

Ginger Candy

Ingredients

- 2 cups ginger slices, peeled (1/8 inch thick)
- 2 cups sugar
- 2 cups water
- 1 quart soda water
- 1 lime cut in wedges
- 4 mint sprigs

Directions

Mix ginger, sugar and water in a saucepan and bring to a slow simmer. Reduce mixture by 50 percent until a syrupy consistency is reached. Keep in mind that the syrup will thicken as it cools. Strain warm syrup. Allow to cool.

While syrup is cooling, make ginger candy. Take ginger slices that have been drained out of the syrup and completely coat in sugar. Spread on sheet pan and slowly dry out in a 225-degree oven for 3 hours. Ginger slices should be dried but still chewy.

In a tall glass of ice, add mint sprig and a ratio of 1 part ginger syrup to 7 parts soda water. Squeeze lime wedge and add to drink. Use more syrup if desired. Stir and enjoy. Can also make drink with chilled soda water and add a scoop of vanilla ice cream for a tasty Ginger Ale Float.

Ginger Candy

The benefits of ginger root are many and ginger candy is the best way to partake of all the goodness of ginger. Read on to Learn how to make ginger candy...



Ginger Root is a very well known spice that has been used in cooking all over the world. There are many benefits of ginger, most notably, it aids in curing the symptoms of nausea. Ginger tea also has a lot of beneficial effects, especially with coughs and colds.

Here is a fine recipe for making Ginger Candy. Although this recipe takes a long time to prepare, the candies are superb!

This way, you can have the benefits of ginger handy for when you want to pop a piece of the candy in your mouth.

Ingredients for making Ginger Candy

2 Cups Sliced Ginger (the slices should be about 1/8 inches thick and 1 inch wide)
Water
8 ½ Cups Water
8 Tea Spoons Salt
2 Tea Spoons Lemon Juice

Method of preparation for the Ginger Candy

Put the slices of ginger into a pot. Pour enough water over them, so that all of the pieces are immersed. Boil this on medium heat for about 5 – 6 minutes. Then drain all the water.

Repeat this process for 3 – 4 times. This ensures that the ginger loses its hotness.

Then poke holes into the ginger pieces using a fork one-by-one and blot the excess moisture with a paper towel. This process will help the ginger pieces absorb the syrup.

Take a pot with 2 Cups of Water, 1 ½ Cup of Sugar, 2 Tea Spoons of Salt and the 2 Tea Spoons of Lemon Juice. Mix thoroughly and bring to a boil over medium heat. Let it simmer for 2 minutes after it boils. Then put this mixture aside and allow it to cool.

Place the ginger slices in a glass jar (which has an airtight cap) and pour the syrup mixture on top of the slices. Cap the jar tightly. Let the ginger slices and syrup mixture remain in the glass jar overnight in a cool place.

The next day remove only the syrup into a pot and add 2 Cups of Sugar and 2 Tea Spoons of Salt. Bring this to a boil on medium heat and let it simmer for 2 minutes. Cool this mixture and then pour it over the ginger pieces in the glass jar. Cap the jar tightly and let it stand overnight in a cool place.

The next day, again, remove only the syrup into a pot and add ½ Cup of Sugar and 2 Tea Spoons of Salt. Bring the mixture to a boil on medium heat and let it simmer for 2 minutes. Cool the mixture and pour it over the ginger pieces in the jar. After capping the jar tightly, let this stand in a cool place overnight.

The next day, finally, remove the syrup into a pot and add ½ Cup of Sugar and 2 Tea Spoons of Salt and bring this mixture to a boil on medium heat and let it simmer for 2 minutes. Cool the mixture and pour it over the ginger pieces in the jar. Cap the jar tightly. This time, however, we let the jar stand in a cool place for 2 nights.

Two days later, take the mixture of the syrup and ginger slices and strain. Discard the syrup.

On a cookie sheet lined with foil, place the ginger slices next to each other. Dry this in the sun, or place this in the oven on the lowest heat. Do this till the ginger pieces begin to dry and have a glistening or glazed look.

Once the pieces are dry, toss the rest of the sugar along with these dried ginger pieces.

Your Ginger Candy is ready!

You can store the candy in an airtight container for over 3 months.

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