

GINGER

THE LUNG FIXER

LET GINGER

Be Thy Medicine



Evelyn Pindura

Thank you for purchasing this e-book, proceeds of which will go towards supporting schools in the rural parts of Africa, manage their library projects.

All Rights Reserved.

No part of this e-book may be reproduced in any form, by photocopying or by any electronic or mechanical means, including information storage or retrieval systems, without permission in writing from both the copyright owner and the publisher of this e-book.

The purpose of this book is to educate and entertain.

The author and/or publisher do not guarantee that anyone following these techniques, suggestions, tips, ideas, or strategies will become successful or healed.

The author and/or publisher shall have neither liability nor responsibility to anyone with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this e-book.

Copyright © Evelyn Pindura



Contents

The History of Ginger
Ginger from our Pantry
Ginger Beer Making Process
Method
Alternative Recipe
Juicing with Ginger
Benefits of Ginger
Appendix
More Books *by* the same Author

Ginger

This humble, aromatic, pungent spice is one of the oldest spices known in the world (traditionally used in folk medicine) from time began. It is mentioned in the writings of Confucius as the spice that was used against the plague. There is a lot more about ginger that is yet still to be explored.

Ginger belongs to the rhizome family, as does turmeric. Ginger has medicinal benefits and is high in antioxidants and anti-inflammatory properties. Gingerol, the chemical compound found in fresh ginger, gives it its spiciness. It is best used fresh, however, other forms of ginger - dried, pickled, preserved or crystallised, have got some benefits.

In general, inflammation is beneficial but can sometimes cause unpleasantness and harm. Inflammation can cause tissue damage, swelling and mucus production. Ginger's natural anti-inflammatory properties help to break down mucus, making it easier for the body to expel air. Ginger can help to increase circulation to the lungs and prevent severe damage.



Ginger is said to be indigenous to South East Asia; however, it has travelled around the world and it is widely used and loved in West Africa. It is well known for its culinary uses and is also used to grace certain occasions such as weddings, funerals, Easter and Christmas. It is easy and inexpensive to grow and is a popular item for trade by hawkers and petty traders.

4 Ginger - The Lung Fixer



This is one of the items I recall seeing in trays on the way to our local African market with either my mum or siblings. Amongst all the other groceries, this is the one that stood out for me because of its overpowering aroma. I can still recall the sellers shouting as we were walking along the streets of the crowded markets “ginger dae ya, fresh ginger dae ya! Cam ah go make am fine for you!”

I would like to share my grandmother’s special recipe of ‘home made ginger beer’. This is a favourite drink that is popular and unique to the Sierra Leonean Community.

Come with me into our old-fashioned kitchen called the ‘Pantry’ where it is made. Once the ginger beer is made, it is stored in clay pots until it is ready for consumption. Our pantry is located at the back of the house towards the end entrance; it is filled with wooden shelves for storing pot, pans and there is also plenty of space for storing drinking water in clay pots.

In the middle of the pantry, there is an old wooden table covered with a nylon cloth and this is where our cooked meals are served from. On the right-hand side, there is a small wooden latched window that lets the daylight in. Hanging from the window is an old patchwork curtain made by my grandmother affectionately known as “Sisi Juana”. The prefix “Sisi” is a respectful way of addressing our elderly female relatives.

The pantry is the sacred part of the house and Sisi makes sure it is always clean. Food preparation can be slow and sometimes laborious. However, the time, effort and love that goes into creating our dishes makes the time spent on preparation well worth it as they taste delicious.



The ginger beer making process starts from outside the house, in the back yard, with the pounding of fresh Ginger using a wooden mortar and pestle called ‘mata odo’ and is finished off in the pantry where it is kept in a pail bucket for 2-3 days to brew before the final stage of the process.

Here’s my grandmother’s authentic Sierra Leonean ‘**Home Made Ginger Beer**’ recipe for you to make, without preservatives!

