

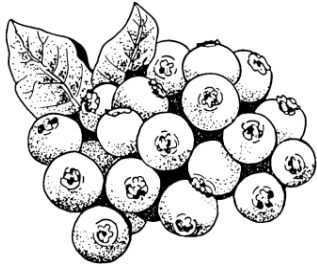
GINGER SWEET POTATO SALAD

3 lbs. sweet potatoes or yams
1 cup of chopped celery
1 bunch scallions (with part of the green tops), thinly sliced
2/3 cup of raisins
2/3 cup pecans, lightly toasted and coarsely chopped

Dressing:

½ cup canola oil
1/3 cup Tait Farm Ginger Shrub
grated rind of one lemon
2 Tbs. lemon juice
½ tsp. salt
1/8 tsp. freshly ground black pepper

Boil the sweet potatoes or yams (in their skins) for 15 minutes or until just tender when pierced with a paring knife. When the potatoes are cool, peel them and cut them into ½ inch cubes. In a large bowl, whisk together all the dressing ingredients. Add the celery, scallions and raisins. Gently fold in the potatoes and pecans. If you are planning to hold the salad for any length of time in the refrigerator, reserve the pecans and fold them in at the last minute. Serves 6 to 8.



GRILLED SALMON WITH BLUEBERRY SALSA

For 1-1 ½ lb. grilled or broiled firm fish. Transfer to serving plate and smother with the following mixture:

1 cup fresh or frozen blueberries
1/4 cup Ginger Shrub
1 avocado, chopped
2 Tbs. oil
1/3 cup chopped scallions
1 tsp. grated fresh ginger root
1 kiwi, peeled, sliced & quartered
Rind of 1 lime, grated or slivered
1 Tbs. tamari (soy sauce)
2 Tbs. lime juice
Cayenne to taste
Fresh Cilantro for garnish

Serves 4.

CHILLED GINGER CARROT SOUP

2 lbs. carrots, peeled and sliced
1 heaping tsp. of curry powder
2 stalks celery, finely diced
1 tsp. of grated fresh ginger root
1 small onion, finely diced
¼ cup Tait Farm Ginger Shrub
4 cups of chicken or vegetable stock
2 cups Half and Half

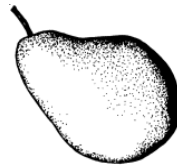
In a 3 quart pot, saute celery and onion in a little butter or oil until wilted. Add curry powder and grated ginger. Stir fry for one minute. Add carrots and stock. Bring to a boil. Reduce heat to low, cover pot and simmer for twenty minutes...or until carrots are tender. Remove from the heat and cool to lukewarm. Add Ginger Shrub. Strain the vegetables, reserving the stock. Puree the vegetables in a food processor. Return the puree to the stock. Whisk in the half and half. Add salt and pepper to taste. Chill well before serving. Garnish with chopped chives. Makes approximately ten cups.

Serves 4 to 6.

ORIENTAL CHICKEN SALAD

8 cups cooked chicken, cubed
2 cups mayonnaise
1 can water chestnuts, diced
1 clove of garlic, minced
1 small red bell pepper, diced
1/2 cup Tait Farm Foods Ginger Shrub
1 cup celery, diced
1 chicken bouillon cube, crushed
1 bunch scallions, sliced

Dressing: Combine mayonnaise with Ginger Shrub, minced garlic & crushed bouillon cube. Mix well. In large bowl combine all other ingredients with dressing, mix well. Chill for several hours. Serves 8.



GINGE CURRY MAYONAISE

1 ½ cup mayonnaise ¼ cup Ginger Shrub
1 tsp. curry powder 1-2 cloves garlic, minced

Blend all ingredients together until very smooth. Chill. Use as a dip for vegetables.....or as a dressing for chicken salad.



GINGER BLACK BEANS & RICE AND ROPA NUEVO

2 cups cooked black beans, rinsed & well drained
1 cup of rice
1 Tbs. oil
¼ cup chopped red sweet pepper
¼ cup Tait Farm Ginger Shrub
¾ cup chicken or vegetable broth
1 tsp. ground coriander seed
½ tsp. ground cumin

Heat oil in a 2 qt. Saucepan over medium heat. Add peppers and sauté for 1-2 minutes. Add rice and stir constantly until rice starts to turn opaque. Add all other ingredients and bring to a boil. Cover pan and reduce heat to low simmer 20 minutes.

ROPA NUEVO (ginger beef, pork or lamb in the Cuban style)

3 lb. beef, pork or lamb roast
1 large sweet onion
juice and rind of 1 lime

Sauce:

15 oz. can tomato sauce 2 tsp. ground coriander
¼ cup Tait Farm Ginger Shrub ½ tsp. ground allspice
1 clove garlic, minced 2 tsp. ground cumin
1/8 tsp. cayenne pepper (or more to taste)

Sear roast on all sides and place in a deep casserole or roasting pan. Saute onion in a little oil and spread over roast. Mix sauce ingredients together (except limejuice & rind) and pour over meat. Cover tightly and roast at 325 degrees for 2-3 hours or until meat is very tender. Remove roast to a heated platter and slice. Add lime juice and rind to the sauce and pour over meat. Serve with black beans and rice. Serves 8.

GLOEGG

3 cups Constant Comment tea (or spiced tea) brewed according to your taste
6 Tbs.. Tait Farm Foods Ginger Shrub
12 whole almonds
2 Tbs. raisins
6 cardamom pods, cracked

Place all ingredients in a saucepan and heat gently. Cover and allow to steep for at least 20 minutes before serving. The punch can be made ahead of time and re-warmed. Serve with an almond and some raisins in each mug. Serves 2.