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About Creative Inquiry

The Creative Inquiry Task Force was formed in 2005. Composed of a select group of educators drawn from all colleges, the task force was dedicated to the development of opportunities for undergraduate scholarship known collectively as Creative Inquiry. Since its inception, this committee has concentrated on encouraging student and faculty participation in engaged activities for students in all disciplines.

Mission Statement (Approved 4/11/06)

This initiative gives every student a creative inquiry experience. This interactive environment engages the faculty, student body and community in discovery, enriching the lives of each constituency.

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The Evolution of Gingerbread Recipes

This project, mentored by Dr. Aubrey Coffee, began in the fall of 2006 and is ending in spring of 2011. Through its ten-semester duration, the project has involved literature reviews, recipe production, sensory evaluation, and product development. In its early semesters, the team examined the history of gingerbread and reproduced recipes as historically accurate as possible while at the same time looking at the effect of technology and ingredient functionality on the recipes. In later semesters, the team worked on the creation and optimization of a variety of modern recipes while focusing on ginger as a key ingredient. This cookbook is a collection of the results of students’ research and recipe development for the past two semesters. The goals of each student included the following: improving traditional recipes, incorporating ginger in unexpected recipes and flavor profiles, and creating recipes to fit specific dietary or nutritional needs.
The recipes in this cookbook all have one ingredient in common – ginger. This natural ingredient provides pungency, spice, and a bright, fresh flavor to foods. Though this book primarily showcases its use in baked goods, the uses and possibilities of ginger have a much broader span. For excellent quality and flavor, the Creative Inquiry team uses ginger from The Ginger People, a company known for its award-winning quality, popularity, and expertise in ginger.

**About The Ginger People**

“Established in 1984, The Ginger People began with a mission to produce the world’s finest range of ginger products and ingredients. Why? Herbalists have used ginger for thousands of years to restore vital energy, stimulate circulation, and relieve countless maladies including nausea and headaches. Modern science backs what the ancients have known for centuries. Add in ginger’s versatile flavor and culinary prowess, and it’s clear why we’re passionate about this venerable spice."

“Today, The Ginger People remains a family-owned-and-operated business offering over 80 ginger ingredients and finished products with state-of-the-art ginger factories in Australia and California. Our factory in Australia specializes in sugar preserved ginger and crafts a product line of unparalleled quality. In fact, The Ginger People is the world’s only producer of closed-kettle, artisan-style crystallized ginger. This unique, small-batch process captures all the flavor that would otherwise be lost using the large open-vat cooking method. In California, The Ginger People manufacture natural and organic ginger juice."

“Over the years, The Ginger People have deepened our commitment (and addiction) to ginger, its purity and its healthful properties. As North America’s best-selling ginger brand, The Ginger People proudly manufacture and supply all-natural ginger products using only the most premium ginger sourced from the premier growing regions of the world.”

[http://www.gingerpeople.com/company](http://www.gingerpeople.com/company)
**Savory Ginger Biscuits**

These are classic, buttery southern biscuits with a flavor kick! The pepper provides an initial bite of spice, and the ginger leaves a warm, pungent aftertaste. These biscuits are quick and easy to make as a warm snack or a perfect side for good southern cooking.

Prep Time: 15 min  
Cook Time: 12 min  
Servings: 12 biscuits  

Amount per serving:  
Calories: 140  
Saturated Fat: 4g  
Cholesterol: 15mg  
Carbohydrate: 18g

**Ingredients:**
- 8 3/4 oz (2C) all-purpose flour
- 1 Tbsp ground ginger
- 1/4 tsp baking soda
- 1 tsp salt
- 1 Tbsp baking powder
- 1 tsp freshly cracked black pepper
- 3 oz (6 Tbsp) cold unsalted butter
- 7 1/2 oz (3/4 C) cultured buttermilk

**Directions:**
Preheat oven to 450°F with rack in middle. Lightly coat a baking sheet with non-stick cooking spray or use a Silpat. To crack the pepper on a sheet of wax paper, fold the sheet over the pepper and roll over it with a rolling pin until it is finely ground. Combine the dry ingredients in the bowl of a food processor and pulse a few times to mix. Cut the butter into small pieces, add to the food processor, and pulse until the mixture is just combined to a coarse meal. Add the buttermilk and pulse just until the dough is combined. Empty the dough onto a well floured surface and pat down until it is ½ inch thick. Use a round cutter to cut out biscuits and place them onto the sheet with some space between. Gently combine scraps to cut more biscuits, trying not to over-knead the dough. Bake the biscuits 12 minutes and enjoy them warm.

**Comments:**
The original recipe was simple and satisfying. What started as a quest to make sweet gingerbread biscuits turned into a somewhat spicy, savory treat. Adding ginger and pepper took this recipe to a new level of flavor and satisfaction. These biscuits leave some room for personal touches, but not all will be successful. Originally, an entire tablespoon of pepper was used. Not only did this overpower the flavor of the biscuits, but it also caused them to over-rise and lose their nice uniform shape. This scratch-made recipe is superior to store-bought alternatives because it reheats nicely in the microwave even after freezing.