Ingredients

- 1 hand of fresh root Ginger
- 2 lemons
- 1 lime
- 1 cup of sugar
- A handful of whole cloves
- 1 ½ jug of Boiling water
- Blender
- Airtight food storage container (e.g. Grain Container)
- Clean wide bowl
- Spoon for stirring
- Airtight bottles x 2
- Pyrex jug
- Muslin cloth



Method

Step One

1. Wash ginger thoroughly removing any visible dirt and cut into chunks (no need to peel the skin)
2. Put in the blender and fill up to $\frac{1}{4}$ of the blender capacity
3. Blend until smooth
4. Pour contents into an airtight grain container
5. Pour the boiling water to almost fill the brim of the container (leave enough room to put back the lid)
6. Let it brew for at least 24 hours and keep in the cool part of the kitchen (48 hours for better results and mature taste)

Step Two

7. Remove the lid from the airtight container and set to one side
8. Massage (roll to soften) the lemon and limes, halve and squeeze the juice out of them (alternatively use a manual juicer)
9. Pour the lemon and lime juices into the blended ginger container
10. Stir the contents using a spoon
11. Get your bowl and muslin cloth ready
12. Rinse the muslin cloth first in warm water and then in cold to get rid of any dirt and soapy residue
13. Spread the muslin cloth over the bowl (make sure the top is fully covered)
14. Strain the liquid using the muslin cloth
15. Do not pour it too fast as the liquid will overcome the straining material and pour out through the sides

7 Ginger - The Lung Fixer

16. Once the ginger liquid is strained, give the muslin cloth a good squeeze to remove the excess ginger water

17. You can set aside the “chaff” which is the left-over pummelled ginger and the lemon and lime seeds for use in your compost

Step Three

18. Sterilise the airtight bottles with hot water or by placing in a warm oven

19. Add sugar into the strained liquid, to your taste, and stir until the sugar is dissolved

20. Add a handful of cloves

21. Using the Pyrex jug, pour the liquid into the sterilised airtight bottles

22. Chill for best results

23. Can keep for a week in the fridge or in the freezer for up to 3 months

24. And there you have it - my Grandmother’s ‘Home Made Ginger Beer’!



Alternative Recipe

If you enjoy the fizzy side of ginger beer, you can omit the boiling and use carbonated water instead, no need to brew, it's ready to use, just add on your favourite fruit topping such as raspberry and mint, plus sugar to taste.



Have You Thought About Juicing With Ginger?

Why not try this?

Ingredients

1 finger of Ginger
1 cox apple (gives it a tangy taste)
1 carrot (organic for best results).

It tastes tangy, invigorating and refreshing;
besides you get the full benefits from each ingredient.





Did You *Know*?

Fresh ginger can be added to fish soup before serving

Ginger is very effective in relieving seasickness

Ginger soothes pain and discomfort in the stomach and alleviates wind

Ginger is safe and effective in relieving nausea and vomiting during pregnancy

Ginger reduces pain associated with osteoarthritis and rheumatoid arthritis

and improves mobility if consumed daily

Ginger protects against colorectal and ovarian cancer

Why Home Made?

No artificial preservatives or

additives are used - only natural ingredients

It is not made from concentrate

You are in control of the ingredients you use; that is, you can:

i. reduce the quantity of sugar

ii use a natural alternative, for example, stevia or yacon or

iii. go sugar-free

With this approach, you can get maximum benefits from all the ingredients

Giving you a healthier option!

And Finally.....

Why not try fresh sliced ginger?

All you have to do is to wash and slice a finger of ginger into thin slices and it's ready for consumption!



Appendix

References:

- M. Bode and Z. Dong 2011. Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition. (<https://www.ncbi.nlm.nih.gov/books/NBK92775/>)
- G. Lotha 2019. What is inflammation? (www.britannica.com/science/inflammation)
- <https://lunginstitute.com/blog/four-treatments-pulmonary-fibrosis-living-chronic-lung-disease/>

More Books by the Author

- You Are Beautiful Inside and Out, 52 Amazing Self Esteem Quotes
- Forgive Turn Your Pain into Gain and Set Yourself Free
- Forgiveness Quotations
- Lives Transformed Stories of Unsung Heroes
- Lives Transformed Passage to Healing

Available in paperback and kindle format from amazon, amazon kindle, waterstones and from the website at www.EvelynPindura.com/shop

For More information about the author visit:
EvelynPindura.com

If you Wish to Get in Touch Email:
Info@EvelynPindura.Com

GINGER

THE LUNG FIXER

LET GINGER

Be Thy Medicine



ISBN 978-0-9564151-9-6