

## Ginger



For more than 2,500 years, ginger has been used to treat ailments and please the pallet. Today the edible portion of the knobby perennial plant is used worldwide in a variety of ways. In France they use it to flavor a liqueur and the United Kingdom produces a ginger flavored wine. In the Middle East, ginger powder is used as a spice for coffee and in the West, ginger is used to satisfy the sweet tooth with gingerbread, ginger ale, ginger snaps and even ginger candy.

Generally ginger is used to improve digestion, absorption and assimilation. In addition, ginger has been used frequently for dyspepsia and colic, to ease pain from arthritis, has blood thinning and cholesterol lowering properties that can help treat heart disease, and can be an effective treatment for nausea.

On the more acute side, ginger has anti-inflammatory properties that can lessen the pain of rheumatoid arthritis. Ginger is also well known for its warming action on the upper respiratory tract, so it has been used to treat colds and flu.

Ginger also has a wholesome effect on the circulatory system as it makes the platelets less sticky and is of great benefit in case of circulatory disorders.

As a mood enhancer, ginger's cineole content may help contribute to stress relief. It is a great mouth freshener and ginger tea has vastly refreshing properties. What many people do not know is that ginger can also be used for anti-aging purposes. The root and the oil of ginger are both highly suitable additions to any anti-ageing regimen and it is simple to learn how to use them for this purpose.

Some invaluable tips that you can use on a daily basis:

Chop up fresh ginger and use in stir fries several times a week (make sure ginger is peeled).

Juice up an inch of peeled ginger with six carrot and an apple and drink it up fresh first thing in the morning to maximise its cleansing benefits.

Save some drops from the raw ginger juice so you can add it into your favourite moisturiser to help fight signs of anti ageing.

Add grated ginger to your bath to ease aching muscles and joint pain.

Make your own fresh ginger tea and drink a few cups every day. Slice up ginger thinly and pour boiling water over it. Leave it to steep in the hot water for 15 mins, add honey and then drink up to detox your overworked liver!! Take a ginger supplement daily.

To vary the taste of your ginger tea, you can add cloves, cinnamon, cardamom and other such spices to give your ginger beverage a twist. Lemon is another option to add to your ginger tea. This will of course give added benefits thus invigorating and rejuvenating your spirits.

Get into a ritual of sipping at warm ginger infusions at least three times a day (preferably after meals) to keep that liver detoxed and your skin looking fresh!!

This delicious low fat Ginger and carrot soup recipe is a great way to subdue those hunger pangs at lunch time with a couple of slices of rye or brown bread.

It can also be couple with brown rice as a healthy dinner option.

## Low Fat Ginger-Carrot Soup Recipe

### Ingredients:

Three carrots, scrubbed and grated  
2 cups fat free chicken broth  
2 teaspoons minced, peeled gingerroot  
Two garlic cloves, minced  
1/4 teaspoon freshly ground pepper  
1/4 teaspoon ground allspice  
1 cup finely chopped tomatoes  
1/2 cup tomato puree  
Recipe makes four servings.

### Directions

1. In a large saucepan or Dutch oven, combine the carrots, broth, gingerroot, garlic, pepper and allspice; bring to a boil.
2. Reduce the heat and simmer until the carrots are tender, about ten minutes.
3. Transfer to a blender, add the tomatoes and puree and blenderise for 30 seconds.
4. Return to the saucepan and cook, stirring, until heated through, for another two to three minutes until the soup has boiled.

With the lovely hot weather approaching it might be more acceptable to your palette to go for the cooler ginger infusions!!

## Delectable Ginger Ale recipe

### Ingredients

#### *Ginger Water*

1 cup peeled, finely chopped ginger  
2 cups of water

#### *Simple Syrup*

1 cup sugar  
1 cup water  
Club Soda  
Lime Juice  
Lime Wedges



## Method

1. Bring 2 cups of water to a boil in a saucepan. Add the sliced ginger. Reduce heat to medium low and let the ginger sit in the simmering water for 5 minutes. Remove from heat and let steep for another 20 minutes. Strain the liquid through a fine sieve and discard the ginger pieces.
2. In another saucepan, make the Simple Syrup by dissolving 1 cup granulated sugar into 1 cup of boiling water. Set this mixture aside.
3. Make individual (tall) glasses of ginger ale by mixing ½ cup of ginger water and 1/3 cup of Simple Syrup and ½ cup of club today.
4. Add a few drops of fresh lime juice and a lime wedge to each glass.
5. If serving this drink to kids try and slip in small bits of chopped peaches, apples and any other fruits that they might like. Get experimental!! For the grown ups try a pinch of cinnamon powder!

## Wicked Ginger Cake

### Ingredients

- 2 cups all-purpose flour
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground Cayenne pepper
- 3/4 cup mild molasses
- 3/4 cup granulated sugar
- 3/4 cup Applesauce
- 3/4 cup water
- 1 1/2 teaspoons baking soda
- 3 ounces fresh ginger, peeled, grated, and finely chopped (from a 4-inch piece)
- 2 large eggs, room temperature
- Handful of flaked almonds



## Method

1. Heat the oven to 350°F. Butter and flour a 9-inch round cake pan and then set aside.
2. In a deep bowl whisk together flour, cinnamon, cloves, and pepper to break up lumps and aerate the mixture; set this aside too.
3. In a large mixing bowl, whisk together the molasses, sugar and Applesauce.
4. Bring the water to a boil in a small saucepan, stir in the baking soda, and then mix in the molasses mixture. Remove from heat and add the ginger.
5. Gradually whisk the dry ingredients into the batter. Add the eggs, and continue mixing until everything is thoroughly combined.
6. Gently fold in the flaked almonds with a rubber spatula ensuring you do it gently to avoid breaking flakes
7. Scrape into the prepared pan with the rubber spatula, and bake until a toothpick inserted comes out clean, 45 to 50 minutes. Cool the cake for at least 30 minutes before removing from the pan.
8. Serve this cake with a scoop of vanilla ice cream and a drizzle of chocolate sauce if you fancy

Now switch your mobile off, kick off your shoes, tuck your feet under and sit back and enjoy this wicked treat!! Savour every mouthful with all your senses and this time do not invite your family and friends round!! This is your very own sinful little secret that will keep for a few days in the refrigerator!!

After having tried the above treats you will never look at the humble ginger in quite the same light ever again!