

Recipes



Turmeric, *Curcuma longa*

Tips for Using Turmeric:

- Turmeric has a nutty flavor with a slightly bitter edge.
- Turmeric is a warm spice that combines well with chicken, fish, eggs, curry, chutney, marinades, rice, and pickles.
- Turmeric is excellent in juices, tea and smoothies.
- Add turmeric to soups, stews, and sauces for both color and flavor.
- Add to vegetables prior to roasting or sauteing.
- Turmeric is used fresh or can be frozen and is prepared by slicing, chopping, or grating.
- Add turmeric blends well with other herbs in compound butters.
- Turmeric can be eaten raw or cooked.
- Once ground, turmeric begins to lose flavor. Store in a dark place and replace when flavor diminishes.
- Use the side of a spoon to scrape the skin off fresh turmeric roots.
- Be careful with cutting the fresh root as it will stain anything it touches yellow.

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
⅔ 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

Roasted Potatoes with North Indian Spices

3 ½ tablespoons canola oil, divided
3 pounds small red potatoes, halved
(about 8 cups)
1 ¾ teaspoons black mustard seeds
6 dried red chiles
2 teaspoons minced peeled fresh ginger
3 garlic cloves, minced
½ jalapeno, seeded and minced
Preheat the oven to 375°F (190°C).
Sift together the flour, salt, and baking soda into a small bowl.

1 ½ teaspoons kosher salt
1 teaspoon ground turmeric
1 teaspoon Garam Masala
Cooking spray
½ cup fresh cilantro
½ cup chopped fresh mint
1 tablespoon fresh lime juice
8 lime wedges

Preheat oven to 400°.

Combine 1 tablespoon oil and potatoes, tossing to coat. Set aside.

Heat remaining 2 ½ tablespoons oil, mustard seeds, and chiles in a large skillet over medium-high heat; cook 1½ minutes or until seeds begin to pop. Reduce heat to medium-low. Add ginger, garlic, and jalapeno to pan; cook 1 minute, stirring constantly. Add spice mixture to potatoes, tossing to coat. Arrange potato mixture in a single layer in a 13 x 9-inch baking dish coated with cooking spray.

Bake at 400° for 40 minutes or until potatoes are tender and browned, stirring every 10 minutes. Stir in cilantro, mint, and juice. Serve with lime wedges.

Suvir Saran
Cooking Light, April 2008

South Indian-Style Vegetable Curry

This easy one-pot meatless main gets its complex flavor from a combination of spices including coriander, cumin, turmeric, cayenne, and cinnamon. The spices marry in a rich, flavorful sauce that has a comforting, belly-warming appeal.

2 tablespoons canola oil
1 large yellow onion, finely diced
4 medium cloves garlic, minced
1 2-inch piece fresh ginger, peeled and finely grated
(1 tablespoon)
1 tablespoon ground coriander
1 ½ teaspoon ground cumin
¾ teaspoon ground turmeric
½ teaspoon cayenne
1 tablespoon tomato paste
2 cups lower-salt chicken broth or vegetable broth
1 cup light coconut milk
1 3-inch cinnamon stick
Fine sea salt and freshly ground black pepper

1 small cauliflower, broken into 1½-inch florets
(about 4 cups)
1-pound sweet potatoes, peeled and cut into 1-inch cubes
2 medium tomatoes, cored, seeded, and coarsely chopped (about 1½ cups)
2 large carrots, peeled, and cut into ½-inch thick rounds (about 1 cup)
One 15 ½ ounce can chickpeas, drained and rinsed
4-ounce baby spinach (about 4 lightly packed cups)
2 tablespoons fresh lime juice
1 teaspoon finely grated lime zest
2 tablespoons chopped fresh cilantro

In a 5 to 6-quart Dutch oven or other heavy-duty pot, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until beginning to brown, 3 to 4 minutes. Reduce the heat to medium (or medium low if necessary) and cook until the onion is richly browned, 5 to 7 minutes more. Add the garlic and ginger; cook,

stirring, for 1 minute to blend the flavors. Add the coriander, cumin, turmeric, and cayenne; stir for 30 seconds to toast the spices. Add the tomato paste and stir until well blended with the aromatics, about 1 minute.

Add broth, coconut milk, cinnamon stick, 1 teaspoon salt, and ¼ teaspoon pepper and bring to a boil. Reduce the heat to medium low or low and simmer for 10 minutes.

Add the cauliflower, sweet potatoes, tomatoes, and carrots. Raise the heat to medium high and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, 20 to 25 minutes. Discard the cinnamon stick.

Stir in the chickpeas, spinach, lime juice, and zest; cook until the spinach has wilted, about 3 minutes more. Season to taste with salt. Serve garnished with cilantro.

Serving Suggestions

This curry only needs a basic brown rice or white basmati rice to be a complete meal.

Ellie Krieger
Fine Cooking Issue 107

Golden Turmeric Butter

4 ounces unsalted butter, softened
1 tablespoon freshly grated turmeric
1 tablespoon freshly grated ginger
3 cloves garlic, crushed and finely minced
½ lime, juiced
Salt to taste

To prepare the turmeric, scrape the peel off with the edge of a spoon and grate into a bowl. Repeat with the ginger. Remember that turmeric is a dye and avoid porous surfaces like marble! Add the garlic, lime juice, salt and pepper to the bowl. Blend ingredients by hand then shape into a log on a sheet of wax paper. Roll up gently and store in the refrigerator or freezer.

Uses: stir in basmati rice or dal, slather on warm flatbread, drop in pho or rub on poultry before roasting.

Laura Lee Martin,
Executive Director, Herb Society of America

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