Audrey Boushell, April 2011  
Recipe adapted from “Southern Buttermilk Biscuits” www.food.com
Ginger and Lemon Snack Cake

A moist pound cake with a fresh lemon flavor complemented with bursts of ginger and topped with a tangy lemon glaze.

Prep Time: 30 min  
Cook Time: 40 min  
Servings: 12 slices

Amount per serving:  
Calories: 270  
Saturated Fat: 6g

Cake Ingredients:
1 oz fresh ginger, finely chopped  
7 oz granulated sugar  
5 1/4 oz all-purpose flour  
1 tsp baking powder  
1/4 tsp ground ginger  
1/4 tsp salt  
2 fl oz whole milk

Glaze Ingredients:
1 oz crystallized ginger chips  
1 Tbsp fresh lemon juice  
3.75 oz whole egg  
1/4 oz fresh lemon zest  
4 oz unsalted butter, softened  
1/2 tsp vanilla extract

Cake Directions:
Preheat the oven to 325°F. Line the bottom of a 9-inch loaf pan with parchment paper. Spray the pan, and liner, with non-stick cooking spray. Grind together fresh ginger and 2 oz. of granulated sugar in a food processor for approximately 15 seconds. This mixture should be wet. Combine 2 tablespoons of flour with the crystallized ginger chips in a small bowl. In a medium-sized bowl, whisk together the remaining flour, baking powder, ground ginger, and salt. Combine milk and vanilla in a small bowl. Using a tabletop mixer, beat the butter, lemon zest, and remaining granulated sugar until fluffy. Add the eggs one at a time, beating thoroughly after each addition. Alternately add the dry mix and the milk mix to the butter mixture, beginning and ending with the dry mix. Be sure to only mix at low speed until the ingredients are just incorporated to avoid over-mixing. Mix in the ginger-sugar mixture until just combined, and then add the lemon juice. Fold in the crystallized ginger chips with a spatula. Once the chips are evenly dispersed in the mixture, pour the batter into the prepared pan and bake for one hour, until a toothpick inserted in the center comes out clean. Immediately top with glaze upon removal from the oven. Cool in the pan for approximately 10 minutes before removing from the pan. Allow to cool completely on cooling rack.

Glaze Directions:
Gradually add confectioner’s sugar to the lemon juice, whisking all the while, until a smooth, white, glossy, glaze is formed. If the glaze becomes too thick, add 0.25 tsp. water and whisk until smooth.

Comments:
During the first production, this recipe was baked in individual serving sized silicon cake molds. While this provided the convenience of having portions already separated, it took the cake an extra twenty minutes to bake, and was decided that the extra time was not worth it. There were several productions which yielded cakes with overwhelming lemon flavors, which caused for the addition of extra ginger to the recipe and a reduction of lemon juice used. Initially, minced crystallized ginger was used as an extra ginger source, but the ingredient was too heavy and made the cake loose height. This minced form was replaced with the chip form, which was instantly more successful.
Maple Flavored Gingerbread

Prep Time: 20 minutes  
Cook Time: 45-55 minutes  
Servings: 9

Amount per serving:  
Calories: 340  
Saturated Fat: 7g  
Cholesterol: 50mg  
Carbohydrate: 56g

Ingredients:
12 oz (2 1/3 cup) all purpose flour  
3 oz (1/3 cup) granulated sugar  
5.5 oz (1/2 cup) molasses  
4 oz (1/2 cup) butter  
1 egg  
1/2 tsp salt  
1 tsp baking soda  
1 tsp cinnamon  
1 tsp ground ginger  
4 3/8 oz (1/2 cup) maple syrup  
3/4 C hot buttermilk

Directions:
Grease and flour a 9-inch square baking pan or spray with a baking spray with flour. Heat oven to 325°F. Combine all ingredients in a mixing bowl; beat on low speed of electric mixer until ingredients are combined. Scrape the sides of the bowl and increase mixer speed to medium; beat for about 3 minutes longer. Pour the batter into the prepared baking pan. Bake for 45 to 55 min, or until cake tester or toothpick inserted into the center of the cake comes out clean.

Comments:
The original recipe for this gingerbread was found on southernfood.com and the primary liquid ingredients were hot water and molasses. A few alterations were made to the liquid ingredients, substituting maple syrup and buttermilk for a portion of the molasses and all the water. This produced a cake with improved moisture and taste. This created a new recipe, which is a maple twist on your classic gingerbread. Measurements are in ounces for more specificity, but common measurements are also given.
Sweet Potato Gingerbread Loaf

Prep time: 15 min
Cook time: 45 min
Servings: 12 slices

Amount per serving:
Calories: 190
Saturated Fat: 0g
Cholesterol: 35mg
Carbohydrate: 43g

Ingredients:
- 10.5 oz (1.5 C) granulated sugar
- 6 oz applesauce
- 3.5 oz (2 large) eggs
- 2.0 oz water
- 7.5 oz sweet potatoes
- 3/4 tsp salt
- 1/4 tsp baking powder
- 1/2 tsp ground allspice
- 1 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 8 oz (1 3/4 c) all-purpose flour
- 1 tsp baking soda

Directions:
Preheat oven to 350°F (175°C). Lightly grease one 9x5 inch loaf pan. In a large mixing bowl, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in sweet potatoes. In medium bowl, combine flour and the remainder of the dry ingredients, mix to blend. Add dry ingredients to sweet potato mixture and blend until all ingredients are mixed. Do not over mix. Pour batter into prepared pan. Bake in pre-heated oven until toothpick comes out clean, about 1 hour.

