

How to Grate or Chop Fresh Ginger

Young, smooth & thin skinned ginger like this doesn't have to be peeled when prepared.

Older, more brown & wrinkly skinned ginger like this should probably be peeled when prepared.

TIPS:

1. **Fresh ginger** is the thick root of the tropically grown ginger plant. Ginger has a great reputation for easing stomach discomfort, improving digestion, stimulating blood circulation, and its anti-inflammatory properties.

2. These picture book directions show both how to **grate** and **chop** (or **mince**) fresh ginger. I prefer the grating method if I want a finer, more powdery texture and chopping for a more coarse texture as shown in the comparison pictures below.



3. To **peel or not to peel the outer skin from fresh ginger**? I've researched that question, and here's what I've found: If you're fortunate enough to find fresh ginger root from a young ginger plant, like the ginger piece in the top right of the title picture above, the skin doesn't have to be peeled. If, however, the ginger is from an older plant - brown, tough and wrinkly skinned, like the ginger piece shown in the lower left of the title picture above - you're better off peeling the skin unless you don't mind the coarser texture. These directions will show you in step 1, under "**How to Chop Ginger**", how to peel off the skin extremely easily using a teaspoon.

Needed

Fresh Ginger Root

Grater (if you're grating the ginger)

Sharp Knife (if you're chopping ginger)

Cutting Board (if you're chopping ginger)

Teaspoon (to peel the ginger skin, if desired)

Plastic Bag (only needed if you're freezing ginger for easier grating)

Paper (or any) Towel (to dry ginger after rinsing if you're leaving the skin on)

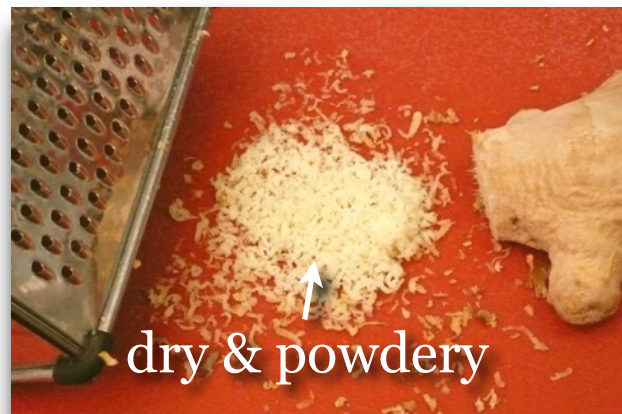


How to Grate Ginger

The easiest way I've found to grate **fresh ginger** is to freeze it first, which is also a practical way to keep **fresh ginger** for a long time, and then grate it as shown in the directions below. The two pictures directly below show the difference I experienced between grating fresh **room temperature ginger**, which turned out wet and mushy, and **frozen ginger**, which turned out as I wanted it, dry and powdery.



Grated room temperature ginger



Grated frozen ginger

1. To freeze **fresh ginger**, first rinse and hand scrub it clean under cold running tap water.



Pat the **rinsed ginger** dry with a paper (or any) towel.



Put the ginger root in a plastic bag.



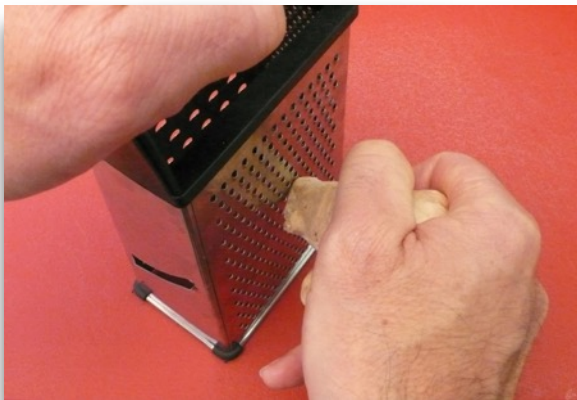
Twist the bag closed to remove as much air as possible.



Put the bag with the **ginger** in it in the freezer.



2. To grate **ginger**, hold a **piece of frozen ginger** firmly in your hand as shown and rub it over your grater's medium coarse or fine grating surface, depending on desired consistency, so that what you have looks about as shown in the right photo.



Clean the grater by rinsing it under running tap water.



How to Chop Ginger

1. If you're chopping **fresh ginger** without peeling off the **outer skin**, skip to step 2. Otherwise, use the tip and side of a teaspoon to scrape off the **ginger skin** as shown below. This technique works incredibly easily - much easier than using a knife - even while removing the **ginger skin** inside and around some of the more knobby root bulbs.



2. Hold the **ginger piece** to the cutting board with curled fingers, and cut thin slices about 1/8 inch (3 mm) across the grain.





...this.



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Gotta' Eat, Can't Cook

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