

Description of Ginger

Ginger, (*Zingiber officinale*), a herbaceous perennial plant of the family Zingiberaceae, probably native to southeastern Asia, or its pungent aromatic rhizome (underground stem) is used as a spice, flavoring, food, and medicine.

Ginger is a member of a plant family that includes cardamom and turmeric.

History about Spice

Indians and Chinese are believed to have produced ginger as a tonic root for over 5,000 years to treat many ailments, and this plant is now cultivated throughout the humid tropics, with India being the largest producer. It was an exceedingly important article of trade and was exported from India to the Roman Empire over 2000 years ago, where it was especially valued for its medicinal properties.

Sources

- <https://www.theroastedroot.net/orange-ginger-glazed-turkey/>
- <https://www.afamilyfeast.com/ginger-maple-sweet-potato-casserole/#tasty-recipes-24693>
- <https://culturedtable.com/spices/ground-ginger-vs-fresh-ginger-root/#:~:text=Dried%20ginger%20is%20more%20concentrated,1%2F4%20teaspoon%20of%20ground.>
- <https://www.ncbi.nlm.nih.gov/books/NBK92775/#:~:text=Interestingly%2C%20ginger%20does%20not%20grow,India%20being%20the%20largest%20producer.>
- <https://seawindfoods.com/crystallized-ginger-spicy-sweet-superfood/#:~:text=Crystallized%20ginger%20refers%20to%20soft,rolled%20in%20sugar%20and%20dried.>

Information

The "Spice up Your Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for 1 of the recipes.- THIS KIT HAS ENOUGH FOR BOTH!

Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to reference@townhall.lib.wi.us and you might be featured on the Town Hall Library Website

One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



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Take & Make Spice Club Kit

Spice Up Your Life



November Ground Ginger Powder

Fresh Ginger vs. Dried Ginger: Cooking & Baking Tip!

Dried ginger is more concentrated than fresh. Using equivalents from Better Homes and Gardens, one teaspoon of ground ginger can be replaced with four tablespoons of fresh root. Conversely, if a recipe calls for one tablespoon of fresh ginger, use 1/4 teaspoon of ground.

Orange Ginger Turkey Glaze



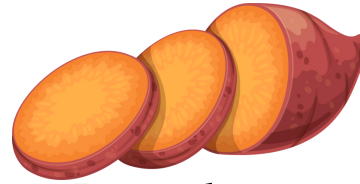
Ingredients

- 3/4 cup orange juice I used pulp-free store-bought
- 2 tablespoons soy sauce
- zest of 2 oranges
- **2 teaspoons ground ginger**
- 1 tablespoon pure maple syrup or honey
- 1/2 teaspoon sea salt

Directions

- While the turkey is roasting, make the orange-ginger glaze. Add all ingredients to a small saucepan or skillet and heat over medium. Bring to a full boil and continue cooking, stirring occasionally, until the liquid has reduced to half its original volume.
- 30 minutes before the turkey has finished roasting, remove it from the oven and brush the glaze over it. Continue roasting until finished.
- Remove the turkey from the oven and allow it to sit at least 15 minutes prior to slicing and serving.

Ginger Maple Sweet Potato Casserole



Ingredients

- 2 pounds sweet potatoes (about two large potatoes)
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup butter (1 stick)
- 1/2 cup whole milk
- 1/2 cup granulated sugar
- 3 tablespoons maple syrup
- 2 whole eggs
- **1/2 teaspoon ground ginger**
- 1/2 teaspoon salt
- Butter to grease a two-quart casserole dish

Topping

- 4 tablespoons butter, melted
- **1 tablespoon crystallized ginger, finely minced- optional**
- 1/2 cup brown sugar
- 1/2 cup all-purpose flour
- 1 cup pecans, coarsely chopped



Crystallized ginger:
Candy ginger is created by cutting ginger into small pieces and soaking it in a solution of sugar and water, then rolling the ginger in sugar and dried. Great during cold and flu season!

Ginger Maple Sweet Potato Casserole Directions

- Preheat oven to 475 degrees F. This high temp is necessary to get a nice browned surface on the outside of the potatoes.
- Peel the sweet potatoes and cut into 1/2-inch thick slices.
- Toss potato slices with oil, salt, and pepper and pour onto a foil-lined sheet pan.
- Roast for 30 minutes turning halfway through to tender.



- Reduce the oven to 350 degrees F.
- While the potatoes are cooking, put the stick of butter in a saucepan and bring the heat to medium to medium-low. The butter will melt, and then start to turn brown as it cooks. The milk fat will settle to the bottom and look like it is starting to burn there. Once the butter is deep brown (about 15 minutes or more), remove and strain the mixture through a fine sieve. Cool slightly. Discard solids and add the browned butter to the food processor with the cooked potatoes.
- Add the milk, sugar, and maple syrup and pulse to combine the ingredients.
- Add the eggs, ginger, and salt, and run the food processor until the mixture is thick and creamy.
- Butter a two-quart casserole dish and pour in the potato mixture.
- In a medium bowl, mix all of the topping ingredients and sprinkle over the potato mixture.
- Bake uncovered for about 45-50 minutes or until hot and bubbly and browned on top.
- Serve immediately.