
Stem Ginger in Syrup

Internet address:



1 cup fresh ginger, peeled, then cut into 1 inch pieces (see note #1)

2 cups sugar

2 cups water

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 12

1. Pour sugar and water in a saucepan and bring to a simmer. When the sugar dissolves, add the peeled ginger pieces. [My advice: use more ginger than you think - there's ample fluid to prepare more than a cup.]
2. Simmer for approximately 25-45 minutes until the ginger is tender (taste it to make certain). You want the syrup to penetrate the ginger's fiber. If the syrup seems too thin, remove cooked ginger and gently simmer the syrup until it's reached the thicker consistency you prefer. Let cool and store the ginger and syrup together in a jar and refrigerate. After a few weeks the ginger will develop sugar crystals; that's not a problem if you're using the ginger in baking. The syrup makes a very nice glaze for a bread or cake - don't use too much as it will make the cake or bread soggy. The syrup will have a very nice mild heat to it - can be used in other things like mixed drinks or lemonade.

Yield: 1 cup

Per Serving (excluding unknown items): 135 Calories; trace Fat (0.4% calories from fat); trace Protein; 35g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 2 Other Carbohydrates.