

Blasta Delights

ginger
inspired
goodies



GINGER SYRUP

Do you know that Peruvian ginger is three times as strong in flavour as regular Chinese ginger root, as well as being twice as small? So a small bit goes a long way. The strong spice level is due to the higher concentration of gingerol in the ginger which comes from the farming and nutrients in the soil of the selva alta, or high jungle in Peru. Making this ginger healthier and more beneficial to your diet.

By using the mature Peruvian ginger root in my products I offer a treat that has noticeably better nutritional values.

My syrup has a versatile range of uses in salad dressings, mixed through some yoghurt and fruit, morning hot water and lemon and added to salad dressing to give a bit of a zing. Also, a great addition to sparkling water and not forgetting of also your glass of sparkling wine. Also, that traditional combo of whiskey and ginger, with a splash of tonic water.

Goes great on the morning porridge and pancakes. Not forgetting your summertime ice cream and stewed fruit.

This is me, Áine, creator of all the ginger inspired goodies. Made in Ireland.

SUGGESTED USES

- pancakes
- porridge
- ice cream
- yoghurt and fruit salad dressing
- on desserts like apple crumble or stewed fruit
- prick some holes in the top of a cake and drizzle some of the syrup over the cake
- salad dressings with soy sauce or tahini or asian dipping sauces

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The Irish Food Awards
Blas na hÉireann
Finalist 2022

Made in
Ireland



SCAN FOR MORE RECIPES



GINGER SYRUP

Chia Seed & Oat Pudding

- 2tbsp chia seeds*
- 1 tbsp porridge oats
- 230ml milk of choice/
milk kefir & milk
- 1 tbsp ginger syrup
- optional: caramelised
banana, toasted nuts &
seeds, ginger powder

*chia seeds can be
switched for oats to make
overnight oats - use 50g / 1 cup

Mix chia seeds, oats
& milk first. Shake in
jar, shake again after
5mins & leave for an
hour or overnight in
the fridge. Add
optional flavours or
toppings. Enjoy!

Salad dressing options

- 1tbsp ginger syrup
- 1tspn chinkiang
vinegar
- toasted sesame oil
- pinch grated garlic

* can also be used as
dipping sauce

Mix all together in a
small jar and give it
a good shake. Put
on some music if
you like :). Add to
noodles, grate
carrots and other
raw vegetables

Frozen Yoghurt Bark

- 500ml yoghurt
- 2tspn ginger syrup -
topping options:
peach, pineapple,
raspberries, mango,
nut butter, chocolate
shavings

Spread yoghurt onto
parchment paper in
a container. Place
toppings on top.
Drizzle syrup where
you want it. Freeze
for 2 hours.

Celtic Mule Cocktail

- 50ml whiskey
- 10ml lime juice
- 1 tbsp ginger syrup
- 100ml ginger beer
- wedge of lime
- sprig of mint

I prefer to chill
my glass for this.
Mix altogether in
a chilled tumbler
with ice. Garnish
with lime and
sprig of mint.

Just drizzle on

- 100g cauliflower &
broccoli just tender
- tsp ginger syrup
- rapeseed oil
- 1 garlic clove
- feta & parsley
- optional: preserved lemons

Place veg into pan
with warmed oil and
garlic. Add
preserved lemon.
Add to plate, drizzle
over ginger syrup
feta and parsley.

Fruit salad dressing

- 2tbsp ginger syrup
- 4 mint leaves
- pinch of cardamon
powder
- 1 mango
- 1.4tsp vanilla essence
- 1 tbsp of water

Blend altogether.
Pour over fruit
salad, ice cream
or pancakes.
Freeze in ice cube
tray for later.

Warm Apple Ginger Cider

- cup natural apple
cider or cloudy
apple juice
- tsp ginger syrup
- pinch of ground
nutmeg

Heat apple cider or
juice by itself. When
heated added syrup
and springle
nutmeg on top.
Unwind and enjoy.

Frozen Ginger Kefir Ice Cream

- 1 frozen banana
- 1/2" ginger root
- 1 tbsp ginger syrup
- 1/2 frozen mango
- sprigs of mint - can
be added directly or
chopped afterwards.

Blend altogether.
Place in freezer.
Mix every 25mins
for about 2hrs.
Take out and blend
again. Freeze for
30mins and serve.