Comments:
I chose to modify this recipe because I love pumpkin bread and gingerbread cookies, so I thought that this bread would be a good combination of both. The original recipe called for canned pumpkin, but I used cooked sweet potatoes and they worked just as well. The applesauce, which replaced the oil, makes the bread moister. Also, the cook time needs to be a minimum of 45 minutes, but sometimes it may need to cook a few more minutes; the bread should be monitored closely toward the end.
Orange Vegan Gingerbread

An orange-based, vegan gingerbread with chunks of ginger, walnuts, and raisins.

Prep Time: 25 minutes
Cook Time: 30 minutes
Servings: 12 (3.3in x 3in)

Amount per serving:
Calories: 290
Saturated Fat: 1g
Cholesterol: 0mg
Carbohydrate: 52g

Ingredients:
- 2.5 fl oz walnut oil
- 4 fl oz molasses
- 4 fl oz maple syrup
- 10 fl oz freshly squeezed orange juice (approx. 4 oranges)
- 6.5 oz whole wheat flour
- 6.5 oz all-purpose flour
- 2 tsp freshly grated ginger
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp cloves
- 1/2 tsp sea salt
- 1/4 tsp mace
- 2.5 oz raisins
- 1.5 oz chopped walnuts
- 1 oz crystallized ginger chips

Directions:
Preheat the oven to 350°F (175°C). Grease and flour a 9x13 cake pan. Combine the walnut oil, molasses, syrup, and orange juice in a large bowl. In a medium bowl, sift together the flours, ginger, baking soda, cinnamon, cloves, sea salt, and mace. Mix together before adding the raisins, walnuts, and crystallized ginger. Mix until the particulates are coated with the flour mixture. Stir the wet ingredients to make sure they are combined and add to the dry ingredients, stirring until well combined. Pour into a 9x13 cake pan and bake at 350°F for 30 minutes, until a toothpick inserted in the center comes out clean. Cool in the pan for 10 minutes and serve warm or cold.

Comments:
The original recipe was noted as an “evolving recipe” and left room for options in the ingredients to be used. The first production used all the suggested ingredients at their recommended amounts and resulted in a product that had an overwhelming orange flavor. To correct this, the orange zest used in the original recipe was removed. While this helped reduce the overwhelming orange flavor, it made it obvious that the product was lacking in spice. To give the product a more rounded flavor, crystallized ginger was added and yielded a product was a nice spice and a hint of orange.
**I can’t Believe it’s Not Gluten Gingerbread**

Made with wheat-free flour, this gingerbread is safe to eat for those with Celiac disease and other gluten related allergies and intolerances, but it is good enough for everyone to enjoy!

Prep Time: 25 min  
Cook Time: 35-40 min  
Servings: 12 (2in x 2.6in)

Amount per serving:  
Calories: 237  
Saturated Fat: 5g  
Cholesterol: 65mg  
Carbohydrate: 37g

**Ingredients:**  
10.8 oz (2C) Bob’s Red Mill All-Purpose flour or 1 to 1 Baking Flour  
4 oz (1 stick) unsalted butter  
4 oz (1/2 C) water  
2 eggs, beaten  
6 oz (1/2 C) molasses  
3.75 oz (1/2 C) sugar  
3 oz carrot, shredded  
5.5 oz low fat vanilla yogurt (about one serving)  
1 tsp. baking soda  
1/2 tsp ground ginger  
1/2 tsp. ground cinnamon  
1/2 tsp ground cloves  
1/2 tsp. salt

**Directions:**  
Preheat oven to 350°F with rack in middle. Coat an 8x8 inch baking pan with nonstick spray. Sift together flour, ginger, cloves, cinnamon, baking soda, and salt in a bowl. Heat butter and water just until butter is melted, then pour into another mixing bowl. Stir in sugar and molasses. Add eggs, yogurt, and carrots until combined. Pour wet mixture into the dry ingredients and stir until just combined and homogenous. Pour into pan and bake for 35-40 minutes.

**Comments:**  
The original recipe called for either cornmeal or masa harina. This production came out with a gritty texture and a taste not appropriate for gingerbread. Also, the spices called for were ginger and allspice. After making a few alterations to the spices, starting over entirely with the flour substitute, and adding some unexpected ingredients to improve texture and moisture, a new recipe was born. This recipe is perfect for those with or without gluten intolerance because the product is both safe and delicious without typical gluten-free off flavors. Measurements are in ounces for more specificity, but common measurements are also given. For the carrot, about one medium to large carrot, peeled first, will do, and the yogurt is one single serving.
Glazed Ginger Cookies with a Twist

A soft and flaky cookie that offers a bit of citrus and a kick of ginger spice. Your taste buds get another surprise when they sense some nuttiness of almond flavor. To counter the shortbread texture, a sweet glaze tops the cookie off.

