



The Etna Library's



Spice
of the
Month
Program

Spice for Jan, 2024: **GINGER**

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

Its use in India and China has been known from ancient times, and by the 1st century CE traders had taken ginger into the Mediterranean region. By the 11th century it was well known in England.

The Spaniards brought it to the West Indies and Mexico soon after the conquest, and by 1547 ginger was being exported from Santiago to Spain.

The spice has a slightly biting taste and is used, usually dried and ground, to flavour breads, sauces, curry dishes, confections, pickles, and ginger ale. The fresh rhizome, green ginger, is used in cooking. The peeled rhizomes may be preserved by boiling in syrup. In Japan and elsewhere, slices of ginger are eaten between dishes or courses to clear the palate.

Eldridge, Alison. "Ginger." *Encyclopædia Britannica*, Encyclopædia Britannica, Inc., 30 Nov. 2020, www.britannica.com/plant/ginger.



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Chewy Ginger Molasses Cookies



Prep Time: 15 min
Cook Time: 10 min
Servings: 4

These Chewy Ginger Molasses Cookies are easy to make, super-soft and chewy, and irresistibly delicious.

Ingredients:

- 1 1/2 cups unsalted butter, softened to room temperature (not melted)
- 1 cup granulated (white) sugar
- 1 cup packed brown sugar
- 1/2 cup unsulphured molasses
- 2 eggs
- 4 1/2 cups all-purpose flour
- 4 teaspoons baking soda
- 1 tablespoon ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon salt

Directions:

1. In a medium bowl, whisk together flour, soda, cinnamon, cloves, ginger and salt. Set aside.
2. Using a separate mixing bowl, cream together the softened butter and sugars on medium-high speed about 2 minutes. Mix in the eggs and molasses. Gradually add in the dry ingredient mixture and beat until it is evenly incorporated.
3. Transfer the dough to an airtight container and refrigerate for at least 2 hours.
4. Preheat oven to 350°F. Line a sheet pan with parchment paper; set aside.
5. Roll the dough into small balls, about 1-inch in diameter. Fill a separate small bowl with sugar and roll each ball in the sugar until it is completely coated. Place dough balls on baking sheet.
6. Bake for 8-10 minutes. Remove from the oven and let cool for 4-5 minutes.

Cilantro Ginger Carrots



Prep Time: 5 min
Cook Time: 6 min
Servings: 4

Peppery-sweet ginger and cooling cilantro have starring roles in this colorful side of crisp-tender carrots.

Ingredients:

- 1 tablespoon butter
- 1 pound carrots
- 1 1/2 teaspoons ginger
- 2 tablespoons chopped cilantro
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. In a large cast-iron or other heavy skillet, heat butter over medium-high heat.
2. Add carrots; cook and stir until crisp-tender, 4-6 minutes.
3. Add ginger; cook 1 minute longer. Stir in cilantro, salt and pepper.

Source for these recipes:
www.tasteofhome.com