

Fluvanna County Public Library

Spice of the Month Club

Turmeric

Flavor Profile: Bitter, Spicy with notes of ginger and woody aroma

Turmeric is the dried knobby shaped rhizome of the plant *Curcuma longa*. Noted for its bright yellow color, it is related to and similar in appearance to ginger. The origin of the Latin name *Curcuma* stems from the Arabic word *al-kurkum* which was the original word for saffron. This is most likely since both saffron and turmeric are used to make yellow colored dyes.



The use of turmeric dates back 4,000 years to the Vedic culture in India, where it was used as a culinary spice and also had religious and medicinal significance. Marco Polo, in AD 1280, mentioned turmeric in notes of his travels in China: “There is also a vegetable that has all the properties of true saffron, as well as the smell and the color, and yet it is not really saffron.” In medieval Europe, turmeric was known as “Indian saffron.” Since then, turmeric has been used as an inexpensive substitute for saffron.

Turmeric is sacred in the Hindu religion and a turmeric dyed string known as the mangala sutra is worn by brides to signify readiness to marry and manage a household. Turmeric is also used to dye clothing and has been used for centuries to create the bright yellow hue of Buddhist robes. Today it’s added as a coloring agent in American mustard.

Turmeric is a rather heavy spice to handle alone, but blended with others in a curry powder, it binds them all together beautifully – and just a little gives curry powder its signature color. Turmeric works well in complex blends, where its pungent earthiness acts as a base to help to bind other flavors together. Add it to rice before it boils for a golden-colored dish. Add it to eggs, a yogurt dip, or a cream sauce to pour over broccoli or cauliflower. Make a dressing combining it with olive oil, lemon juice, salt and black pepper, and add it to a three-bean salad. Add it to lentil veggie burgers, or use it in a sauce for salmon. Just be careful when using turmeric, because it will stain clothes.

It is mainly cultivated in Asia, India and China.

Regional Stars – In Indian cooking, turmeric harmonizes the flavors in a curry blend, while in North Africa you can find it in tagines and stews. In Southeast Asia, the fresh root is combined with lemongrass, tamarind, chiles, shallots, and garlic into a paste for stews and vegetables; the leaves can be used to wrap up balls of rice.

Food Partners –

Complements – bitter greens, carrots, cauliflower, chickpeas, lemon, lentils, onions, peanuts, raisins, shallots, sweet potatoes, tofu, yogurt

Pairs well with – black pepper, cilantro, cinnamon, coriander, cumin, garlic, ginger, mustard seeds

Healing Power – anti-inflammatory and may help fight Alzheimer’s disease. Some use it as a face mask, though it dyes your skin a little yellow.

Roasted Cauliflower Salad with Turmeric and Tahini

Ingredients

Turmeric Roasted Cauliflower

- 1 head cauliflower, cut into bite-sized florets
- 1 tablespoon avocado or olive oil
- 2 tsp. turmeric
- 1 tsp. cumin
- 1 tsp. cracked black pepper

Roasted Cauliflower Salad Base

- 5 oz. Arugula
- ½ bunch parsley, coarsely chopped
- ½ red onion, thinly sliced
- 1/3 cup marinated black olives, chopped
- 2 tablespoons sesame seeds

Yogurt Tahini Dressing

- ¼ cup Greek yogurt
- 2 tablespoons unfiltered extra virgin olive oil
- 2 tablespoons tahini
- 1 lemon, juiced
- ½ tsp. cracked black pepper

Instructions

1. Preheat the oven to 425 degrees.
2. Cut the head of cauliflower into small, bit sized florets. Place the florets in a large bowl and add the oil, cumin, turmeric, salt and pepper, then toss to coat.
3. Spread the cauliflower onto a baking sheet and roast, stirring once halfway through, until tender and browned in spots, 20 minutes.
4. While the cauliflower is roasting, make the salad base. In a large bowl, combine the arugula, parsley, red onion, sesame seeds, and black olives. Toss to combine, then spread the salad onto a platter.
5. Make the dressing. In a small bowl, whisk the yogurt, olive oil, tahini, lemon juice and pepper in a small bowl. Thin with water to achieve desired consistency. Taste for seasoning and add additional pepper if needed (skip the salt, as the olives add a briny kick).
6. Top the salad with the roasted cauliflower, then drizzle with the yogurt tahini dressing. Serve warm or at room temperature.
7. The roasted cauliflower keeps well on it own in the fridge in a sealed container. Reheat by sautéing in a dry pan over high heat or in the microwave for 1 minute. Alternatively, serve it cold as a packed lunch with the salad base.