Prep Time: 30 min  
Cook Time: 18-20 min  
Servings: 28 cookies

Amount per serving:

Calories: 170  
Saturated Fat: 4.5g  
Cholesterol: 20mg  
Carbohydrate: 24g

Ingredients:

Cookies:  
- 6 oz granulated sugar  
- 0.4 oz orange zest (2 oranges)  
- 2.0 oz crystallized ginger  
- 8 oz butter (room temp)  
- 1.2 oz milk  
- 2.4 oz almond flour  
- 10 oz all purpose flour  
- 0.9 oz milk  
- 1 tsp almond extract  
- 7.6 oz powdered sugar  
- 2 tsp vanilla extract

Directions Cookies:
Preheat oven to 300°F. Process sugar, ginger, and orange zest in a food processor until very fine texture. Remove contents into small bowl. Cream butter and ½ cup of sugar mixture in mixer until light and fluffy (the rest of mixture will be saved to sprinkle on top of cookies). Add milk and continue to cream. Combine the two flours together. Add to mixer and beat until mixture forms stiff dough. The dough will be slightly sticky and greasy. Remove the dough from mixer and wrap in plastic wrap. Refrigerate for about 15 min or until dough has hardened slightly. Remove dough from refrigerator. Split the dough half. Roll out the first half evenly to desired thickness, about ¼ in is best. Use cookie cutter to stamp out each cookie. Transfer shaped cookies to parchment paper lined cookie sheets. Repeat these steps until both halves of dough have been stamped out. Place cookie sheets into preheated oven for 18-20 min or until pale golden brown.

Directions Glaze:
While waiting for cookies to bake, begin to prepare the vanilla glaze. In medium mixing bowl, mix together powdered sugar, vanilla extract, and milk until creamy. Gradually add milk to desired thickness. Once at desired thickness, set aside. If your glaze is too thin, additional powdered sugar can be added to reach desired thickness. Allow cookies to cool completely before glazing. Spread a dollop of glaze on top of each cookie. Then, sprinkle the glaze with the sugar mixture saved from the beginning of the dough recipe.

Comments:
Overall, the preparation and baking process for these cookies takes minimal effort. It is recommended to use a food processor to finely blend the sugar, orange zest, and crystallized ginger. It is very important to make sure the dough is refrigerated before rolling it out otherwise it is too soft and sticky. Be sure not to make the cookies too thick or thin because baking time will have to be altered; be consistent with thickness in both halves of dough. It is a good idea to check on the cookies every 5 or 6 min to make sure they achieve the perfect golden color along the edges. As for the vanilla glaze, add powdered sugar as desired to increase the thickness of the glaze. A glaze that is
too loose will run off the cookie and make a mess. Also, allow the cookies to cool completely. Even with a thick enough glaze, the warmth from the cookies will cause the glaze to loosen up.

Sarah Gilbert, April 2011
Recipe adapted from “Orange Ginger Shortbread Cookies” www.ecurry.com

Chocolate Chip Blueberry Cookies

Prep time: 15 min
Cook time: 10 min
Servings: 2 dozen

Amount per serving:
Calories: 120
Saturated Fat: 1g
Cholesterol: 10mg
Carbohydrate: 18g

Ingredients:
3/4 C (4.25 oz) brown sugar
3/4 C (3/4 oz) wheat germ
1 large (1.75 oz) egg
1/3 C (2.25 oz) canola oil
1 tsp vanilla
½ C (2 oz) rolled oats
2 oz semi-sweet chocolate chips

1/3 C (2 oz) dried blueberries
1/4 C (1.25 oz) crystallized ginger
1 C (2.25 oz all-purpose flour)
1/2 tsp baking soda
1/2 tsp salt
1 oz Craisins
1/4 tsp ground ginger

Directions:
Position racks in upper and lower thirds of oven; preheat to 375°F. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, blueberries, raisins, and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely.

Comments:
I chose to modify this recipe because I thought it was a unique and healthy twist on a chocolate chip cookie. The recipe was quite easy to make and has a very short cook time. After the batter is made, 1 oz. scoops should be used to have a yield of 24 cookies. Also, cookies should cook for 10 minutes for a chewier cookie and for 11-12 minutes if a crunchier cookie is desired. The amounts are given in ounces, cups and teaspoons.
Ginger Chocolate Chip Cookies

Delicious chocolate chip cookies with a dash of ginger

Prep Time: 15 min
Cook Time: 12 min
Servings: 26 cookies

Amount per serving:
Calories: 130
Saturated Fat: 64g
Cholesterol: 15mg
Carbohydrate: 17g

Ingredients:
- 1 1/4 C all-purpose flour
- 3/8 C granulated sugar
- 1/2 tsp baking soda
- 3/8 C brown sugar, packed
- 1/2 tsp salt
- 1 1/2 oz crystalline ginger, minced
- 3/4 C butter (1 stick), softened
- 6 oz (half of package) Nestle semi-sweet morsels
- 1 large egg
- 1/2 tsp vanilla extract

Directions:
Preheat the oven to 350°F (175°C). Use large cookie sheet. Combine flour, baking soda, and salt in small bowl. Beat butter, brown sugar, vanilla extract, and granulated sugar in mixer until creamy. Add egg, ensuring complete incorporation. Add and slowly beat in the flour mixture into the creamed mixture. Stir in chocolate chips and minced ginger. Drop 1 ounce of rounded dough (approximately 2 tablespoons) onto a parchment covered or ungreased cookie sheet. Bake for approximately 10-12 minutes. Cool slightly on cookie sheet, then remove to cooling rack to cool completely.

