

Try Me!

# Ginger



## General Information

Ginger is an important spice in Asian and western cooking. It has been grown in Asia since ancient times. The use of ginger as a flavoring pre-dates historical records, however it is believed to have originated in India.

Ginger comes from the rhizomes at the base of the plant. It is not the root of the plant, but a special kind of swollen stem. This is why fresh ginger is sometimes referred to as “stem ginger”.

This versatile plant is not just a tasty spice, it is used all over the world to treat illness, mostly nausea.

## Select and Store

- ...► Choose fresh ginger over dried, it is superior in flavor and has higher levels of gingerol.
- ...► Make sure it is firm, smooth and free of mold.
- ...► Fresh ginger can be stored in the refrigerator for up to 3 weeks if it is left unpeeled.
- ...► For longer storage, keep unpeeled ginger in the freezer for up to 6 months.
- ...► Dried ginger powder should be kept tightly sealed in a glass container in a cool, dark and dry place.
- ...► Ginger powder can be stored in the refrigerator where it will have an extended shelf life of about one year.

## How to Enjoy Ginger

Remove the skin from the ginger by peeling it with a paring knife. Once you do this, it can be sliced, minced, or julienned. The taste that ginger imparts on your dish depends on when it is added during the cooking process.

Until recently, many British homes housed a “ginger beer plant”. This was a mass of fungi and bacteria that turned a sugary solution into a drink tasting like ginger beer. Today ginger beer is usually made in factories.

Added in the beginning, it will lend a subtle flavor while adding near the end, it will deliver a more pungent taste. Here are some ideas for adding ginger to your menu:

- ...► Make lemonade by combining freshly grated ginger with lemon juice, honey or sugar, and water.
- ...► Sprinkle grated ginger on your rice to add a little zip.
- ...► Try making a salad dressing using ginger, soy sauce, olive oil, and garlic.
- ...► Add ginger and orange juice to puréed sweet potatoes.
- ...► Spice up your healthy sautéed vegetables by adding freshly minced ginger.

## Medicinal uses

- ...► Ginger is effective in alleviating symptoms of gastrointestinal distress.
- ...► It contains the potent anti-inflammatory gingerols that help to reduce pain in many people with arthritis.
- ...► It has also been known to help protect against colorectal cancer.
- ...► The anti-nausea effects of ginger can help with motion sickness and provides short-term relief of pregnancy related nausea and vomiting.
- ...► Tea brewed from ginger is a common remedy for colds. You can purchase tea with ginger in it or you can make your own brew by steeping it in boiling water then adding honey, lemon, or orange.
- ...► In India ginger is applied as a paste to the temples to relieve headache and consumed when suffering from the common cold. Ginger with lemon and black salt is also used for nausea.

100g of ginger contains :  
Calories 80, fat 0.75,  
carbohydrates 18g,  
fiber 2g, protein 2 g,  
cholesterol 0

**MEATLESS  
MONDAY**

Sources: <http://en.wikipedia.org>  
<http://www.whfoods.com>  
[http://www.kew.org/plant-cultures/plants/ginger\\_landing.html](http://www.kew.org/plant-cultures/plants/ginger_landing.html)

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