

“Ginger - The Root of Fabulous Flavor” – Billi J. Parus

Ginger is one of the most versatile of herbs and can be used to flavor everything from soup to nuts, appetizer to desserts and beverages to boot! It encompasses all 5 flavors – sweet, sour, pungent, salty & bitter. The array of tastings & recipes in this handout should inspire you to make ginger a part of your everyday culinary repertoire.

GINGER in its Many Forms – fresh, dried, pickled, preserved, crystallized, and ground....see later in handout.

STORING & PRESERVING – This is a quick chart showing some basic storing times. There is more information further in this handout.

Type of Ginger	Pantry	Refrigerator	Freezer
Fresh ginger root	1 - 2 weeks	3 – 4 weeks	3 - 6 months
Peeled & Chopped fresh ginger		1 week	
Pickled ginger		2 – 3 months	
Ground, dried ginger	2 - 3 years		
Crystallized ginger – sealed up	2 – 3 years		

TO PEEL FRESH GINGER, use a vegetable peeler or the edge of a teaspoon to scrape away the thin skin. Be careful to only remove the very top layer of skin because the flesh directly beneath is the youngest and most delicate.

GRATE vs GRIND vs SLICES :

Grating/ Mincing Ginger = use micro-plane to grate after scraping off outer skin. Minced ginger can be frozen....measure into 1 teaspoon “mounds”, freeze on a cookie sheet, then store in bag in freezer.

It is easiest to grate when it is frozen. But the volume is 2 X more than unfrozen.... it is fluffier. You will need 2 X the amount the recipe calls for.

Slicing Ginger – for ease in slicing, use a processor with a slicing disk or a mandolin. You can also slice with a knife but your slices may be of inconsistent sizes.

Grinding – reserve for the ginger you have dried...see preserving information.

GINGER EQUIVALENTS: ground, dried ginger is a much more concentrated flavor than fresh.

½ tsp. ground dried ginger = 1 Tbsp. fresh grated ginger.

¼ cup crystallized ginger (sugar rinsed off) = 1 Tbsp. fresh ginger.

1” square fresh ginger = 1 Tbsp. minced ginger.

MAKE & TAKES :

Chinese Five - Seven Spice Powder/Blend – 1 Tbsp. each spice, 3” x 4” bags, labels.

Peeling Ginger.

Pickled Ginger – fresh ginger, 2 jugs rice vinegar, sugar, 4 oz. jars, cling free, labels.

BOOK - Basic Flavorings: GINGER - by Clare Gordon-Smith (Amazon)

Some quick ideas for adding ginger to the diet:

- Add Ginger to Chutneys - Add ginger to any sweet preserves and chutneys.
- Fresh ginger works great with shellfish. Grate fresh ginger and dried mint into melted butter and serve as a dipping sauce with steamed lobster or shrimp.
- Sprinkle ginger and brown sugar on acorn squash or sweet potatoes before baking.
- Ginger works great with white and dessert sauces.
- Finely grate ginger in applesauce or use it in fruit pie fillings.
- Grate fresh ginger into cheesecake batter.
- Grind crystallized ginger and sprinkle it on top of whipped cream or ice cream.

Your menu today is SOUP to NUTS & Everything in between

Nuts - Spiced Walnuts – **Sample** in cup when enter class.
Sugared Ginger – crystallized - **Sample**.
Pickled ginger – **Sample** – Make & Take
Chinese Five - Seven Spice Blend – **Sample** on chicken - Make & Take
Appetizer – Ginger Pesto on pita chips - **Sample**
Salad – Mandarin Orange Salad with Ginger Dressing
Soup – Ginger Tomato Soup - **Sample**
Side Dishes – Ginger Carrots
Main Course – 5 or 7 Spice Blend Chicken - **Sample**
Bread – Ginger Bread
Dessert – Ginger Ice Cream **Sample** Ginger Candies **Sample**
Drinks - Ginger HoneyLemonade

RECIPES

FIVE SPICE BLEND – or is it Seven? Traditionally this blend contains five spices. But more contemporary recipes have added ginger & nutmeg. This recipe is for ground, dried spices. Store in airtight container.

1 Tbsp. of each: ground cinnamon crushed anise seeds or star anise seed ground fennel seeds or powder
freshly ground pepper (Szechuan if possible) ground cloves ground ginger
Add 1 tsp. ground nutmeg

SPICED WALNUTS – Billi Parus

(Tasting)

1 ½ cups sugar ½ cup water 1 tsp. white corn syrup ¼ tsp. salt
½ tsp. each ground nutmeg and cloves** 2 tsps. ground cinnamon**

In 2 quart saucepan, mix all of the above ingredients, cooking to soft ball stage (238°F). Add 2 ½ cups walnuts and stir until creamy appearance. Quickly turn out on waxed paper & separate with forks.