Comments:
Depending on how many or how large you desire the cookies to be, you may use a rounded tablespoon-sized cookie (will raise yield to around 40 cookies.) Make sure to use exactly 1 1/4 cups of flour, not less. If less flour is used, the cookie will spread and lack structure.
Just like your mother made them as a child, these brownies are sure to tickle your taste buds. Filled with bits of chopped walnuts and chocolate chips, these soft cookie-like treats are swirled with a ginger-flavored cream cheese filling; a perfect amount of flavor and sweetness for any sweet tooth.

Prep Time: 25 min  
Cook Time: 30-35 min  
Servings: 12 Brownies

Amount per serving:  
Calories: 190  
Saturated Fat: 6g  
Cholesterol: 40mg  
Carbohydrate: 22g

Ingredients (Brownies):  
4 oz (1 stick) salted butter, room temp  
1/8 tsp baking soda  
1 C brown sugar  
Pinch of salt  
1 large egg  
1/2 C chopped walnuts  
1 C flour  
1 C semi-sweet chocolate chips  
1/4 tsp baking powder

(Filling):  
4 oz cream cheese, room temp  
1 large egg  
3 Tbsp white sugar  
3/4 tsp ginger pulp  
1/4 tsp vanilla extract

Brownie Directions:  
Preheat oven to 350°F (or 325°F for convection oven) with rack in middle. Grease a 9"x9" pan. In an electric mixer, cream together butter and brown sugar until light and fluffy. Blend in flour, baking powder, baking soda, and salt. Combine well. Make sure to scrape the bowl between steps to keep the batter from sticking to the sides and not fully mixing. Mix in semisweet chips and chopped walnut pieces until mixed throughout. After dough is made, divide into two equal parts. Cover each half in plastic wrap and refrigerate for 10 minutes.

Filling Directions:  
Using an electric mixer, cream together white sugar and cream cheese. Make sure cream cheese is at room temperature or mixture will be lumpy. Mix in egg, vanilla and ginger pulp. Combine until smooth and chill until ready to use. Remove dough from refrigerator and fill pan will one half of the dough. Add filling layer, and cover with the other half of the dough. Bake in oven for 35-45 minutes or until wooden tooth pick is removed from center clean. When edges are golden and a wooden tooth pick, poked in the center, comes out clean, remove from oven. Cool in pan, on a rack, then remove and cut into squares.

Comments:  
When the dough is put into the refrigerator it helps to make it less sticky and easier to control when filling the pan. This is especially important when layering the brownies. Also, I found that when making the brownie layers it helps to use plastic wrap to flatten the dough before layering it on top of the filling. I believe that the layer of
ginger cream cheese filling is the perfect add-in to place this dessert in a class of its own. Overall, I believe that my layered ginger blonde brownies are perfect and they are a treat that any sweet tooth would enjoy.

Caroline McTier, April 2011
Recipe adapted from Rattry, Diana. "Mom’s Blonde Brownies" southernfood.about.com

Ginger Raisin Cupcakes with Sweet Lemon Frosting

A moist gingerbread cupcake with rounded spices and raisins dispersed throughout topped with a sweet and creamy lemon frosting.

**Prep Time:** 45 minutes  
**Cook Time:** 20-25 minutes  
**Servings:** 12 cupcakes

**Amount per serving:**  
Calories: 320  
Saturated Fat: 5g  
Cholesterol: 40mg  
Carbohydrate: 58g

**Cupcake Ingredients:**
- 8 oz. whole-wheat flour
- 1/2 Tbsp. ground ginger
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 oz. raisins
- 2.75 oz. unsalted butter
- 1 large egg
- 5.3 fl. oz. whole milk
- 3 oz. light corn syrup
- 3.25 oz. molasses
- 4 oz. light brown sugar

**Frosting Ingredients:**
- 12 oz. Neufchatel cheese, softened
- 4 oz. unsalted butter
- 2.5 tsp. freshly squeezed lemon juice
- 1.5 tsp. lemon zest
- 1 tsp. vanilla extract
- ¼ - ⅓ cup confectioner’s sugar, sifted after measured

**Cupcake Directions:**
Preheat the oven to 350°F (175°C). Line muffin pan with cup liners. Mix the flour, ginger, baking soda, and salt by hand in a large bowl. Stir in the raisins. In a saucepan, melt the butter with the brown sugar, molasses, and corn syrup, while stirring gently. Pour the butter mixture into the flour mixture and combine with a wooden spoon. Heat the milk in the saucepan used for the butter until just warm. Beat the egg into the milk and then stir the combination into the mixture in the bowl. The batter should be runny. Scoop 1.75 ounces of the batter into the muffin cups (about ¾ full) and bake 20-25 minutes, until a toothpick inserted in the center comes out clean. Cool before frosting.

