

Everyone Eats

Cultural Community Garden

BABY GINGER

Ginger belongs to the Zingiberaceae family with cardamom and turmeric and is native to tropical Asia, though used widely on all continents. Baby ginger is harvested before maturity. It shares the same knobby multiple,-branched shape as the mature root, but it has very thin skin and faint pink tone around the tips. The flavor

is fragrant but much more mild than mature ginger. Most of the world's ginger is produced in tropical Asian countries. Hawaii is the only US state that can grow ginger commercially. Baby ginger, however, can be grown elsewhere in the US and harvested while it's young in the fall before the winter cold sets in.

BENEFITS

- Can treat nausea and viral infections
- Antioxidant and anti-inflammatory properties

HOW TO STORE

Baby ginger will last up to 2 weeks in a bag or container in the refrigerator. It freezes well when minced, thinly sliced, or the entire root can be grated when frozen.



HOW TO PREPARE

The skin of baby ginger is soft enough to be rubbed off with a wet paper towel. It can then be cut into the shape and size of pieces needed for the recipe. Baby ginger's more subtle flavor makes it ideal for pickles, syrups, quick stir fries, or preserved foods like jams or pickles.

WHERE TO FIND

- St. Mary's Episcopal Church - 3055 Main Street, Barnstable
- Marina F. Andrews Community Garden at Tony Andrews Farm - Berry Patch Lane, East Falmouth
- Faith Assembly of God - 154 Bearses Way, Hyannis
- Canaan Seventh-Day Adventist Church - 204 Route 28, West Yarmouth



Pickled Ginger (Gari)

Servings: 1 cup

Prep Time: 15 minutes; Pickling time: 4 hours

Ingredients

- 8 oz young ginger
- 2 tsp kosher or sea salt
- 1 cup rice vinegar (unseasoned)
- ¾ cup sugar
- 1 tsp kosher or sea salt



Instructions

1. Gather all the ingredients.
2. Using a knife (you can also use the back of the knife or spoon), scrape off brown spots and thin skin of the ginger.
3. Using a peeler, thinly slice the ginger. You can also use a mandolin. I prefer to use a peeler as I can slice it very thinly.
4. When you can't slice the ginger anymore with the peeler/mandolin, use the knife to slice it thinly.
5. Sprinkle 2 tsp salt and set aside for 5 minutes.
6. Meanwhile, bring a medium pot of water to a boil. Once boiling, blanch the thinly sliced ginger for 1-2 minutes. If you want to keep it spicy, take it out after 1.5 minutes.
7. Drain the ginger slices into a sieve. Let cool slightly so you can handle it with your hands.
8. With your clean hands, spread them out in a single layer over a large sieve or paper towel/wire rack and let cool. This helps remove moisture.
9. Squeeze the water out from the ginger and put it in a sterilized airtight jar.
10. In a small saucepan, add rice vinegar, sugar, and salt.
11. Mix and bring it to a boil on medium heat. Cook the vinegar mixture until the strong vinegar smell has evaporated and sugar has completely dissolved.
12. Remove from the heat and let cool slightly (so it doesn't break the glass jar). Pour the hot vinegar mixture into the jar with ginger slices. Using a clean chopsticks (or any utensil), mix well together. Close the lid, let cool completely, and refrigerate.
13. After 4 hours or so, the ginger will turn slightly pink. I recommend waiting until the following day or a few more days to enjoy.
14. Keep pickled ginger in an airtight container and store in the refrigerator for up to 1 year. Always use clean utensils to pick up pickled ginger if you want to keep the pickled ginger for a long time.

Source: <https://www.justonecookbook.com/pickled-ginger/>

Chicken with Young Ginger

Serves: 4

Time: 1 hour

Ingredients

- 2 ²/₃ oz plump fresh ginger
- 1 spring onion, white part only
- 4 boned chicken thighs
- 2 tbsp cooking oil
- 1 tbsp Shaoxing wine (sub dry sherry or mirin)
- ¼ tsp potato starch mixed with ½ tsp cold water (can sub cornstarch or arrowroot powder)
- A few 2" lengths of spring onion, green parts only
- 1 tsp sesame oil
- Ground white pepper

Marinade

- ½ tsp salt
- ½ tbsp Shaoxing wine (sub dry sherry or mirin)
- 2 tsp potato starch (or cornstarch)
- 2 tsp cold water

Sauce

- 1 tsp light soy sauce
- ½ tsp dark soy sauce
- ½ tsp granulated sugar
- 2 tbsp stock or water



Instructions

1. Peel the ginger and cut it into thin slices (~1/16 of an inch). Smack the spring onion white gently with the flat side of a Chinese cleaver or a rolling pin to loosen its fibers.
2. Cut the chicken into bite-sized pieces, put it in a bowl with the marinade ingredients and stir well.
3. Combine the sauce ingredients in a small bowl.
4. Heat the oil in a seasoned wok over a high flame. Add the ginger and spring onion white and stir-fry until they smell wonderfully fragrant.
5. Add the chicken and continue to stir-fry over a high heat, separating the pieces as you go.
6. When the chicken is cooked through and beginning to color, splash in the Shaoxing wine, then give the sauce a stir and add to the wok.
7. Bring it to a fast boil and season with a pinch or two of pepper to taste. Give the starch mixture a stir and add it to the wok, stirring as the liquid thickens to a glossy sauce.
8. Add the spring onion greens and give them a brief lick of heat. Finally, off the heat, stir in the sesame oil, then serve.

Source: <https://www.souschef.co.uk/blogs/the-bureau-of-taste/fuchsia-dunlops-chicken-with-young-ginger>

