

Recipes



Tips for Cooking with Turmeric

- This warm spice combines well with chicken, fish, eggs, curry, chutney, marinade, rice and pickles.
- Once ground, turmeric begins to lose flavor. Store in a dark place and replace when flavor begins to diminish.
- Excellent in tea and smoothies
- Add to soups, stews and sauces for color and flavor.
- Add to vegetables prior to roasting.
- Use the side of a spoon to scrape the skin off fresh turmeric roots.
- Slice, chop or grate fresh turmeric to use raw or cooked.

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

1/2 cup frozen mango chunks

2/3 cup coconut water

1 tablespoon shelled raw hemp seeds

3/4 teaspoon finely grated peeled ginger

1 1/2 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 1/2 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 1/2 tablespoons canola oil, divided	1 1/2 teaspoons kosher salt
3 pounds small red potatoes, halved (about 8 cups)	1 teaspoon ground turmeric
1 3/4 teaspoons black mustard seeds	1 teaspoon Garam Masala
6 dried red chiles	Cooking spray
2 teaspoons minced peeled fresh ginger	1/2 cup fresh cilantro
3 garlic cloves, minced	1/2 cup chopped fresh mint
1/2 jalapeno, seeded and minced	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 1/2 tablespoons oil, mustard seeds, and chiles in a large skillet over medium-high heat; cook 1 1/2 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

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*

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 small cauliflower, broken into 1½-inch florets (about 4 cups)
1 large yellow onion, finely diced	1 pound sweet potatoes, peeled and cut into 1-inch cubes
4 medium cloves garlic, minced	2 medium tomatoes, cored, seeded, and coarsely chopped (about 1½ cups)
1 2-inch piece fresh ginger, peeled and finely grated (1 tablespoon)	2 large carrots, peeled, and cut into ½-inch thick rounds (about 1 cup)
1 tablespoon ground coriander	One 15 ½ ounce can chickpeas, drained and rinsed
1 ½ teaspoon ground cumin	4 ounce baby spinach (about 4 lightly packed cups)
¾ teaspoon ground turmeric	2 tablespoons fresh lime juice
½ teaspoon cayenne	1 teaspoon finely grated lime zest
1 tablespoon tomato paste	2 tablespoons chopped fresh cilantro
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	

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*