**Frosting Directions:**
Cream the Neufchatel cheese, butter, lemon juice, lemon zest, and vanilla in a bowl with an electric mixture until smooth and fluffy. Add the confectioner’s sugar gradually, while beating. Beat until the mixture is creamy. Spread on top of cooled cupcakes.

**Comments:**
The first production produced a desirable product, but it seemed to lack a well-blended flavor profile. When the second production came about, I added nutmeg to the recipe (since it was not included before). This addition balanced out the other flavors in the product and gave it an overall rounded flavor that was more enjoyable than that of the first product. Since the original amount of molasses and corn syrup was difficult to measure (87.5g), I decided to increase the amount of molasses to 90g while decreasing the amount of corn syrup to 85g. This did not noticeably change the outcome of the product, so I decided to leave it in the recipe to make measuring easier. During the second production, I also substituted whole-wheat flour in for the all-purpose flour that was used in the original recipe. I made this change so the product would be healthier and since the difference could not be detected in the final product, I decided to leave the change in the final recipe. Towards the final stages of production, it was decided to convert this recipe to a cupcake recipe, since cupcakes are easier to market. A lemon cream-cheese frosting was added to further enhance the success of the cupcake. Neufchatel cheese was used instead of cream cheese in the frosting to make the overall product healthier.
Gingerbread Latte Cupcakes

A Gingerbread cupcake with hint of coffee topped with coffee icing and sprinkled with coco.

Prep Time: 30 min  
Cook Time: 30 min  
Servings: 1 1/2 dozen

Amount per serving:  
Calories: 184  
Saturated Fat: 71g  
Cholesterol: 65mg  
Carbohydrate: 37g

Cupcake Ingredients:  
1 tsp ground ginger  
3/4 tsp ground cinnamon  
1/2 C water  
1 Tbsp instant coffee  
2 oz butter  
1/2 C unsulfured molasses  
1 tsp baking soda  
1/3 C brown sugar  
1/4 tsp salt  
1 tsp baking powder  
2 large eggs

Coffee Icing Ingredients:  
4 oz butter  
1/2 Tbsp instant coffee  
6 oz powdered sugar, sifted  
1 tsp vanilla extract  
1 tsp milk  
(as desired) cocoa powder

Cupcake Directions:
Heat oven to 350°F. Line 1 1/2 dozen muffin tin with paper baking cups, and set aside. In a small saucepan, bring 1/2 cup water to a boil. In a bowl, combine boiling water and baking soda; set aside. In a large bowl, sift together flour, ginger, coffee, salt, and baking powder; set aside. In an electric mixer fitted with the paddle attachment, cream the butter until light. Beat in the brown sugar until fluffy, 1 to 2 minutes. Beat in the molasses, baking soda mixture, and flour mixture. Beat in the eggs. Fill the cupcake papers three-quarters full; making sure that the batter is divided evenly. Bake cupcakes until a toothpick inserted in the center of them comes out clean, about 30 minutes. Let cupcakes cool a few minutes, and then transfer to a wire rack to cool completely before decorating.

Icing Directions:
In an electric mixer with a paddle attachment, beat butter and coffee until smooth. Add to creamed mixture powdered sugar, vanilla, and milk; mix well. Incorporate coffee granules with a rubber spatula, if necessary, mixing until minimal amount of coffee granules remain. After icing cooled cupcakes, sprinkle with cocoa powder.

Comments:
A classic gingerbread cupcake recipe was taken and modified to make delicious gingerbread coffee cupcakes. Two of the spices, nutmeg and cloves, were taken out of the recipe and coffee was substituted. This gave the cupcake a rich, complex flavor, rather than a strong spice flavor. The coffee icing was modified by reducing the amount of coffee in the recipe, so the coffee could act of a compliment to the cupcake rather than the main component. The cupcake was sprinkled with cocoa to compliment both the ginger and the coffee flavors.
Ginger Spiced Cupcakes

Moist, flavorful with a little surprise crunch, these cupcakes fulfill your gingerbread cravings in a fun and exciting way without the use of exotic ingredients or tricky methods. For a bit more fun, try piping the icing with different types of tips!

