

Turmeric, *Curcuma longa*

Tips for Using Turmeric:

- Considered a “warm” spice, it is used in poultry, fish, rice and egg dishes.
- It is often in spice blends for chutneys, sauces, marinades, soups and pickles for color and flavor.
- Excellent in teas and smoothies.
- Scrape off the skin of fresh turmeric roots with the side of a spoon.
- Slice, chop, or grate fresh turmeric to use raw or cooked.
- Preserve fresh turmeric root by washing and peeling before wrapping and freezing. Grate from frozen into recipes.
- Generally, about a 1-inch piece of fresh turmeric equals 1 tablespoon of freshly grated turmeric or 1 teaspoon of ground turmeric.

Tropical Carrot, Turmeric, and Ginger Smoothie

A pinch of salt makes everything taste better, including savory smoothies.

1 blood or naval orange, peel and white pith removed

1 large carrot, scrubbed, coarsely chopped

½ cup frozen mango chunks

2/3 cup coconut water

1 tablespoon shelled raw hemp seeds

¾ teaspoon finely grated peeled ginger

1 ½ teaspoons finely grated peeled turmeric

Pinch of cayenne pepper

Pinch of kosher salt

Using smoothie or ice crush setting, puree orange, carrot, mango, coconut water, hemp seeds, ginger turmeric, cayenne, salt, and ½ cup ice in a blender until smooth. Yield: Makes about 2 cups

Claire Saffitz, Bon Appetit, January 2016
Epicurious.com

Turmeric Tea

Like ginger, turmeric root can be made into a nourishing and tasty tea.

2 tablespoons turmeric root chopped, or 2 teaspoons turmeric powder

1-2 cups water

Bring turmeric to a boil in 1-2 cups water. Lower to simmer for 5 minutes and then strain. Drink warm or cold, and add lemon and/or honey to change the taste.

Mary-Eve Brown, R.D.N., C.S.O., L.D.N.
Hopkinsmedicine.org

Authentic Golden Milk (Turmeric Milk Tea)

Yes, this Golden Milk recipe is easy, traditional, and optimized for absorption, but the real clutch? It's outrageously delicious. The key is not to overload it with turmeric, which can make it taste medicinal and bitter. Plus, using a balanced blend of spices adds flavor and warmth while enhancing its nourishing properties. Comfort in a cup!

½ cup water
1 cup whole milk, almond, soy or coconut also
work well thought milk is traditionally used
½ teaspoon turmeric powder, start with ¼
teaspoon or substitute 1 tablespoon grated
turmeric root, more if needed.
1 green cardamom, slightly cracked open
1 clove,
1-inch piece cinnamon stick

3 black peppercorns
1 small star anise (optional)
½ teaspoon vanilla extract or ¼ vanilla bean
(scraped), optional
1 thin slice fresh ginger (optional)
¼ teaspoon ghee or coconut oil, optional
1 teaspoon honey, jaggery (gud), or sweetener of
choice, plus more to taste

Heat saucepan over medium-high heat. Bring all of the ingredients except the coconut oil/ghee and sweetener to a simmer. Stir well and lower the heat to a low or low-medium (you want it to simmer but not boil). Cover with the lid ajar and allow the milk to simmer for 5 minutes, depending on how strong you want the flavor of the spices (up to 10 minutes).

Turn off the heat and strain into your cup. Stir in coconut oil/ghee (if using) as well as your sweetener. Delight in the warmth and comfort of the therapeutic golden milk.

Serve warm or allow to cool and store in the fridge until chilled and serve with ice cubes. Keeps in an airtight glass jar in the fridge for up to 3 days.

Double or triple all ingredients but the star anise as it can get too strong.

Izzah Cheema
Teaforturmeric.com

Oven Roasted Cauliflower with Turmeric and Ginger

2 tablespoons vegetable oil
1 tablespoon black mustard seeds
1 jalapeno, finely diced
1 tablespoon grated fresh ginger

1 teaspoon turmeric
1 head cauliflower, cut into florets
Salt

Preheat oven to 425°F.

Whisk together the oil, mustard seeds, jalapeno, ginger, and turmeric in a small bowl.

Place cauliflower in a medium baking dish and toss with the flavored oil and season with salt. Roast until lightly golden brown and just tender, 20 to 25 minutes. Serve hot. Yield: 4 servings.

Bobby Flay,
Food Network

Do you have a recipe using Turmeric to share?
Please send it to educator@herbsociety.org