



LES STROUD'S
WILD HARVEST

Wild Ginger Syrup

By Chef Paul Rogalski



Makes approx. 1.25 cups

- 1 cup white sugar
- 1 cup water
- 1/2 teaspoon kosher salt
- 1 cup wild ginger stems, washed and cleaned
- 2 cups wild ginger leaves, washed and cleaned

In a medium sized sauce pot combine sugar, water, and the wild ginger stems. Bring to a simmer over medium heat and continue cooking for five minutes. Remove from heat and strain syrup into a blender. **Be very careful about the next step as the syrup is very hot and can burn you.**

Start blender on lowest setting and slowly add the wild ginger leaves increasing speed as you go until on the highest setting. Blend for one minute or until the syrup is smooth. Remove from blender, place in a jar or similar and refrigerate until needed.