Prep Time: 25 min  
Cook Time: 15-20 min  
Servings: 15 (heaping 1 oz.) cupcakes

Amount per serving:
Calories: 250  
Saturated Fat: 6g  
Cholesterol: 50mg  
Carbohydrate: 38g

Ingredients:
- 1 C chopped walnuts
- 5 Tbsp unsalted butter, softened
- 1/2 tsp ground allspice
- 1/2 C white sugar
- 1/2 tsp ground nutmeg
- 1/2 C unsulfured molasses
- 1/4 tsp salt
- 1 egg
- 1 tsp baking soda
- 1 egg yolk
- 1/4 C all-purpose flour
- 1/2 tsp unsalted butter, softened
- 1 tsp ground ginger
- 2 Tbsp Dutch processed cocoa powder
- 2 oz cream cheese, softened
- 1 1/4 tsp ground cinnamon
- 2/3 C sifted confectioners’ sugar
- 1/4 tsp lemon extract

Directions:
Preheat the oven to 350°F with a rack in the middle. Line a large (20-cup) muffin pan with paper liners. Cream the 5 tablespoons of softened butter with the white sugar. Add in the molasses, egg, and egg yolk and continue mixing. Sift together the flour, cocoa powder, ginger, cinnamon, allspice, nutmeg, and salt. Dissolve the baking soda in the hot milk. Add the flour mixture to the creamed mixture and stir until just combined. Stir in the hot milk mixture and add the walnuts. Pour the batter evenly into the prepared pan and bake for 15-20 minutes or until the cupcakes are slightly springy to the touch. Allow to cool a few minutes in the pan and remove to the rack to cool. To make the frosting, cream the 2 tablespoons of softened butter and cream cheese together. Beat in the confectioner’s sugar until fluffy and creates stick peaks. Add the lemon extract and beat. When the cupcakes are cool, frost the tops with the frosting and serve.

Comments:
I found that if it is taking a while for your butter to soften, putting it in the microwave for about 10 seconds will soften it up enough to work with. I also found that it is helpful to sift the dry ingredients into a bowl and the confectioner’s sugar when making the frosting. It eliminates the clumps and allows for better mixing. It is also important to keep an eye on the milk while it is heating. To tell when milk is hot, you should be able to see tiny bubbles around the rim. If you heat too long, the milk will burn and render it useless. It is also important to note that when making the frosting, you may need to add more confectioners’ sugar to make it more fluffy and stiff. If the icing is not stiff, when you pipe it out on the cupcake it can begin to run if the temperature around it is warm.
Chocolate Ginger Bark

This delicious Chocolate Ginger Bark is easy, requires no baking, and has a beautiful appearance that will compliment any meal or serve as a delightful treat on its own.

Prep Time: 15 min
Cooling Time: 20 min
Servings: Approximately 6

Ingredients:
- 6 oz bittersweet dark chocolate (60%)
- 2 oz white chocolate
- 3 Tbsp chopped pistachios
- 1 oz chopped dried apricots
- 2 Tbsp chopped crystallized ginger
- 1.5 oz buttered pretzels (waffle style)
- 1 Tbsp shredded coconut

Directions:
In a small bowl, mix together the pistachios, dried apricots, and crystallized ginger. Line an 8” x 8” baking pan with wax paper and place the buttered pretzels on the bottom so they fit tightly together. Heat a pot of water (about 2” deep) on the stove. Bring to a boil and reduce to a simmer. Place a metal bowl with the dark chocolate over the simmering water and let it melt. This takes about 5 minutes. As soon as it has melted, place another bowl with the white chocolate over the simmering water so that it can melt as well. Add the pistachios, apricots, and ginger to the melted dark chocolate and stir. Pour the mixture over the pretzel and spread evenly using a spatula. Sprinkle the shredded coconut over the top of the chocolate mixture. Using a parchment cone or plastic sandwich bag, decorate the surface with white chocolate in a zigzag motion. Place the pan in the freezer for 20 minutes to harden; break apart using your hands or knife, if preferred.

Comments:
Be sure to not overcook the chocolate. The water should be simmering as the steam will slowly melt the chocolate. If the chocolate overcooks, it will harden and be difficult to spread as well as have a different flavor.

(Photo and nutritional information not provided by student.)
THE CLAIM: EATING GINGER HELPS REDUCE MUSCLE PAIN AND SORENESS

By ANAHAD O’CONNOR scitimes@nytimes.com

THE FACTS

Ginger’s ability to calm an upset stomach is well known. But more recently, scientists have wondered whether its soothing effects might extend to sore muscles. Ginger, a member of the same plant family as turmeric, contains anti-inflammatory compounds and volatile oils — gingerols — that show analgesic and sedative effects in animal studies. So, last year a team of researchers looked at whether ginger might do the same in humans.

In the study, published in The Journal of Pain in September, the scientists recruited 74 adults and had them do exercises meant to induce muscle pain and inflammation. Over 11 days, the subjects ate either two grams of ginger a day or a placebo. Ultimately, the ginger groups experienced roughly 25 percent reductions in exercise-induced muscle pain 24 hours after a workout.

In a similar double-blind study, scientists compared what happened when subjects consumed either two grams of ginger or a placebo one day and then two days after exercise. The ginger appeared to have no effect shortly after ingestion. But it was associated with less soreness the following day, leading the researchers to conclude that ginger may help “attenuate the day-to-day progression of muscle pain.”

Other studies have shown that consuming ginger before exercise has no impact on muscle pain, oxygen consumption and other physiological variables during or immediately after a workout, suggesting that if ginger does have any benefits, they may be limited to reductions in soreness in the days after a workout.

THE BOTTOM LINE

Ginger may help ease pain and soreness, but only a day or more after a workout.

