

GALANGAL

Galangal is ginger's more citrusy cousin. While used as a spice and aromatic, galangal is a rhizome. It has a similar appearance to ginger, thin-skinned with tube-like lengths that branch off into nodes. Though ginger and galangal are similar, the flavor of galangal proves less spicy with more of a pepper backbone. There's also a citrus tinge to the rhizome that plays well with lemongrass and fresh fruits.



This lemony side also gives galangal a bit of a cool pine taste, which can come out through its scent as well.

Galangal has been used as a culinary spice and healing plant for a very long time. Galanga or galangal is native to southeast Asia, where it has been an important part of many Asian cultures. Traditionally, galangal is used as a flavoring spice in the cuisines of Thailand, Indonesia, Malaysia, and China.

Along with ginger, the medicinal use of galangal eventually spread to Europe through the spice trade routes with Asia. In modern times, however, ginger has taken over and galangal has become relatively obscure in western markets. However, there were long periods of time when galangal served an important role in Europe. Particularly, during the middle ages. The practice of monastic medicine used galangal to treat a variety of ailments. The prominent Benedictine abbess and healer Hildegard of Bingen held galangal in high esteem for its healing properties.

TOM KHA SOUP (VEGETARIAN THAI COCONUT SOUP)



INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1/2 small yellow onion, chopped
- 3 cloves garlic, minced
- 1 cup sliced mushrooms
- 1 cup shredded carrots
- 2 tbsp soy sauce
- 1 tsp ground galangal
- 1 tsp sugar
- 1/4 tsp cayenne pepper
- 1/2 tsp pepper
- 1/4 tsp salt
- Zest from 1 lemon
- 3 cups vegetable stock
- 2 cans full-fat coconut milk (13.66 oz)
- 1/4 cup fresh chopped cilantro
- 2 green onions, sliced
- Lime wedges

INSTRUCTIONS

1. In a Dutch oven or large pot, heat olive oil over medium high heat. Add onion, garlic and mushrooms. Saute for 3-5 minutes.
2. Add carrots, soy sauce, ginger, sugar, cayenne pepper, salt, pepper, lemon zest, vegetable stock and coconut milk. Bring to a boil, then simmer for 15-20 minutes. Taste and adjust seasonings as need.
3. Serve with lime wedges, top with cilantro and green onions.

PORK THAI SAUSAGE SLIDERS



INGREDIENTS

- 2 tbsp sriracha hot sauce
- 1/4 cup Kewpie mayonnaise (*see substitution on back*)
- 2 red bell peppers
- 1 tbsp fish sauce
- 1/4 tsp baking soda
- 1 lb plain ground pork sausage or fatty ground pork
- 1/2 tsp salt
- 3 tsp ground galangal
- 4 tsp chopped cilantro leaves and tender stems, plus more cilantro sprigs for topping
- 4 garlic cloves, grated
- 1/2 tsp cayenne or crushed red pepper
- 12 sweet Hawaiian rolls, sliced in half to form buns
- 1 small English cucumber, thinly sliced lengthwise into ribbons on a mandolin
- 1/4 lb white aged sharp cheddar cheese, sliced for serving

INSTRUCTIONS

1. Make the sriracha mayo. In a small dish, mix together the sriracha and mayonnaise until well combined. Transfer to the refrigerator until ready to use.
2. Roast the red peppers on a grill or on a gas range stove. Roasting will take about 20 minutes. Roast the red peppers directly on the flame or hot coals until thoroughly blackened all over. (*If the skin isn't completely blackened, it will be difficult to remove later.*) Promptly move the peppers to a bowl and cover with plastic wrap or a lid to steam for 15 minutes. After steaming, peel away the skins and dice the peppers, discarding the stem and seeds.
3. In a medium bowl, combine the fish sauce and baking soda and stir until the baking soda has completely dissolved. Add the pork, salt, galangal, cilantro, garlic, and cayenne pepper to the bowl and mix well. Once thoroughly mixed, divide the mixture into 12 balls (about 1.5 tbsp each), arrange on a baking sheet and refrigerate for 30 minutes.

(Instructions continued on back)

GALANGAL AND LIME CAKE



SPONGE INGREDIENTS

- 1 3/8 cup self-raising flour (or gluten-free self-raising flour)
- 1 tsp baking powder
- 3/4 cup butter, softened
- 5/8 cup light brown sugar
- 1/4 cup dark brown sugar
- 3 tsp ground galangal
- 3 eggs, at room temperature
- Zest of 1 lime (*juice is used in the icing*)

ICING INGREDIENTS

- 10.5 oz cream cheese
- 3/8 cup powdered sugar
- 1/2 cup white chocolate, melted
- Juice of 1 lime

LIME SYRUP INGREDIENTS

- 1/2 cup water
- 1/2 cup sugar
- Zest & Juice of 1 lime

INSTRUCTIONS

1. Preheat oven to 320° degrees. Grease and line an 8" cake pan with parchment paper.
2. Put the butter, sugars and lime zest into a medium bowl. Add the eggs. Sift the flour, baking powder and galangal powder into bowl and mix all the ingredients together until the mixture just comes together. Don't over beat if using standard self-raising flour or the cake will be dense.

(instructions continued on backside)

INSTRUCTIONS FOR CAKE (continued)

3. Spoon the mixture into the cake tin and bake for about 25-30 minutes until the cake is well risen and just pulling away from the sides. Leave to cool for a few minutes in the tin and turn out onto a wire rack to cool fully.
4. While the cake is baking, make the syrup. Put all the syrup ingredients together in a small pan and bring to a boil, stirring gently to dissolve the sugar. Boil for about 5 minutes until you get a light syrup. Remove from heat and leave to cool.
5. For the icing, beat the ingredients together to give a smooth mixture.
6. Brush a little of the syrup over the cooled cake. Spoon the icing onto the cake, flattening or swirling with a palette knife. Drizzle more of the syrup over the icing.

INSTRUCTIONS FOR SLIDERS (continued)

4. Heat a cast iron griddle on a grill or stovetop over high heat until it reaches 400° degrees. One at a time, smash the balls with a spatula onto the griddle to form lacy edges. Cook the patties in batches, about 4 at a time, spacing 1-2" apart. Once smashed, let the patties sear undisturbed about 3 minutes. (This will help the patties get a gorgeous browned surface and edges.) Then flip, give a firm smooch, and cook 3 minutes on the other side.
5. Serve the patties on Hawaiian rolls, topped with piles of cucumber ribbons, cilantro sprigs, diced roasted red peppers, sriracha mayo, and cheddar cheese.

KEWPIE MAYO SUBSTITUTION

4 tbsp regular mayo

1 1/2 tsp rice vinegar

1/2 tsp sugar

Mix all 3 ingredients together until well combined.