

# First

March 17, 2008

health

healthy dish

## Energy-boosting ADD-INS!

How the pros stir up  
round-the-clock pep!

CHEFS'  
SECRETS!

### OUTSMART MIDDAY SLUMPS WITH FRESH GINGER



Also yummy in  
chicken salad!

“Running a restaurant keeps me on my feet from day to night. So for lunch I need something that’ll keep me going, like a cup of squash soup spiked with ginger,” says Stephanie Sokolove, owner and executive chef of Stephanie’s on Newbury in Boston. “Ginger’s bright flavor gives the soup an unexpected kick.” For a quick infusion, Sokolove shaves the root with a peeler and tosses in the strips. “Raw ginger is a little too fibrous to chew,”

she adds. “So I let the strips steep for a minute and quickly fish them out.”

**Why it works:**

*Gingerols* and *zing-erone*, compounds that give ginger its piquant taste, are thermogenic agents shown to cause muscle tissue to consume more oxygen. This, in turn, helps the body burn more stored fat for energizing fuel.



Chef Stephanie  
Sokolove