<https://oursaltykitchen.com/roasted-cauliflower-salad/>

Easy Yellow Rice

Ingredients

- 1 tsp. ground turmeric
- ½ tsp. ground cumin
- 1 to 2 tablespoons butter (or substitute for vegan/dairy free version)
- 2 cups long grain basmati rice
- 4 cups water
- 1 tsp. salt
- Chopped chives or green onions for garnish

Instructions

1. In a medium saucepan combine butter, turmeric and cumin. Saute on medium heat until butter is melted and lightly foaming, while stirring it with the spices. Add rice and stir until the rice is completely coated with the spice mixture.
2. Add water and salt and bring to a boil over high heat. Reduce heat to low, cover and simmer until water is completely absorbed about 15 minutes. Turn off heat and let sit for 5 minutes. Serve warm with chives or scallions.

<http://www.virtuallyhomemade.com/2014/08/easy-yellow-rice.html>



Anti-Inflammatory Turmeric Chicken Zoodle Soup

Ingredients

- 2 tablespoons coconut oil or avocado oil
- 1 tablespoon ground turmeric
- 2 medium onions, diced (about 3 cups)
- 6 cloves garlic, minced (about 2 tablespoons)
- 3 large carrots, peeled and diced (about 2 cups)
- 3 large celery stalks and leaves, diced (about 2 cups)
- 4 cups cooked, chopped chicken (mix of white and dark meat, a rotisserie chicken works great)
- 6 cups low sodium chicken broth or chicken bone broth
- 3 bay leaves
- 1 tsp. dried sage
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 1 tsp. sea salt (plus more to taste)
- 2 medium zucchini



Instructions

1. In a large stock pot or Dutch oven, heat the coconut oil over medium-high heat. Add the turmeric and cook for about 90 seconds, just to let the flavor “bloom.”
2. Add in the onions and garlic, and cook until just translucent and fragrant, about 5 minutes.
3. Add in the carrots and celery, and cook until the veggies just begin to soften up, about 10 minutes.
4. Add in the chicken, broth, bay leaves, sage, rosemary, thyme, and sea salt. Bring to a boil, reduce heat, and simmer for 25-30 minutes, or until the chicken pieces are starting to fall apart and all the veggies are very tender. Check for season, adding more salt if desired.
5. While the soup is simmering, spiralizer the two zucchini. Using a big knife, cut the zucchini noodles in 2-3 inch pieces – no need to be precise. (You can also buy Zoodles from the grocery store)
6. Remove the soup from heat, discard the bay leaves, add in the zucchini noodles, and stir well. The heat from the soup will “cook” the noodles enough to soften them, without them getting too soggy. Serve and enjoy!

NOTE: No spiralizer? No problem – use a veggie peeler to create zucchini ribbons, or just use a sharp knife and julienne the zucchini into short noodles.

<https://wholefully.com/chicken-zoodle-soup/>

Honey Roasted Turmeric Chicken

Ingredients

- 2 pound chicken breast
- ¼ cup honey
- ¼ cup soy sauce, low sodium
- ½ tsp. turmeric, ground
- 4 clove garlic
- 1 tablespoon cornstarch
- 1 tablespoon oil, vegetable
- Serve with 3 stalk green onion

Instructions

1. Preheat oven to 350 degrees. Cut chicken into strips (about ½-1 inch wide)
2. Make glaze: whisk together honey, soy sauce, turmeric, minced garlic, and corn starch until fully combined. Set aside.
3. Heat a large skillet over medium-high heat. Add oil and sear chicken for 1-2 minutes on each side, until top and bottom are white (the middle will still be pink).
4. Place chicken strips in a medium-large baking dish and pour glaze over them. Flip chicken strips until coated.
5. Bake for 10 minutes. Take baking dish out of the oven and spoon glaze from the bottom of the dish on top of the chicken once more. Place back in the oven and bake for 10 more minutes, until chicken is cooked through.
6. Serve with chopped green onions.