The New York Times, Published: January 17, 2011

OPRAH MAGAZINE INSPIRES HEALTHIER EATING, RECOMMENDS GINGER PEOPLE’S MINCED GINGER FOR ASIAN INSPIRATION

Marina, Calif. (March 22, 2011) – Known around the globe for her thoughtful recommendations and endorsements, Oprah’s ‘seal of approval’ has catapulted many worthwhile products into the consciousness of her countless fans. The Ginger People most recently captured this recognition for their organic minced ginger, as noted in the April issue of O, The Oprah Magazine.

The organic minced ginger, offered by The Ginger People as part of their ‘pantry essentials’ collection, was included in the article titled “Quick and Tasty Foods from Your Supermarket’s Asian Aisle.” Recommendations were made on ways to incorporate this versatile and flavorful ginger product into stir-fries, coleslaw and even marinades. Other products included in the article were gourmet spice pastes, seaweed snacks, miso broth, noodle bowls and spicy peanuts.

The Ginger People is regarded as the leading brand of premium ginger-based food products and ingredients, offering everything from chews to soothing elixirs to the recently-announced skin care line, GO. Other products included in their ‘pantry essentials’ collection include organic pickled sushi ginger, organic grated ginger, organic ginger juice and their organic ginger syrup, which received a VegNews Best of Show award at the Natural Products Expo earlier this month.

Ginger originated in China more than 5000 years ago and is known for its healthful benefits, making it a robust additive to any recipe. It’s known to reduce inflammation, minimize pain and relieve nausea and other digestive issues, to name a few benefits. For more information about ginger, to buy ginger products or to find recipes, visit gingerpeople.com.

Posted in Press by Brandy Quitevis, http://www.gingerpeople.com
GINGER AND FAT BURNING

Nova Ferrington, Yahoo! Contributor Network wrote, "If you are dieting or just trying to watch your weight, there are certain foods well known as "fat burners", meaning that they naturally help your body burn extra calories. As always, the key is to not go to extremes with any one food. If you have allergies or other health problems, it would be best to talk it over with your doctor before radically changing your diet.

Certain spices are counted as fat burners, and one is cinnamon. Research done on cinnamon proved that as little as a quarter teaspoon added to food, helps your body to rid itself of sugar 20 times faster. It also lowers your body's blood-sugar levels.

Another food in that type of category is ginger. Ginger expands blood vessels, increasing body heat, which burns fat 20% more quickly than if you hadn't consumed it. It can be found in teas, or you can buy it fresh, at a local health food store. Ginger also detoxifies your body and stimulates circulation.

Another food that increases your body heat is garlic. Although you won't have the freshest breath (!), garlic has many healing powers, and has been used for curing ailments for centuries. It is a natural antibiotic. It destroys bacteria and because it is a blood sugar regulator, it will speed up the fat burning process. It is said to keep your insulin levels lower, which also maximizes the fat burning process.

Almost all foods that are rich in Vitamin C, act as fat burners, including limes, lemons, oranges, grapefruit, watermelon and apples. Many vegetables are the same, such as broccoli, cabbage, celery, and carrots. Broccoli and cabbage contain high quantities of calcium and vitamin C. The reason Vitamin C is a fat burner, is because it dilutes the fat and makes it less effective. It also causes the fat to be able to be flushed out of the system more quickly. Another ingredient in fruit is pectin, which is especially found in apples. Pectin limits the fat that is absorbed by your cells."

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GINGER FOUND TO EASE NAUSEA OF CANCER TREATMENT

By ANDREW POLLACK

Grandma was right when she recommended ginger for an upset stomach — at least for cancer patients. A randomized clinical trial has confirmed what many people suspect — that ginger can decrease nausea caused by chemotherapy. The effect goes beyond that provided by standard anti-vomiting drugs.

The results will be presented at the annual meeting of the American Society of Clinical Oncology, which begins May 29 in Orlando, Fla. Abstracts of most of the studies to be presented at the conference were made public Thursday. The trial, financed by the National Cancer Institute, involved 644 patients, mostly women with breast cancer, who were undergoing chemotherapy at 23 oncology practices in the United States.

All patients took a standard anti-vomiting drug on each day of chemotherapy. They also took specially made capsules containing either extracts of ginger root or a placebo for six days, starting three days before each round of chemotherapy. They then rated the severity of their nausea four times a day. Those taking the ginger had a reduction of about 45 percent in severity compared with a previous round of chemotherapy in which they did not take the ginger. Those on the placebo had almost no change, said Julie L. Ryan of the University of Rochester, the lead author of the study.

Previous studies have yielded inconsistent results. Dr. Ryan said the new study might have succeeded because the ginger was given before chemotherapy. The best results corresponded to a quarter to a half teaspoon of ground ginger, she said. She added that either the ginger that comes in spice bottles or the ginger capsules sold in health food stores would probably work. She was less sure about ginger cookies, ginger tea or ginger ale, though they might if they contained real ginger in the proper amount. "It's a higher dose than you would get in one cookie," she said.

The New York Times, Published May 15, 2009
Acknowledgement

Student Editor of Gingerbread Cookbook (Semester Project)
..................Audrey Boushell

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