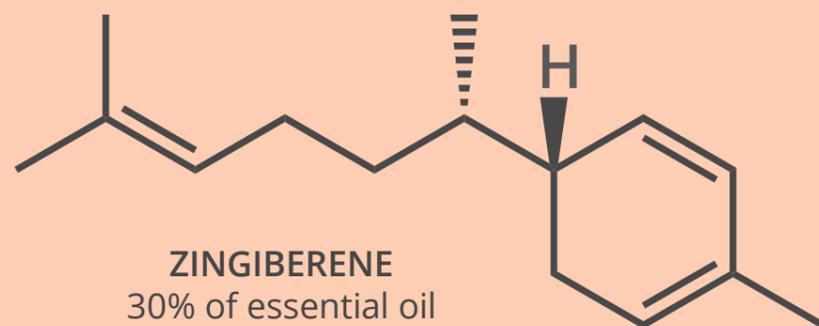


THE CHEMISTRY OF GINGER

FLAVOUR, AROMA & PUNGENCY

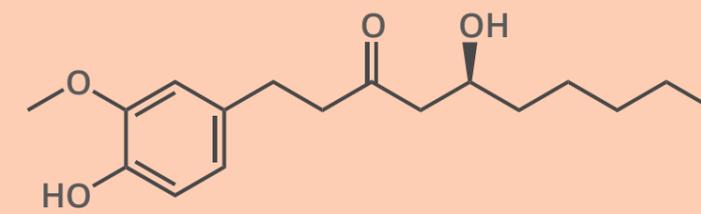
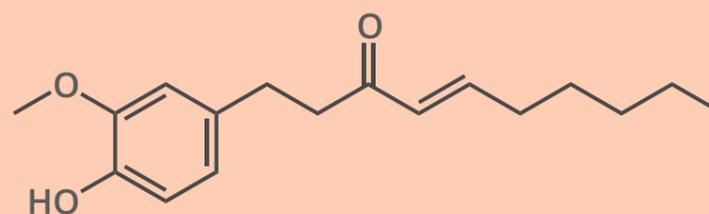


Ginger's flavour is influenced by a number of compounds. The pungency of fresh ginger comes from gingerol, whilst flavour also comes from zingiberene.

Cooking ginger breaks down gingerols into the compound zingerone, which is less pungent, and a significant contributor to ginger's flavour. Another class of compounds formed during cooking are the shogaols, which also contribute to flavour & pungency.



POTENTIAL HEALTH BENEFITS OF GINGER



A number of the compounds in ginger are bioactive. Shogaol has a strong anti-coughing effect, whilst gingerol has anti-inflammatory & analgesic properties. Studies have also suggested that [6]-gingerol inhibits production of new blood vessels, which may make it useful in the treatment of tumours. Ginger has additionally been found to be more effective than a placebo for treating nausea during pregnancy and chemotherapy.