<https://www.superhealthykids.com/recipes/honey-roasted-turmeric-chicken-recipe/>



Turmeric Chickpea Salad

Ingredients

- 1 can chickpeas – drained
- 1/3 cup aquafaba or vegan mayo (or regular mayo)
- 1 tsp. turmeric
- ½ tsp. onion powder
- 1 clove garlic – minced
- Black pepper to taste
- Salt to taste

Instructions

1. Pulse all ingredients in a blender until well-incorporated and broken down, but not totally mushy. You still want some texture.
2. NOTE: Aquafaba is the liquid from the chickpea can.



<https://www.karissasvegankitchen.com/easy-vegan-turmeric-chickpea-salad-sandwich/>

Anti-Inflammatory Turmeric Cookies

Ingredients

- 1 cup almond butter (or nut butter of choice)
- 1 cup coconut sugar (or cane sugar)
- 1 tsp. vanilla extract
- 1 egg
- 1 tablespoon turmeric
- 1 tablespoon ground cinnamon
- 1 tsp. ground ginger
- ½ tsp. ground nutmeg
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ cup shredded coconut
- ½ cup crushed pecans
- ½ cup shredded or finely chopped carrots

Instructions

1. Preheat oven to 350 F. Line a baking sheet with parchment paper.
2. Combine almond butter and coconut sugar in a large bowl.
3. Add vanilla and egg and combine further, then add turmeric, cinnamon, ginger, nutmeg, baking soda, salt, and black pepper.
4. Now add in shredded coconut, pecans, and carrots and mix thoroughly.
5. Scoop a tablespoon of dough onto the parchment paper and flatten with a spoon. Repeat until you have 10-12 cookies.
6. Bake for 10-12 minutes, or until the tops turn a rich golden brown. Let cool.



<https://paleovalley.com/articles/anti-inflammatory-turmeric-cookie-recipe?epik=dj0yJnU9UVppT1BSWF81QVoyTjJWQzhaV2VIM2hoNnNfS19FUnMmcD0wJm49RFhldEhVdzBDOGtqTnJIU09NT0VKdyZ0PUFBQUFBR0dtVko4>

Golden Milk Turmeric Tea

(A traditional Ayurvedic drink – oldest holistic medical system – over 3,000 years ago in India)

Ingredients

- ½ cup water
- ½ tsp turmeric
- ½ cup coconut milk (or desired milk)
- 1 tablespoon honey
- 1 tablespoon coconut oil

Instructions

1. Boil the water and add turmeric to it.
2. Boil it at a low temperature for 10-12 minutes.
3. Add coconut oil, coconut milk, and honey.
4. Drink this sip by sip. This is a once a day tea – and best before bed.

<https://www.beautyepic.com/turmeric-tea/>



Turmeric Hot Chocolate

Ingredients

- 1 cup milk
- 1 ½ tablespoons unsweetened Cocoa Powder
- 1 tsp ground turmeric
- 2 tsp coconut oil (to help absorb the turmeric)
- A pinch of black pepper (to help absorb the turmeric)
- A pinch of cayenne pepper
- 2 tsp. honey

Instructions

1. Pour milk in a sauce pan. Add cocoa powder, turmeric and coconut oil. Mix everything with a whisk until combined and bring to a boil.
2. Turn off the heat, add a pinch of black pepper and cayenne pepper and give it a stir.
3. Pour in a mug. Let it cool down a bit before adding honey.
4. Serve warm.

NOTE: Honey can be substituted with sugar, agave syrup or maple syrup.

