

SPICES: GINGER

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1 Read the information about ginger and answer the following questions.

Biological name: Zingiber officinale

Family: Zingiberaceae

Season: winter

Characteristics

Ginger is a tuberous rhizome, a continuously growing horizontal underground stem, which puts out lateral shoots and roots at intervals. It is a perennial herbaceous plant typical of tropical climates, but also grows in the warm areas of temperate regions, sometimes up to 1.5 m in height. Depending on the variety, its rhizomes vary in size and colour (white, yellow or red) and their flesh have a peppery and spicy flavour.

Nutritional facts

Ginger is considered a diuretic, antiseptic, stomachic, antipyretic and tonic. It is also considered beneficial for sufferers of coughs, colds, rheumatic pains and flatulence.

Uses

Ginger can be bought fresh, dried or tinned and it can be candied, ground, crystallised, or sliced and preserved in vinegar. It aromatizes meat, poultry, fish, seafood, rice, marinades, tofu, sauces, vegetables, soups, desserts, biscuits, fruit and drinks; it is also used in jams and beer and fizzy drinks are made from its essential oil. Ground ginger is one of the main components of curries and it also goes well with bananas and apples.



	per 5 ml (2 g) of product
potassium	24 mg
magnesium	3 mg
phosphorus	3 mg

- 1 What is a rhizome?
- 2 Where does ginger usually grow?
- 3 How ginger look and taste?
- 4 What are the health properties of ginger?
- 5 In which forms can you buy ginger?
- 6 How would you use ginger?

ON THE NET!

2 Have a look at the video *Stir Fried Pork with Chinese Cabbage and Ginger Recipe* and order the recipe instructions. The first and last are done for you.

- a Add cabbage, garlic, ginger, chilli, noodles, sauce, spring onions and coriander to the wok.
- b Add some peanut oil to a hot wok and cook the pork until nicely coloured.
- c Cook, drain and cool the noodles under cold water.
- d Finely slice the spring onions and finely dice the red chilli, rolling the seeds out.
- e Plate up and finish with a little drizzle of sesame oil.
- f Shred the cabbage in half lengthways and in half again.
- g Skin and finely dice the ginger, mince up the garlic and pick and chop the coriander.
- h Trim off the pork fillet, cut into slices and mix the ingredients together for the sauce.



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3 Write instructions for your own recipe using ginger.