



Baby Ginger and Turmeric Ideas

Fresh baby ginger and turmeric can be frozen for convenience of having quality products on hand at all times. Simply remove pieces from freezer and grate desired amount as needed. Return unused portions to freezer.

Typically, you can use a 1:3 rate for converting powders to fresh herbs---including ginger and turmeric. So, 1 T ginger or turmeric powder would be equal to 3 T of the fresh product.

Don't hesitate to experiment with adding healthy ginger and turmeric to your favorite foods. For instance, grated turmeric in scrambled eggs is delicious! It is suggested that black pepper may help increase absorption of the goodness found in turmeric—so, add a dash!

Deep-Flavor Slaw

6 oz. sliced Shiitake mushrooms (Use fresh or re-hydrated mushrooms lightly roasted)
1 cup finely shredded cabbage
¼ cup turmeric grated (or 1 T turmeric powder)
¼ cup baby ginger grated (or 1 T minced crystallized ginger)
¼ cup minced red bell pepper
Garlic/salt to taste
½ tsp. red pepper flakes
¼ cup rice vinegar

Toss together gently all ingredients. Best if marinated several hours—delicious leftover!

Golden Milk

2 cups milk of choice
2 T grated turmeric
2 T grated ginger
½ t cinnamon
1 t sweetener of choice
Pinch of black pepper (increases absorption)
Pinch of cayenne pepper (optional)

Place all ingredients in small saucepan. Blend with hand blender until smooth. Heat for 3-5 minutes until hot, but not boiling. Enjoy immediately!

Ginger-Turmeric Chicken

Mix the following marinade in glass bowl:
2 T Bragg liquid aminos (or soy sauce)
3 T fresh lime or lemon juice
2 t zest from lime or lemon
2 T grated ginger
1 T grated turmeric
1 T Fogwood Food Ghost Pepper Jelly (If you must, substitute 1 T honey and ¼ t red pepper!)
1 t minced garlic
½ t black pepper
1 T coconut oil

Add one pound boneless chicken and toss well in marinade. Refrigerate at least 2 hours. Grease baking pan with coconut oil. Add chicken pieces all the marinade. Bake uncovered at 400 degrees for 25 minutes.

Ginger Syrup

1/3 cup grated ginger
4 cups water
2 cups sugar
Pinch salt

Mix all ingredients in sauce pan. Simmer 45 minutes. Store in refrigerator for a great remedy for a stomach ache or cough . . . as well as delicious over favorite fruit or ice cream!