Poplar Creek Public Library District's

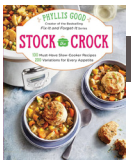
SPICE CLUB

GINGER RECIPES

August 2026

Want to expand your family's exposure to flavors and tasty combinations? This is a safe place to start. Chicken and rice are mixed with the familiar peanut butter and slightly more daring fresh ginger and hot pepper sauce.

Recipe and excerpt from the following cookbook



STOCK THE CROCK

by Phyllis Good

Call #: 641.5884 Goo

Available for checkout from the Poplar Creek Public Library District.

PEANUT GINGER CHICKEN

Makes 6-7 Servings

½ cup boiling water (heat it in the microwave)

½ cup smooth peanut butter (chunky works, too, as long as you don't mind the peanut pieces)

2 tablespoons olive oil

2 tablespoons apple cider vinegar

4 garlic cloves, minced

1 tablespoon grated fresh ginger or ¾ teaspoon ground ginger

¼ cup bottled Cholula hot sauce or chipotle sauce

¼ cup soy sauce

3 pounds boneless, skinless chicken thighs

fresh toppers: 2 to 3 tablespoons chopped fresh parsley or cilantro, 2 or 3 tablespoons chopped peanuts, optional

1. Grease the interior of the slow cooker crock with butter or nonstick cooking spray.

2. Whisk together the boiling water and peanut butter in the prepared crock.

3. When the mixture is smooth, stir in the olive oil and next 5 ingredients (through soy sauce).

4. Add the thighs to the sauce, turning each one over in the sauce so that they're well coated.

5. Cover. Cook on Low 3 to 4 hours, or just until an instant-read meat thermometer registers 175°F when stuck into the thickest part of the thighs.

6. Just before serving, sprinkle the meat and sauce with chopped fresh parsley or cilantro, and, if desired, chopped peanuts.

MAKE IT GLUTEN-FREE
Check the labels on the peanut butter, Cholula hot sauce or chipotle sauce, and soy sauce to ensure you are using gluten-free versions.

MAKE IT FOR PICKY EATERS
Omit the Cholula hot sauce or chipotle sauce as both pack some heat. Rather than adding it to the cooking sauce, bring bottles to the table and let individual eaters decide whether to add them to their plates.

My father loves anything with a tangy orange flavor. I combined that with his other favorite ingredients in his honor.

Recipe and excerpt from the following cookbook

THE GREEK YOGURT KITCHEN

by Toby Amidor

Call #: 641.671476 Ami

Available for checkout from the Poplar Creek Public Library District.
This is also available as an eBook.

SPINACH SALAD WITH ORANGE-GINGER DRESSING

Makes 4 Servings

FOR SALAD

1 bunch (about ⅓ pound) fresh spinach

6 ounces cherry tomatoes

1 (6-ounce) can pitted black olives

4 Kirby or Persian cucumbers

2 medium carrots

⅓ cup unsalted shelled pumpkin seeds

FOR DRESSING

½ teaspoon grated orange zest

2 tablespoons fresh orange juice

1 teaspoon honey

¼ teaspoon salt

⅛ teaspoon ground ginger

⅛ teaspoon ground cinnamon

½ cup nonfat plain Greek yogurt

1. Remove the stems from the spinach and tear the leaves into bite-size pieces.

2. Slice the cherry tomatoes in half lengthwise. Slice the black olives in half lengthwise. Slice the cucumbers in half lengthwise, then into ¼-inch-thick half-moons. Peel and grate the carrots. Place all the vegetables, the olives, and the pumpkin seeds in a large bowl and toss to combine.

3. To make the dressing: Whisk the orange zest, orange juice, honey, salt, ginger, and cinnamon together in a small bowl. Whisk in the yogurt until well combined.

4. Place 2 cups of the salad in each of four salad bowls. Top each serving with 2 tablespoons of the dressing, and toss to combine. Serve immediately.

Give a simple apple crisp an autumnal twist with juicy pears and gentle spicing.

Recipe and excerpt from the following cookbook

THE AMERICAN COOKBOOK: A FRESH TAKE ON CLASSIC RECIPES

by Elena Rosemond-Hoerr

Call #: 641.5973 Ros

Available for checkout from the Poplar Creek Public Library District.

SPICED APPLE AND PEAR CRISP

Makes 4-6 Servings

2 tablespoons butter

3 apples, peeled and thickly sliced

3 pears, peeled and thickly sliced

2 tablespoons light brown sugar

pinch of ground cinnamon

pinch of ground ginger

juice of 1 lemon

vanilla ice cream, to serve

FOR THE TOPPING
1 cup rolled oats

1¼ cups all-purpose flour

1 cup light brown sugar

8 tablespoons (1 stick) butter, melted

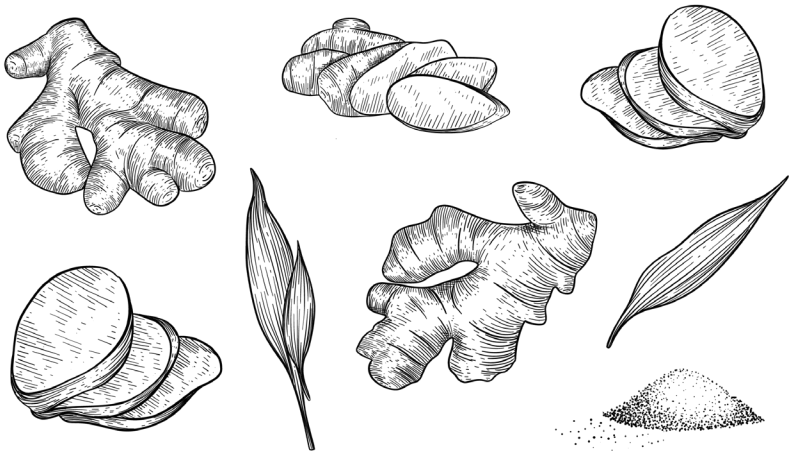
1 teaspoon ground cinnamon

pinch of salt

1. Preheat the oven to 350°F (180°C). Melt the butter in a large saucepan over low heat. Add the apples, pears, sugar, cinnamon, ginger, and lemon juice. Simmer over medium-low heat, stirring occasionally, for 6–8 minutes, or until the apples and pears have browned and softened slightly.

2. Meanwhile, mix together the oats, flour, sugar, butter, cinnamon, and salt in a bowl. Spoon the fruit mixture into the bottom of a 8in (20cm) round flameproof casserole. Top with the oat mixture, spreading it evenly.

3. Bake in the oven for 30–35 minutes, or until golden brown and bubbling. Serve hot with vanilla ice cream on the side.



Did You Know?

- Ginger comes from a tropical plant native to India or China, which are the biggest producers.
- While often called *gingerroot*, it is not a root but an underground rhizome.
- Knobby branches of the plant are called hands and smaller branches are sometimes referred to as fingers.
- The flavor of ground ginger varies but is usually sharp and spicy, mildly fruity, and aromatic.
- Different forms of ginger can treat ailments – crystalized ginger helps nausea, steam inhalation for colds and lung infections, tea for indigestion and to reduce fever, and a single drop of its essential oil can be massaged for muscular pain and rheumatism.

Sources:
The Encyclopedia of Spices & Herbs an essential guide to the flavors of the world, Padman Lakshmi - 641.3383 Lak

Herbs, Lesley Bremness - 581.63 Bre

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