

Did you know...

Ginger is a plant that is typically grown in Asia, and the root of the ginger plant is what is used as a spice. China and India have been using and consuming ginger since ancient times, and over time, various spice trades brought ginger all over the world.

The distinct taste of ginger is used in all types of cooking, from soups and curries to pies and cookies. Ginger is also a pickling agent and can be used between meals to cleanse the palate.

Along with its taste, ginger is well-known for its medical properties. An effective anti-inflammatory, ginger is used to soothe a nauseous stomach, ward off the flu, and help with osteoarthritis.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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Thunder Bay
Public Library

Spice Club



November 2022
Spice of the Month:
Ground Ginger

Chicken Thighs with Ginger and Apricots

Ingredients

- 4 chicken thighs, skin on, bone in
- 1/2 tsp. ground ginger
- 1 1/2 tbsp. fresh ginger, peeled and finely chopped
- 100 ml dry white wine
- 1 1/2 tbsp. white balsamic vinegar
- 1 tbsp. honey
- 4 large ripe apricots, halved
- 2 sprigs fresh rosemary

Directions:

- Preheat the oven to 400 degrees
- Season the chicken with salt and pepper and sprinkle the skins with the ground ginger. Heat olive oil in a large ovenproof frying pan or shallow casserole dish over high heat. Brown chicken on both sides, then set aside.
- Pour off any excess oil from the pan, add the chopped ginger and gently fry for 2–3 min, until soft. Add the wine, followed by the vinegar and the honey. Allow to cook for a minute, until sauce has thickened.
- Add the apricot and rosemary. Return the chicken to the pan, skin side up, one thigh on top of each piece of rosemary. Transfer the pan, uncovered, to oven and roast for 35 min, or until the apricots are tender and slightly caramelized and the the chicken is crispy and cooked.

Curried Squash and Pear Soup

Ingredients

- 6 cups cubed butternut squash, (about 1 1/2 pounds)
- 3 tbsp. extra virgin olive oil
- 1 tsp. butter
- 1 medium onion, chopped
- 2 1/2 tsp. yellow curry powder
- 1/2 tsp. ground ginger
- Pinch nutmeg
- 2 cups peeled, chopped Bartlett pear (about 3 pears)
- 1 1/2 cups water
- 1 cup pear nectar
- 4 cups chicken or vegetable stock
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1/4 cup heavy whipping cream
- 1 small Bartlett pear, cored and thinly sliced, for garnish



Directions

- Heat 2 tbsp. olive oil and 1 tsp. butter in a large, thick-bottomed pot on high heat. Add the cubed butternut squash. Toss to coat with the oil. Let cook until lightly browned. Remove with a slotted spoon to a bowl.
- Add 1 tbsp. of olive oil to the pot. Add the chopped onion. Lower the heat to medium and cook for a few minutes to soften. Then add the curry powder, ground ginger, and nutmeg. Cook for a few minutes more.
- Add the chopped pear and toss to coat. Cook for a minute more.
- Add the browned butternut squash to the onion pear mixture. Add the water, stock, pear nectar, salt, and pepper. Bring to a boil on high heat. Partially cover, reduce heat, and simmer 30 more minutes.
- Purée using an immersion blender. If using a standing blender, purée a third of the soup at a time.
- Turn off the heat, and stir in 1/4 cup of cream. Ladle soup into bowls, and garnish with pear slices to serve.

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