

Ginger

Real Thai Herbs to Increase
the Aroma in All Food Menus

Ginger is one of the multi-purpose herbs that Thai people have used to cure illnesses for a long time. From young to old, when you are coughing, sneezing, or have a runny nose, one of the things that parents do is find ginger ale for their children to drink. Ginger ale, black sesame dumplings in ginger ale, boiled potato in ginger ale, and many other menus from ginger, as it has been passed down, are good for your body. However, does anyone truly know the benefits of ginger to our body? Is the story that has been told true or it is only just a belief? If it is true, what are its benefits? Is there only one way to eat ginger, which is ginger ale? All puzzles about ginger will be solved in this article!

There is no clear report or evidence about the origin of ginger. However, it is assumed that the origin of ginger is in the south of Asia, around China before starting to spread into European countries by Indian people, and Mediterranean countries around the 7th century. Nowadays, ginger is a plant that mainly grows in India, Japan, Korea, Thailand, and other countries in Southeast Asia. We might be familiar with using ginger rootstock for cooking or boiling to drink its water. In fact, almost all parts of ginger can be used, whether they be the root, rootstock, leaf, flower, or fruit. Each part has different properties and usage.

For Thailand, the species of ginger that is popular for growing is Khing Yai or Khing Yuak, which is suitable for eating as a young ginger or making pickled ginger. On the other hand, Khing Lek or Khing Phet is popular for growing to make

herbal medicines, baking to become dried ginger, and growing as an herb for your home. The popular places for growing ginger are Chiang Mai, Chiang Rai, Phetchabun, Uthai Thani, Tak, Kanchanaburi, Phetchaburi, and Loei. The ginger that is suitable for eating is 4-6 month old ginger eaten as young ginger, and 5-12 month old to be harvested as old ginger. The suggestion in choosing the ginger is choose ginger with joints that are close together with big rootstock, round, ripe eye, hard flesh, and oily skin. Though the real taste of fresh ginger might be too strong for many people, it shows the cooking ability of Thai people in the past. The ancient Thai people were able to match the food with the ginger, which led to many delicious menus for us to eat. This includes stir-fried chicken with ginger, black sesame dumplings in ginger ale, or ginger ale. Another popular menu is steamed fish, in which ginger is the herb that is used to get rid of fishy smell and as a great seasoning at the same time. It is perfect for meat dishes and desserts, by increasing the mild spicy taste, savory aroma, and fresh flavor that is the uniqueness of Thai food.

Though ginger is a multi-purpose herbs, if taken in desserts, like ginger ale, or black sesame dumplings, you may receive a large quantity of sugar into your body. Therefore, no matter how delicious it is, the proper quantity is still the secret of good health and perfect deliciousness, which comes with the benefits of ginger.