** Use 3 teaspoons of Five/Seven Spice Blend in place of ground nutmeg, cloves & cinnamon.

CRYSTALLIZED OR CANDIED GINGER

(Tasting)

2 cups fresh ginger – peeled & cut diagonally, ¼” - ½” thick pinch of salt sugar

In a medium saucepan, cover ginger with cold water, add salt, and heat to a boil. Simmer for 30 minutes. Rinse & drain. Add water again and bring to another boil, simmer for 30 more minutes. Repeat 3 more times. Return the ginger to the saucepan, adding 4 cups of water & 1 cup sugar. Heat to a boil, lower heat and simmer for 1 hour 15 minutes or just until a thick syrup coats the ginger. Sprinkle a ¼ “ thick layer of sugar on a small baking sheet. Lift the ginger slices with a

fork onto the sugar. Turn & coat well on all sides of the ginger slices. Transfer ginger to a wire rack to cool and dry at least 1 hour. Store in a covered jar. Ginger will keep several months in an air-tight container.

GINGER SYRUP – 3“ fresh ginger, peeled thinly sliced; ½ cup gran sugar; ½ cup water. Bring to boil; reduce heat & simmer for 5 minutes. Let cool & strain. Refrigerate up to 1 week or freeze.

HOMEMADE PICKLED GINGER (GARI) – from ALLRECIPES.

"Pickled ginger is called gari or amazu shoga in Japanese. It's served with sushi or sashimi and eaten between different kinds of sushi. It helps to clean your taste buds and enhance the flavors. You can find prepared pickled ginger in pink or white at most Asian markets." Or, make your own.

8 ozs. fresh young ginger root, peeled 1 ½ tps. sea salt 1 cup rice vinegar 1/3 cup white sugar

Cut the ginger into chunks and place them into a bowl. Sprinkle with sea salt, stir to coat and let stand for about 30 minutes. Transfer the ginger to a clean jar.

In a saucepan, stir together the rice vinegar and sugar until sugar has dissolved. Bring to a boil, then pour the boiling liquid over the ginger root pieces in the jar. Allow the mixture to cool, then put the lid on the jar and store in the refrigerator for at least one week. You will see that the liquid will change to slightly pinkish in few minutes. Don't be alarmed because it's the reaction of rice vinegar that causes the change. Only quality rice vinegar can do that! Some commercial pickled ginger has red coloring added. Cut pieces of ginger into paper thin slices for serving.

LEMONGRASS, GINGER & GARLIC VINEGAR – from “Flavored Oils & Vinegars” by Ann Kleinberg

2 stalks lemongrass 3 clove garlic, peeled 1 Tbsp. grated ginger 1 cup rice wine vinegar*

Wash & dry the lower portion of the lemongrass stalks, then crush & bruise slightly. Cut them into smaller pieces if desired for jar. Cut garlic cloves in half lengthwise. Place lemongrass, garlic & ginger into clean jar. In a saucepan over medium heat, heat the rice wine vinegar until it starts bubbling around edges of pan. Remove from heat & let cool a bit. Add to jar with other ingredients, cover & store in dark, dry place.

* If rice wine vinegar is unavailable, use apple cider vinegar or plain white vinegar.

GINGER DIPPING SAUCE – www.Allrecipes.com

¼ cup chopped onion 1 clove garlic, minced 1 Tbsp. minced fresh ginger root
½ lemon, juiced ¼ cup soy sauce ¼ tsp. of each: sugar, white vinegar

In a blender, combine onion, garlic, ginger, lemon juice, soy sauce, sugar, and vinegar. Process until smooth. Serve at room temperature.

GINGERED ORANGE CHEESE - Madalene Hill & Gwen Barclay

16 ozs. cream cheese 8 ozs. unsalted butter, softened 2 Tbsps. minced crystallized ginger
2 Tbsps. grated orange peel (colored portion only) 2 Tbsps. chopped fresh mint marigold
1/2 tsp. salt 1/2 cup coarsely chopped pecans (chop by hand)

Place cream cheese & butter in bowl of electric mixer. Using paddle beater, mix until light & smooth. Add ginger, orange peel, mint marigold & salt, beating well at medium speed until combined. Stir in pecans at low speed until evenly mixed.

