



FRESH GINGER VS. DRIED GINGER

introduction

I am frequently asked, what's the difference between using fresh ginger and dried ginger? In this exercise you'll get to find out using your own sense of taste and experience!

WHAT YOU'LL NEED...

- 1 tablespoon freshly minced fresh ginger
- 2 teaspoons dried ginger pieces (or ½ to 1 teaspoon ginger powder)
- 16 ounces (475 mL) just-boiled water
- Two identical mugs or cups

DIRECTIONS

In this exercise, you are going to brew two identical cups of tea. On the bottom of each cup, use masking tape to label whether you are putting in dried or fresh ginger.

Place the freshly minced ginger in the cup marked fresh. Place the dried ginger in the cup marked dried. Pour 8 ounces of just-boiled water into each cup. Cover and let them steep for 10 minutes.

Strain both cups. Mix them around so that you no longer know which one is fresh and which one is dried. Choose one cup and sip it. Experience the sensations with awareness. Try the other cup. Again, experience the sensations with awareness. Go back and forth between the two, taking a break as needed so that your palate is still discerning.

What do you notice about the differences?

Make a guess as to which is fresh and which is dried. Were you right?

Why do you think I suggested using half as much dried ginger as the fresh ginger?

What are the different sensations you felt?





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