

Ginger

Flavour of the month

December 2024

Fresh and fiery

Ginger, one of the most versatile and ancient spices, has evolved in its use and popularity over the centuries. Initially, it was a fresh addition to meals, bringing a burst of flavour to various dishes. Over time, dried ginger became a staple on spice racks worldwide, and innovative variations such as stemmed or crystallized ginger emerged, appealing to those with a sweet tooth.

As the first spice exported from Asia, ginger has become a beloved ingredient across global cuisines. The most widely recognized variety is *Zingiber officinale*, known for its aromatic and spicy flavour, commonly used in cooking. However, ginger comes in several varieties, each with unique properties. For instance, pink ginger, found in regions like Malaysia, is prized for its medicinal qualities, particularly as an anti-inflammatory agent and digestive aid.

With the growing wellness trend, ginger's health benefits have gained significant attention. Have you had your morning ginger shot yet? This powerhouse spice is not just an anti-inflammatory but also promotes scalp health, reduces nausea, and relieves muscle pain. Beyond its health benefits, ginger has become a popular ingredient in beverages, with ginger beer making a strong comeback as a flavourful, non-alcoholic alternative. Robinsons has even introduced a ginger and orange cordial, while ginger has become a key ingredient in gin liqueurs and cocktails, such as Taylor & Elementary's gingerbread old-fashioned.

Ginger's influence extends beyond drinks. For instance, Twisties has infused ramen flavours into their crisps, using ginger as a key flavour note that triggers nostalgic memories. Historically, ginger was once so valuable that a kilogram could be traded for a sheep. However, today, ginger farming, particularly in India, is a challenging endeavour, with 65% of the costs consumed by labour and seed materials, yielding little profit.

Looking ahead, ginger is predicted to be a prominent flavour for 2024/25, though it has never truly disappeared. From gingerbread loaves to ginger biscuits, this spice remains a classic. The iconic gingerbread man, now a childhood favourite, has a storied history, dating back to Queen Elizabeth I's court, where gingerbread figures were made to represent foreign dignitaries. Today, ginger continues to add a warm, fiery kick to classic desserts like key lime pie and rhubarb crumble, often poached in ginger for an extra layer of flavour.

In all its forms, ginger remains a powerful and enduring ingredient, celebrated for both its culinary versatility and its rich historical significance.



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Just like the different types of ginger, we offer a range of ginger flavours, from the aromatic and mellow to the fiery and intense, and even the classic sweetness of gingerbread loaves and gingerbread men. Each variety brings its own unique character, perfectly suited to any ginger-inspired creation.

Although it may resemble a mille-feuille, this dessert features layers of creamy, silky cheesecake nestled between crisp, flaky puff pastry. Baked low and slow for a perfect texture, the cheesecake is infused with a hint of fiery ginger, adding a touch of winter spice reminiscent of Christmas. To balance the warmth, a light and fruity Alphonso mango flavour lifts the entire dessert, creating a harmonious blend of flavours that is both simple and utterly effective.

The creation begins with a base of puff pastry, atop which sits a hidden layer of pumpkin seed sponge infused with the warm, aromatic flavours of gingerbread, providing a smooth and subtly spiced biscuit foundation. Encircling the sponge is a ring of orange-flavoured Namelaka chocolate ganache, adding a light citrus note and a rich, velvety chocolate mouthfeel that elevates the entire dessert. The masterpiece is completed with rolled ganache swirls, also infused with gingerbread, delivering a lingering spice finish that ties all the flavours together harmoniously.



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