Turn cheese mixture out onto a large piece of plastic wrap, arranging in an 8" long log shape. Roll in plastic wrap, smoothing it into a compact shape. Store in refrigerator 3-5 days, or cheese may be frozen up to 3 months. Thaw to serve.

Cheese mixture makes an excellent snack with toast or plain "not too sweet" cookies, such a gingersnaps. Also use as a filling for tea sandwiches or with tea breads such as banana, cranberry, or zucchini.

Yields: 12-15 servings as an appetizer with other dishes.

GINGER GARLIC PESTO – www.Allrecipes.com

"This is a delicious sauce/marinade for almost any type of dish. It's full of flavor and goes well with fish, pasta, chicken. It's a staple & we make multiple batches so we always have it in the refrigerator to use."

1 bunch green onions, chopped ¼ cup chopped fresh ginger 7 cloves of garlic, peeled
1 lemon juiced 1 Tbsp. olive oil 1 tsp. sea salt or Kosher salt

Blend green onions, ginger, garlic, lemon juice, olive oil, and sea salt together in a food processor until smooth and creamy, about 1 minute. Serve with/on everything.

GINGER TOMATO SOUP – from “Basic Flavorings: Ginger” by Clare Gordon-Smith

1 pound plum tomatoes 2 Tbsps. olive oil 1 onion 1 garlic clove, crushed
1” fresh gingerroot, peeled & grated a pinch of brown sugar a pinch of cayenne pepper
2 ½ cups vegetable or chicken stock sea salt & ground pepper sprigs of rosemary – garnish

Peel the tomatoes by plunging them in boiling water for 1 minutes, then slip off the skins & discard. Coarsely chop the flesh. Heat the oil in a saucepan, add the onion, and gently sauté until soft & translucent. Add the tomatoes, garlic ginger, sugar, cayenne, salt, papper and vegetable of chicken stock. Bring to a boil and simmer for 20 minutes until just tender. Serve sprinkled with rosemary garnish. **Serves 4.**

VARIATION: If you prefer a smoother soup, puree in a blender or food processor before serving.

SWEET GINGER CARROTS – Billi Parus

¾ pound carrots, scraped & sliced into thin strips (about 3 cups) ½ cup water
1 tsp. brown sugar ¼ tsp. ground ginger 2 Tbsps. butter or margarine

Combine carrots & water in medium saucepan. Cover & cook until crisp tender; drain. Melt additional butter on a pan, stirring in sugar and ginger; cook over low heat until sugar is dissolved add carrots and continue to cook until carrots are well coated. **Yield: 4 servings.**

FIVE SPICE CHICKEN – from Bon Appetite – Marie Helm Sinskey.

4 garlic cloves, pressed 2 Tbsps. coarse kosher salt 2 Tbsps. extra-virgin olive oil
1 tsp. Chinese five spice powder 1 cut-up chicken (8 pieces; about 3 ½ pounds)
1 large onion, peeled, cut into 16 wedges

Combine garlic, salt, olive oil and Chinese five-spice powder in large bowl. Add chicken pieces; turn to coat. Cover & chill at least 1 hour or overnight. Pre-heat oven to 425°F. Arrange onion wedges in 13” x 9” x 2” roasting pan. Arrange chicken with skin side up, on top of onions. Roast until chicken is cooked through, basting occasionally with pan juices, about 50 minutes. Remove chicken from oven and let rest for 10 minutes. Arrange chicken on a platter & serve.

GINGER SCALLOPS - "By itself or served over rice, this dish is elegant but easy to prepare"

2 Tbsps. thinly sliced green onion 2 Tbsps. butter 1 large carrot, julienned
2 Tbsps. minced fresh ginger root ½ cup white wine ½ cup heavy whipping cream
salt & pepper to taste 1 ¼ pounds scallops 2 Tbsps. butter

In a medium skillet sauté the green onions in 2 tablespoons of butter. Stir in the carrots and cook for 30 seconds. Stir in the ginger and the wine. Once hot, add the cream, salt & pepper. Cook, stirring frequently, over high heat until the sauce is reduced by half. Stir in the scallops and cook for 1 minute. Add the remaining butter and stir until melted. Serve.

GINGER ICE CREAM RECIPE - from epicurious.com – Shawn Knight **(Tasting)**

4 large egg yolks 1/2 cup sugar 1/4 cup coarsely grated peeled fresh gingerroot
2 Tbsps. water 2 cups half-and-half 1 cup heavy cream

1 ½ tsp. portions, 1 ½” apart, onto buttered baking sheets. Bake cookies at 350°F until golden, approximately 12 - 15 minutes. If baking more than one sheet at a time, switch pan positions halfway through baking. Transfer cookies to racks to cool. If cookies seem chewy right out of the oven, allow to cool completely so they “crisp up”. Makes approximately 5 - 6 dozen cookies.

