

Ginger

History

It has been a part of healing strategies in Asia, India, Europe, and the Middle East for centuries for treatment of such disorders as arthritis, stomach upset, asthma, diabetes, and menstrual irregularities, to name a few. The Chinese have used ginger for over 5000 years as a digestive aid and anti-nausea remedy. In Traditional Chinese Medicine (TCM), ginger is considered a pungent, dry, warming, yang herb for ailments triggered by cold, damp weather. The Greeks wrapped ginger in bread for use after meals as a digestive aid. In medieval Europe it was incorporated directly into bread and confections as a digestif. Queen Elizabeth I of England is credited with the invention of the gingerbread man, which became a popular Christmas treat. Ginger was so valued by the Spanish that they established ginger plantations in Jamaica in the 1600's. "Canada Dry Ginger Ale" was patented in 1907 by Canadian pharmacist John J. McLaughlin and became a popular beverage in America during prohibition (3,4).



Honey Ginger Chicken



INGREDIENTS

- 4 pieces chicken thigh boneless skin-on
- Salt and pepper
- ¼ cup cornstarch
- 3.5 tablespoon Soy Sauce
- 2.5 tablespoon honey
- 1/4 teaspoon ground ginger
- 3 cloves garlic *grated*
- 2 tablespoon sake *optional*

INSTRUCTIONS

1. Mix soy sauce, honey, ginger, garlic, and sake to prepare the sauce.
2. Season the chicken with salt and pepper, and coat the chicken with a thin layer of cornstarch on both sides.
3. In a pan, drizzle in oil and turn the heat to medium-high. Once the pan is hot, add the chicken, skin side facing down.
4. Pan-fry the chicken for 4 minutes on each side or until crispy and golden brown. Remove and set aside.
5. Pour in the sauce, Mix, and simmer for 30 seconds
6. Add back in the chicken and cook for 1 minute on each side on high heat.
7. Serve with rice.

Find it online: <https://tiffycooks.com/the-best-honey-ginger-chicken/>

Gingersnap Cookies



INGREDIENTS

- 2 cups flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 3/4 cup shortening
- 1 cup sugar
- 1/4 cup molasses
- 1 egg
- Additional sugar, for rolling

INSTRUCTIONS

1. Preheat oven to 350°F. Mix flour, baking soda, salt and spices in medium bowl. Set aside. Beat shortening and sugar in large bowl with electric mixer on medium speed until light and fluffy. Beat in molasses and egg. Gradually stir in flour mixture until well mixed.
2. Shape dough into 1-inch balls. Roll in additional sugar to coat. Place 2 inches apart on ungreased baking sheets.
3. Bake 12 minutes. Cool on baking sheets 1 minute. Remove to wire racks; cool completely. Store in airtight container.

FIND IT ONLINE: <https://www.mccormick.com/recipes/dessert/gingersnap-cookies>

Gingery Ground Beef

INGREDIENTS

- 1 pound 90/10 ground beef
- ¼ cup low sodium soy sauce or tamari
- 1 tablespoon brown sugar
- 1/4 teaspoon ground ginger
- 1 cup frozen peas
- cooked rice, for serving (optional)

INSTRUCTIONS

1. In a large skillet over medium-high heat, combine the beef, soy sauce, ¼ cup water, brown sugar and ginger. Cook, breaking it up with a wooden spoon, until browned, about 8 minutes.
2. Stir in the peas, then continue cooking until most of the liquid has evaporated, about 5 more minutes.
3. Serve over cooked rice, if using.



FIND IT ONLINE: <https://themodernproper.com/gingery-ground-beef-soboro-donburi>