

Ginger vs Galangal (vsdiff.com)

Ginger	Galangal
Zingiber officinale (family: <i>Zingiberaceae</i>)	Alpinia or <i>Kaempferia</i> species (common: <i>Alpinia galanga</i>)
Warm, spicy-gingerly aroma; pungent heat	Sharp, piney, citrusy aroma; often described as peppery and resinous
Thinner, fibrous pale-yellow flesh; juicy	Firmer, denser white or pale flesh; starchier
Common worldwide in Asian, Western cooking; fresh, dried, powdered	Common in Southeast Asian cuisines (Thai, Indonesian), often fresh or sliced
Key compounds: gingerols → shogaols (when heated/dried)	Key compounds: phenolics (e.g., <i>galangin</i>) and other terpenoids
Harvested ~8–10 months after planting (typical)	Often harvested younger or at similar ranges depending on species
Substitution: similar pungency but different aroma—use with caution	Not a 1:1 substitute for ginger in most dishes

Source: <https://vsdiff.com/ginger-vs-galangal/>