

Ginger Powder

8 lbs of ginger yielded just over 2 quarts of powder



Ingredients

8 lbs ginger roots

Directions:

1. Clean the ginger by soaking the ginger roots in water, then scrub thoroughly to remove any dirt. Peeling is not necessary.
2. Prepare for processing by breaking the ginger into smaller pieces to make it easier to blend.
3. Chop finely using a food processor. Pulse the ginger until it reaches the smallest possible consistency.
4. Line your freeze dryer trays with parchment paper to prevent sticking.
5. Distribute the processed ginger evenly across the trays for uniform drying.
6. Optional Pre-Freezing: You may choose to pre-freeze the ginger before freeze-drying, but this step is not required.
7. Freeze-Dry (my cycle time was 31 hours)
8. Grind into Powder: Once dried, use a food processor or spice grinder to blend the ginger into a fine powder for storage and use.
9. Store the powdered ginger in airtight jars and vacuum seal them if possible to maintain freshness. Mylar bags are also a great option—just be sure to remove as much air as possible before sealing. Keep in mind that fine powders absorb moisture more quickly than solid foods, so proper storage is essential to preserve quality and shelf life. Or capsule them for a dietary supplement.

Rehydration:

Not intended for rehydration. Add the ginger powder to your spice drawer and your freeze dried pantry stock.

Notes:

When harvesting ginger, set aside the larger, healthier root stalks for replanting. Just break off the smaller root shoots for processing and save the rest. This allows for continuous growth, ensuring a fresh supply for the following year. Simply replant and new shoots will sprout.

Nutritional Value Per 1 teaspoon

Calories: 6 Protein: 0 g Fat: 0 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g