

## Baked Ginger Salmon

From: *budgetbytes.com*

Yield: 4 servings

Preheat Oven: 425 °

Prep and Cook Time: 30 minutes

### Ingredients:

1 tsp grated fresh ginger  
1 clove garlic, minced  
2 TB brown sugar  
1 tsp soy sauce  
1/4 tsp toasted sesame oil  
1 lb fresh salmon

### Instructions:

Preheat the oven.

Combine the ginger, garlic, brown sugar, soy sauce, and toasted sesame oil in a bowl.

Cut the salmon in four equal portions. Place the portioned salmon on a baking sheet lined with parchment or foil, skin side down.

Spread the prepared ginger glaze over the top of each piece of salmon.

Bake the salmon for about 20 minutes (15 minutes for thin fillets), or until the internal temperature reaches 145° with a meat thermometer. Serve immediately.

The USDA guidelines recommend cooking fish to a minimum internal temperature of 145° for food safety.



# TASTE TEST

December 2025



Ginger is a flowering plant whose rhizome, (plant stem that sends out roots and shoots from its nodes) is widely used as a spice. It is a herbaceous perennial that grows annual pseudostems (false stems made of the rolled bases of leaves) about one meter tall, bearing narrow leaf blades.

The flowers have pale yellow petals with purple edges, and arise directly from the rhizome on separate shoots.

## FUN FACTS

Eating ginger encourages efficient digestion, so food doesn't linger as long in the gut. It is commonly used for nausea relief.

Ginger is an anti-inflammatory.



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## Ginger Simple Syrup

*From: [tablespoon.com](http://tablespoon.com)*

*Yields: 16 servings*

*Prep: 30 minutes*

### Ingredients:

8 oz fresh ginger root (2 pieces, each about 10 inches long)  
2 C sugar  
2 C water

### Instructions:

Peel the ginger root with a vegetable peeler, and cut into thin rounds.

Bring the sugar and water to a boil over medium high heat.

Add the sliced ginger and bring the mixture back up to a simmer.

Remove the heat and allow to steep for at least 30 minutes.

Strain the syrup through fine mesh. Discard ginger.

Keep the syrup for a month refrigerated in an airtight container.

For a quick, refreshing drink, add 2 oz to 6 oz club soda. Garnish with Maraschino cherries for a festive appeal.

Vodka can be added to the above ingredients for a Vodka Ginger cocktail.



## White Chocolate Dipped Ginger Cookies

*From: [nourish](http://nourish)*

*Yields: 24 cookies*

*Preheat Oven: 350 °*

*Prep and Cook Time: 37 minutes*

### Ingredients:

2 C all-purpose flour  
2 tsp baking soda  
1 tsp ground cinnamon  
1 tsp ground ginger  
1/2 tsp ground cloves  
1/2 tsp salt  
1 C granulated sugar plus more for rolling  
3/4 C vegetable oil  
1 large egg  
1/4 C molasses  
10 ounces white chocolate bark  
Sprinkles (optional)

### Instructions:

Preheat the oven to 350 ° F. Line baking sheets with parchment paper or silicone baking mats.

In a medium bowl, whisk together the flour, baking soda, cinnamon, ginger, cloves, salt and set aside.

Combine sugar with the vegetable oil using an electric mixer on medium-high speed. Add the egg and molasses, and beat again until well combined. Add flour mixture, and mix on low speed just until incorporated.

Scoop the dough into balls about 1-inch in diameter, and roll between your palms. Roll each ball in sugar.

Bake for 10-12 minutes, then allow to cool completely. Lay out a sheet of wax paper for the cookies to set after dipping.

Melt the white chocolate in the microwave. Typically, in 1-minute increments at 50% power. Dip each cookie partway into the chocolate, let the excess drizzle off, then lay flat on the wax paper. If adding sprinkles, do so right away before the chocolate sets. Let chocolate harden at room temperature. Store in an airtight container, at room temperature, up to 4 days.