<https://www.happyfoodstube.com/turmeric-hot-chocolate/>



Turmeric Fried Rice with Edamame

Ingredients

- 4 cups cooked brown rice, day old preferred
- ½ cup onion, diced
- 1 tablespoon olive oil, divided
- 4 garlic cloves, minced
- 2 large eggs (optional)
- 12 oz. frozen package peas and carrots
- 12 oz. frozen package shelled edamame
- 1 tsp. red pepper flake
- 1 tsp. ground turmeric
- ¼ cup reduced sodium tamari (gluten free) or soy sauce
- Unsalted peanuts, for garnish



Instructions

1. Combine half the olive oil and the onion in a large skillet over medium high heat. Sauté until the onion is tender, about 3-5 minutes. Add garlic and sauté until fragrant, about 30 seconds. Remove from the pan, or slide to the side.
2. Add eggs (optional), stirring to scramble, and cook until opaque, breaking them up with a spatula. Remove from the pan, or slide to the side with the onions if there is space.
3. Add peas and carrots, and shelled edamame. Heat until thawed through.
4. Add remaining oil to pan and pour in rice. Mix everything together, adding any ingredients back that were removed. Stir in red pepper flake, turmeric, and soy sauce. Heat until the rice is heated through and starting to crisp, stirring frequently.
5. Top any servings that will be eaten with peanuts. Store peanuts separately from any leftovers.

<http://www.alisonsallspice.com/turmeric-fried-rice-edamame/>

Super Simple Turmeric Falafel (Vegan and Grain Free)

Ingredients

- 2 cups dry chickpeas (soaked overnight in medium bowl in warm water, doesn't matter water amount just make sure they are covered – you do not need to cook them at all)
- ¼ cup tahini
- 1/3 cup chopped onion
- 1 garlic clove
- 1 ½ tsp. cumin
- ½ tsp. garlic powder
- 1 tsp. turmeric
- 3 tablespoons parsley leaves
- ½ lemon, juiced



Instructions

1. Preheat oven to 375 degrees.

2. Combine falafel ingredients in food processor and pulse together until ingredients are broken up and well combined (should be about a minute depending on your food processor).
3. Line a baking tray with parchment paper and spray well to prevent sticking.
4. Using your hands or spoon, scoop about 2 tablespoons of falafel dough and form into small patties and line across the baking tray.
5. Bake in oven for 10 minutes then carefully flip each falafel over and cook in oven for another 10 minutes.
6. Enjoy in a sandwich with pita bread, hummus, and lettuce or in a Greek salad!
7. NOTE: Will stay good in fridge for 5-7 days or you can freeze!

<https://rachlmansfield.com/super-simple-turmeric-falafel-vegan-grain-free/>

Turmeric Ginger Lemonade

Ingredients

- 1 ½ tsp of ground ginger
- 1 tsp of ground turmeric
- 3 cups of water
- 3-5 lemons
- Sugar or Honey (sweeten to your taste)
- Pinch of black pepper



Instructions

1. Bring three cups of water to boil. Combine spices and pinch of black pepper (enhances curcumin absorption) in a pot with your three cups of water. Allow to boil for 10-15 minutes. Set aside to cool.
2. Strain mixture with a strainer to extract powder – you may want to strain twice.
3. Cut up and squeeze lemons extracting seeds.
4. Combine spice and water mixture with sweetener (sugar and honey) and lemon juice. Stir and refrigerate. Enjoy! NOTE: This drink can be an acquired taste. It's a bit strong, but good once you find the perfect balance of turmeric to ginger and sweetness.

<https://shesomajor.com/turmeric-ginger-lemonade/>

PLEASE SHARE PICTURES OF WHAT YOU MAKE ON FACEBOOK OR WITH THE LIBRARY VIA EMAIL!

Spice Resources at Fluvanna Library

The Anti-Inflammatory Diet & Action Plans by Dorothy Calimeris – 641.5631 CAL

Healing Spices Handbook: Recipes for Natural Living by Barbara Brownell
Grogan – 615.3 BRO

Meals that Heal by Carolyn Williams – 641.563 WIL

Vegan Indian Cooking: 140 simple and healthy vegan recipes by Anupy Singla
– 641.5636 SIN



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