

Cooking with Conshy Spice Packet



Ginger

Ginger is a member of a plant family that includes cardamom and turmeric. Ginger is an important seasoning common in Indian, Chinese, Korean, Japanese, and Vietnamese cuisines. Ginger is used in numerous forms, including fresh, dried, pickled, preserved, crystallized, candied, and powdered or ground. Ginger is a main component of kimchi and is popularly pickled in vinegar or sherry and served alongside sushi as a palette cleanser. The root can be candied, and it provides a bright spiciness to ginger snaps. Ginger beer is a non-alcoholic soda flavored with the root's juice. Ginger also is commonly infused in wine and other alcohols. Ginger has some health benefits, especially with nausea relief. Ginger is also a popular home remedy for sore throats. Ginger has a pungent and hot flavor that hits the sinuses strongly.

- Use it in marinades and soups
- Make yourself some ginger tea before bedtime, or add it to your chai tea
- Add it to your vegetables and stir fry
- Add it to your cookies or other sweet baked goods to add some extra flavor
- Add it your main course! Ginger is great on meat, seafood, or other proteins
-

Recipe SUGGESTIONS:

Honey Ginger Roasted Carrots

These sweet and savory carrots are roasted in a honey, ginger, brown sugar and soy sauce glaze.

Author: Danielle, Let's Dish **Prep:** 15 min **Cook:** 25min **Total Time:** 40 minutes **Yield:** 4 servings

Ingredients

- 1 pound carrots peeled (whole or cut into pieces—larger carrots may need to be halved lengthwise)
- 1/4 cup honey
- 1/4 cup olive oil
- 1-2 teaspoons fresh grated ginger
- 1 tablespoon soy sauce
- 1 clove garlic minced
- 1 tablespoon brown sugar
- Salt & pepper to taste
- Sesame seeds for garnish (optional)



Scan Here for
Honey Ginger Roasted Carrots

Cooking with Conshy Spice Packet



Instructions

1. Preheat oven to 400 degrees. Line a baking sheet with foil and spray with non-stick cooking spray.
2. In a small bowl, whisk together honey, olive oil, ginger, soy sauce, garlic, brown sugar and salt and pepper. Toss carrots with glaze (in a large bowl, or right on the foil-lined pan).
3. Bake for 15-25 minutes (depending on the size of your carrots), turning and stirring once during cooking, until carrots are tender. If desired, sprinkle with sesame seeds before serving.

Bourbon Chicken

Author: Lucy Loo, AllRecipes **Prep Time:** 15 min **Cook Time:** 15 min **Total Time:** 30 min **Serves:** 4

Bourbon chicken is a dish with New Orleans roots that's easy to make with chicken thigh pieces cooked in a sweet brown sugar, bourbon, ginger, garlic, and soy sauce glaze. Serve with rice for a restaurant-worthy meal.

Ingredients

- 1 ½ pounds skinless boneless chicken thighs, cut in 1-inch pieces
- 2 tablespoons cornstarch, divided
- 2 tablespoons olive oil, divided
- ¼ cup minced onion
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- ⅓ cup reduced-sodium soy sauce
- ⅓ cup reduced sodium chicken broth
- ¼ cup bourbon (or apple juice)
- 3 tablespoons packed brown sugar
- 1 tablespoon cider vinegar
- ¼ teaspoon crushed red pepper
- 2 cups cooked rice
- 2 green onions, sliced



Scan Here for
Bourbon Chicken

Directions

1. Gather Ingredients.
2. Toss chicken with 1 tablespoon cornstarch in a medium bowl.
3. Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat; add chicken. Cook and stir until browned; transfer to a plate using a slotted spoon.
4. Heat remaining 1 tablespoon oil in same skillet. Add onion, garlic, and ginger; cook and stir until softened and fragrant, 1 to 3 minutes.
5. Stir remaining 1 tablespoon cornstarch, soy sauce, broth, bourbon, brown sugar, vinegar, and crushed red pepper together in a small bowl.
6. Add sauce mixture to skillet; cook and stir until thickened and bubbly.
7. Return chicken to skillet. Cook and stir until coated in sauce and heated through, about 2 minutes.

Cooking with Conshy Spice Packet



8. Serve over rice. Top with green onions.

Ginger Molasses Cookies

Author: Bella Bucchiotti **Yields:** 12 large cookies **Prep Time:** 10 min **Cook Time:** 15 min

You don't have to go all the way to Starbucks to enjoy gingersnap molasses cookies. Make your own Starbucks ginger molasses cookies at home! This is the best ginger molasses cookie recipe. If you are a fan of gingerbread cookies, you will love these!

Ingredients

- 2 1/4 Cup all purpose flour
- 1 Cup brown sugar dark
- 3/4 Cup unsalted butter, softened
- 1/4 Cup molasses (light flavoured)
- 1 egg (large)
- 2 Teaspoon baking soda
- 1 1/4 Teaspoon ground ginger
- 1 Teaspoon ground cinnamon
- 1/4 Teaspoon salt
- 1/4 Teaspoon nutmeg
- 3/4 Cup granulated sugar



Scan Here for
Ginger Molasses Cookies



Directions

1. Preheat oven to 375 degrees F. Line a couple large baking sheets with parchment paper.
2. In a large bowl with an electric mixer or in the bowl of a stand mixer, cream together the brown sugar and butter until light and airy 3 to 4 minutes.
3. Slowly stream in the molasses, once combined, scrape the sides and add in the egg. Mix until fully combined and airy again.
4. Sift in the flour, salt, baking soda, and spices into the butter mixture, and combine on low speed until a thick dough forms.
5. Place the white sugar into a small bowl and set it nearby/
6. Fill a small cup or bowl with water and set it nearby.
7. Scoop about 1/4 cup of the dough out into the palm of your hand, roll the dough into a ball.
8. Take the ball of dough and roll it in the bowl of sugar so that it is generously covered in sugar. Set the ball onto a baking sheet then dip your fingers into the cup of water to dampen them and press the ball down lightly to flatten the ball
9. Repeat this step, keeping plenty of space between the cookies on the baking sheet (5-6 per sheet)
10. Bake one sheet of cookies at a time on the middle rack of your preheated oven. Keep the other sheet of dough in your fridge while the first sheet is baking. Bake for 10 to 15 minutes, until the cookies have hardened on the edges and have spread.
11. Take the cookies out and let cool.
12. Bake the second tray of cookies.

Cooking with Conshy Spice Packet

What did you make with your Ginger?

Post your pictures on Facebook & Instagram with #CookingWithConshy