CRYSTALLIZED GINGER BUTTER SQUARES – Bon Appetit, August 2001

These are refrigerator cookies.

1 stick cold, unsalted butter, cut into 8 pieces 1/3 cup sugar 1 extra large egg yolk
1 cup + 1 Tbsp. flour 1/3 cup (2 oozes.) chopped crystallized ginger 1 tsp. finely grated orange zest

Cream butter & sugar; add egg yolk and mix until blended. Add flour, ginger & orange zest. Mix until combined, about 2 minutes. Gather the dough together & place on a large piece of plastic wrap. Shape & mold into 4” x 4 ½” x 1” thick dough block. Wrap tightly in plastic wrap & refrigerate until firm, about 2 hours.

Preheat the oven to 350°F. Move the rack to the top 1/3 of oven. Line baking sheets with parchment paper. Using a sharp knife, cut the block of dough into four 1” strips. Cut each strip into ½” wide slices. Place the cookies ½” apart on the prepared baking sheets. Bake until the cookies are firm & edges are lightly brown, about 10 – 12 minutes. Cool on baking sheet set on wire rack.

CHOCOLATE GINGERBREAD COOKIES

7 oz. semisweet chocolate chips 1 ½ cups + 1 Tbsp. flour 1 ¼ tsps. ground ginger
1 tsp. cinnamon ¼ tsp. cloves ¼ tsp. nutmeg 1 Tbsp. cocoa powder
1 stick butter 1 Tbsp. fresh grated ginger ½ cup brown sugar ¼ cup molasses
1 tsp. baking soda 1 ½ tsps. boiling water ¼ cup sugar

Sift together flour, ginger, cinnamon, cloves, nutmeg, and cocoa powder. Beat butter and fresh ginger. Add brown sugar; beat. Add molasses.

Dissolve baking soda in water. Beat ½ of flour mixture into butter, then baking soda/water mixture, then rest of flour.

Mix in chocolate. Refrigerate 2 hours.

Pre heat oven to 325°F. Roll dough into 1 ½ “ balls, place on greased baking sheets, refrigerate 20 minutes. Roll in granulated sugar. Bake 13-15 minutes (when surfaces crack). Let cool 5 minutes before transferring to rack.

GINGER BALLS

1/2 cup butter or margarine, softened 1/3 cup finely chopped nuts 1/3 cup powdered sugar
1 1/4 cup flour 1 tsp. vanilla 1/3 cup finely minced crystallized ginger 1/8 tsp. salt

Preheat the oven to 325°F. Mix together 1/3 tsp. ground ginger & 1 Tbsp. powdered sugar. Cream butter, powdered sugar, vanilla, salt until fluffy. Stir in nuts, flour, crystallized ginger until blended. Form dough into small balls. (A large melon baller or teaspoon works well). Place on greased cookie sheet. Bake for 12 - 15 minutes or until lightly browned. While still warm, sprinkle ground ginger/powdered sugar mixture. **Makes: 2 dozen.**

PUMPKIN GINGER CUPCAKES – from www.Allrecipes.com

"Delicious, light and fluffy! These taste of Fall, and the crystallized ginger gives them a lovely little zing."

2 cups all-purpose flour 1 (3.4 ounce) package instant butterscotch pudding mix
2 tsp. baking soda ¼ tsp. salt 1 Tbsp. ground cinnamon
½ tsp. each : ground ginger, ground allspice ¼ tsp. ground cloves
1/3 cup finely chopped crystallized ginger 1 cup butter, room temperature
1 cup white sugar 1 cup packed brown sugar 4 eggs, room temperature
1 tsp. vanilla extract 1 (15 ounce) can pumpkin puree

Preheat an oven to 350° F. Grease 24 muffin cups, or line with paper muffin liners.

Whisk together the flour, pudding mix, baking soda, salt, cinnamon, ground ginger, allspice, cloves, and crystallized ginger in a bowl; set aside.

Beat the butter, white sugar, & brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Add the eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla and pumpkin puree with the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the batter into the prepared muffin cups. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

GINGER HONEY LEMONADE – Madeline Henry

3 cups water ½ cup honey ½ cup sugar ¼ cup minced peeled fresh ginger
1 ½ cups fresh lemon juice ice cubes

Bring 1 cup water, honey, sugar & ginger to a boil in a heavy medium saucepan, over high heat, stirring until sugar dissolves. Boil 5 minutes. Cool. Strain syrup into a pitcher. Mix in lemon juice & remaining 2 cups water. Fill pitcher with ice and let stand 5 minutes. Fill 4-6 glasses with ice & lemonade.

