

Ginger (Zingiber officinale)

Use 1-2 tsp for 4 servings

Description

Ginger has a warm, sweet aroma and a hot, biting flavour.

Ginger complements - curries, stir-fries, ham, gammon, fish, fruit, biscuits, cakes, puddings, pickles, chutney, Oriental and South East Asian dishes.

Did you know?

Ginger is a warming spice said to promote sweating and relieve colds. A teaspoon of Ginger in warm water is said to guard against travel sickness. Ginger is believed to be an aid to digestion and to help stimulate the circulation. Ginger was introduced to England before 1066 and was used mainly as a baking spice. Elizabeth I had a fancy for gingerbread which her cook made into the likeness of her courtiers, the prototype for our traditional gingerbread man.

Quality

Ground Ginger should have a strongly spicy flavour and pale cream colour. Gingerols are the principal flavour constituents.

Usage

Indian chat masala includes Ground Ginger. This is an unusual sour but fresh tasting spice mix which includes dried Mint.

It is used with fruit, vegetables, salads and lentil dishes.

Ginger is one of the warming spices - hence its use with melon to balance a cold food.

Morocco's intriguing spice mix, ras-el-hanout, contains a wide range of spices, amongst them dried Ginger. It is used in traditional tagines, couscous and in almond and honey desserts.

Glaze grilled chicken pieces with Ginger, honey and oil.

Use Ginger in stir-fry dishes to add a spicy warmth.

Sweet potatoes and carrots are delicious sprinkled with Ground Ginger.

Marinate fish with Ginger, sherry, garlic and, for a stronger flavour, Chinese 5 Spice Seasoning,



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

before baking or steaming.

Add ground Ginger to fruit crumble toppings.
