs, 4 green onions, 2 cloves garlic, 1 teaspoon minced fresh ginger, 1 large egg, 2 teaspoons sesame oil, 1 tablespoon low sodium soy sauce, ¼ teaspoon kosher salt
4. Form the mixture into 24-30 meatballs and arrange on a large baking sheet.
5. Bake for 15-20 minutes, or until the meatballs are slightly browned on the outside and cooked through (165°F internally).
6. While the meatballs are baking, whisk together the glaze ingredients in a small saucepan.
7. ⅓ cup low-sodium soy sauce, 1 tablespoon rice vinegar, 1 clove garlic, ¼ cup honey, 1 teaspoon sesame oil, 2 teaspoons cornstarch
8. Bring the mixture to a boil, whisking until the sauce begins to thicken. Reduce heat to low and continue to whisk occasionally until the meatballs are ready.
9. Pour the glaze over the meatballs on the baking sheet and toss to coat.
10. Serve meatballs as an appetizer or with rice and a vegetable.

<https://easychickenrecipes.com/asian-chicken-meatballs-sesame-ginger/>

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 19th 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=dj0yJnU9ZkQ5bUIETUw1UDZlTDZxSVVCTjQxT1Y5NEpVWlVXR0lmcDOxJm49TEgtbUIDNjNMTjQ3Zk9jYVJ6cTdPZyZ0PUFBQUFBFR09rZGRV>

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