LIST OF OTHER RECIPE POSSIBILITIES:

Ginger Pear Chutney – Pickling Pantry
Peach Ginger Chutney – Pickling Pantry
Ginger Apple Chutney
Ginger Beer – www.allrecipes.com
Ginger Ale – Alton Brown
Creamy Orange Ginger Dressing – www.allrecipes.com
Ginger Chicken Salad – honeydew melon, celery, shallots, crystallized ginger – Basic Flavorings: Ginger.
Lemon Chicken – Basic Flavorings: Ginger.
Ginger Loaf – www.allrecipes.com
Ginger Sorbet – granite in Basic Flavorings: Ginger.
Ginger Shortbread – Basic Flavorings: Ginger.

STORING / PRESERVING GINGER

CHOOSE THE FRESHEST GINGER. Ginger does have a season, despite the fact that we see it year-round in most markets. Young ginger can be found in the spring, usually in Asian markets or grow it yourself! It isn't as strong as the older grocery store ginger. It has a fresh lively taste and a less fibrous texture, with hardly any skin.

If you want your ginger to last as long as possible, then you have to pick out the freshest ginger root and use it shortly after purchasing. To find the freshest ginger, look for ginger with a fresh and spicy fragrance and a nice smooth skin. The rhizomes of ginger should feel heavy and firm in your hands. Avoid any ginger that's wrinkled or feels a bit soft, wet, moist, or moldy.

Fresh Ginger will be okay on your kitchen counter for a few days. If you want to keep it any longer, you need to choose another method of storing/preserving your ginger.

Fresh ginger can be chopped, sliced, or julienned with a food processor, sharp knife, box grater, or micro-plane before being added to recipes.

To store ginger in the refrigerator, wrap the unpeeled root or chunks in a paper towel, then in a paper bag and place it in the crisper drawer of the refrigerator. **Ginger can last in the refrigerator for up to 3-4 weeks.**

To freeze ginger, wrap unpeeled "hand" of ginger in plastic food wrap....or cut into 1"-2" chunks and wrap. Put into plastic zipper bag, press out air, seal, and date. **Store in freezer for maximum of 4 months.** To use, take out the amount you need and return the remaining ginger to the freezer.

Freeze minced ginger. First, peel the ginger and mince or grate it finely. Then, spread or scoop the ginger on a tray that is lined with parchment, using portions that are teaspoon or tablespoon sized. Place the tray in the freezer until the ginger is completely frozen and then transfer it to an airtight container like Tupperware or a jar with a tight lid. Place it in the freezer and enjoy this minced ginger for **up to six months.**

For most stovetop cooking and smoothies, you can just throw the frozen ginger directly into your dish. For baked goods or raw dressings, let the ginger thaw first; it only takes a few minutes if the chunks are small enough.

Freeze chopped ginger. Chop up ginger into the size you'd like it to be for your future meals, whether it's into thumb-sized pieces or matchstick-sized pieces. You can mix and match, cutting up the ginger into any size you like while keeping on the skin. Then, store the ginger in an airtight container and place it in the fridge.

OR Cut the peeled ginger into medallions. If you know you'll cook the ginger in medallions, you can peel it, cut it up into a medallion shape, and then place it a glass bowl or another freezer-friendly open container. Place it in the freezer until the ginger is completely frozen, turning over the ginger after an hour to speed up the process if you like. Then, place the ginger in an airtight container and seal it. Place it in the freezer and enjoy this frozen ginger for at least three months.

Dried Ginger should be kept in a cool, dark space in an airtight container.

Dry Ginger for Baking - Mince the ginger into small pieces. Spread it in a shallow layer on a parchment paper-lined baking sheet and dry it in a 150°F oven, stirring occasionally. Grind the ginger in an electric grinder and store in airtight container. Be sure not to dry ginger in big pieces....it becomes rock hard when dried.

Crystallized Ginger - store in an airtight container in a cool, dark place for **up to three months.**

Pickle Ginger Strips - Peel and cut the ginger into thin strips and pickle it with a lightly tart vinegar brine. This is what is served as a palate cleanser with sushi and sashimi.

Ginger Juice - Make your own fresh ginger juice by pressing pieces of fresh ginger through a garlic press.

Place 1" chunks of fresh ginger in a jar of dry sherry or brandy. Stored in the fridge, it will keep up to several months.