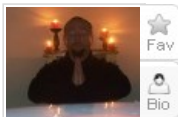


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The benefits of using Ginger to cook with during Christmas dinner

November 30, 2:52 AM • Louisville Natural Health Examiner • Merlyn Seeley



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Orange glazed duck cutlets
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No doubt you like most every other American will be celebrating Christmas with in a few weeks and will be sharing your house with many people both friends and family from around the country. Those that will be at your house for Christmas will expect a large meal and will be anticipating that wonderful aroma from baking and the goodies that are baked year after year. But why not surprise them this year and toss it up a little by adding in some culinary herbs that you would not normally find yourself cooking with. Below is a great idea using the well known herb ginger.

Now Ginger already has a taste that is just right for the holiday season with its spicy bite and woody texture. But when cooked with this root is transformed into one of the body's best friends. **Ginger is well known as the digestive herb because that is what it specializes in.** It is perfect as an infusion and drank after every meal as well as sometimes before to prevent heartburn and

bloating. When you use Ginger to cook with you will need to first peel it as you do a potato, they are both roots, then wash it under cool water and either mince or shave it into a small bowl. Now your Ginger is ready to be used in cooking.

What will Ginger do for you Christmas guests? How about this, **Ginger will cure an upset stomach, a gassy stomach, indigestion, heartburn, bloating and abdominal cramps that some will experience around the holidays from eating to much or certain foods.** You will notice the intense aroma that fills your home as you cook up this Christmas dish using Ginger.

Orange-Glazed Duck Cutlets

Ingredients

- 1 Pound Duck breast cutlets or slices gently pounded to an even thickness
- 1/4 Teaspoon ground cinnamon
- 2 Teaspoons vegetable oil
- 1/3 Cup orange marmalade
- 1/8 Teaspoon ground cinnamon
- 1/8 Teaspoon freshly grated nutmeg
- 1/8 Teaspoon powdered ginger

Preparation



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1. Lightly sprinkle one side of cutlets with salt, pepper and 1/4 teaspoon ground cinnamon.
2. In large non-stick skillet, over medium-high heat, heat oil. Sauté duck cutlets in hot oil 1 to 2 minutes per side or until they are no longer pink in center. Remove duck to platter and keep warm.
3. In small saucepan, over medium heat, combine marmalade, remaining cinnamon, nutmeg and ginger; cook 1 to 2 minutes or until mixture is heated throughout.
4. Return duck cutlets to pan and heat.
5. To serve, spoon marmalade sauce over cutlets.
6. Hints * for a dish with an Eastern taste, add 1/4 to 1/2 teaspoon curry powder. * To create an Asian dish, add a splash of sesame oil and a 1 to 2 teaspoons light soy sauce. * For a spicy Mexican flavor, add 1/4 teaspoon ground cumin in the sauce and garnish with cilantro sprigs.

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