

TURMERIC
THE GOLDEN HERB...

25
Recipes

you must know and try!

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TABLE OF CONTENTS

All About Turmeric...	3
The Recipe Corner!	4
Foods and fruits	4
<i>Spicy stuffed eggplant</i>	4
<i>Turmeric chicken rice</i>	7
<i>Spiced Acorn squash</i>	8
<i>The original chicken tikka masala</i>	12
<i>Roasted cauliflower in turmeric, cumin 'n a dash of ginger!</i>	14
<i>Sambhar rice</i>	15
<i>The wholesome lentil casserole</i>	17
Beverages, juices and smoothies	18
<i>Creamy turmeric tea</i>	18
<i>Golden milk</i>	19
<i>Fresh turmeric juice</i>	20
<i>Turmeric coconut water cocktail</i>	21
<i>Turmeric banana smoothie</i>	22
<i>The healing spicy anti-inflammatory smoothie</i>	23
<i>Turmeric ginger tea</i>	24
Salads, soups and sandwiches	25
<i>Turmeric 'n cabbage salad</i>	25
<i>Corn patch salad</i>	26
<i>Thai noodle prawn'n fish soup</i>	27
<i>Yellow pea and coconut milk soup</i>	29
<i>Lemon rice Soup</i>	31
<i>Chicken and wild rice soup</i>	32
<i>Turmeric egg 'n bacon salad sandwich</i>	34
Desserts	35
<i>Almond'n turmeric rice pudding</i>	35
<i>Semolina turmeric cake</i>	36
<i>Banana Crème with vanilla 'n turmeric</i>	37

ALL ABOUT TURMERIC...

From the amazing mystic world of the grandmas' cures to being always there in the age-old beauty therapies and finally, bringing that effervescent flavor and hue to the cuisines across the world; turmeric, the golden Indian spice is indeed an unparalleled miracle of nature and a storehouse of good health. Well, here, we've listed some of the most important benefits you can gain through regular use of turmeric:

-  Good for bone and joint health
-  Has excellent anti-inflammatory properties
-  Works as a detoxifying agent and cleanser
-  Prevents formation of cancer-related metastases
-  Improves your metabolism
-  Has strong antioxidant properties
-  Provides pain relief
-  Helps in weight loss
-  Works as a natural skin-cleanser and healer
-  Reduces pain and discomfort related to arthritis

The vast, staggering benefits of turmeric in the world of health and medicine are surely unmatched. Equally intriguing is its wonderful role as an ingredient in nearly all the major cuisines across the world, be it the appetizers, the main course or even the desserts.

Read on as we list out the 25 most mouth-watering recipes which will bring out the best of this wonderful herb and also give you some of the most delectable dishes from across the globe.

THE RECIPE CORNER!

Perhaps one of the very few ingredients which blend seamlessly into almost all flavors, cuisines and delicacies, turmeric is used across continents to add taste as well as a rich nutritional value to food.

In the following section, we give you step-by-step details of the 25 most healthy and delicious recipes you can conjure up using this wonderful herb. For the reader's convenience, we've divided the recipes into 4 convenient categories, including:

- 🚩 Foods and fruits
- 🚩 Beverages, juices and smoothies
- 🚩 Salads, soups and sandwiches
- 🚩 Desserts

Just take a pick of your choice and read on. Also look out for the helpful tips listed at the end of the recipes section.

FOODS AND FRUITS

SPICY STUFFED EGGPLANT

Serve this mouth-watering spicy Indian dish as a whole meal or even as a part of a multicourse feast along with vegetables, rice and salads.

Ingredients

- 🚩 2 medium-sized eggplants
- 🚩 ½ cup brown basmati rice
- 🚩 Extra-virgin olive oil – 4 tbsp, divided
- 🚩 2 cups chopped onion
- 🚩 1 ½ tsp kosher salt



Spicy Stuffed Eggplant

- ✚ 1 tbsp minced ginger
- ✚ 2 tbsp minced garlic
- ✚ Ground bison – 12 ounces

- ✚ Paprika – 1 tbsp
- ✚ Ground cumin and coriander – 1 tsp each
- ✚ 1 tsp cayenne pepper
- ✚ 1 tsp garam masala
- ✚ 1 tsp freshly ground pepper
- ✚ 1 ¼ cups water

Method of preparation

- ✚ Cut eggplants lengthwise and score the sides in a deep criss-cross pattern. Be careful not to cut through the skin.
- ✚ Boil rice in a medium sized saucepan. Reduce heat and simmer till the rice is tender (for around 30-40 minutes). Remove from the heat and let it stand for around 10 minutes.
- ✚ Take the cut eggplants and coat the side with a mixture of 3 tbsp of oil. Also brush the skin sides carefully with 1 tsp oil.
- ✚ Preheat oven to 400°F.
- ✚ Place the eggplants on a baking sheet, with the cut side down. Bake for 15 minutes and then flip. Bake again for around 15 minutes or till the skin turns soft. Set aside. Bring the oven temperature down to 350°F.
- ✚ For the filling, heat the remaining 1 tbsp oil in a big skillet on medium flame and add onions, along with ½ tsp salt. Cook till onions soften.

- ✚ Stirring continuously, add ginger and garlic. Keep cooking for around a minute.
- ✚ Add paprika, bison, cumin, coriander, garam masala, turmeric and cayenne pepper, stirring for around 4 to 6 minutes till the mixture is well-blended. Add tomato paste and remove from heat.
- ✚ Wait till the eggplants are cool to touch. Carefully, scoop out the pulp, leaving about ½-inch layer of it attached to the skin.
- ✚ Coarsely chop the scooped out pulp and add the cooked rice to it. Stir it well along with 1 tsp salt and pepper.
- ✚ Stuff each eggplant with enough filling.
- ✚ Place the stuffed eggplant on the baking sheet. Bake for around 20 minutes at 350° F.

TURMERIC CHICKEN RICE

With an appetizing aroma, delectable appearance and a high nutritional content, this quick turmeric recipe with a hint of chicken can be had with curries of your choice.

Ingredients

- ✚ 1 cup basmati rice, pre-soaked
- ✚ 2 tbsp butter
- ✚ ½ chopped onion
- ✚ 1 minced garlic clove
- ✚ 2 tbsp butter
- ✚ 1 tbsp turmeric
- ✚ 1 ½ cups chicken broth
- ✚ 1 bay leaf
- ✚ 1 drop thyme
- ✚ Salt and pepper



Turmeric chicken rice

Method of preparation

- ✚ Heat a saucepan and melt 1 tbsp butter.
- ✚ Add onion and garlic. Cook till these soften.
- ✚ Add rice and turmeric. Mix well.
- ✚ Now add all the remaining ingredients. Cover and bring to boil.
- ✚ Reduce the heat and simmer for around 15 minutes.
- ✚ Add remaining butter and stir gently. Remove bay leaf. Serve hot.

SPICED ACORN SQUASH

A novel way to work around with the healthy oak nut, this recipe offers you a tempting blend of spices, brown sugar and even coconut!

Ingredients

- ✚ 2 ½ pounds acorn squash
- ✚ 1 tbsp corn oil
- ✚ 1 chopped red onion, medium sized
- ✚ 1 tbsp packed light brown sugar
- ✚ 3 tbsp unsweetened desiccated coconut
- ✚ 1 tsp black mustard seeds
- ✚ 1 ½ tsp minced garlic
- ✚ 1 ½ tsp ground cumin
- ✚ 1 tsp ground coriander seeds
- ✚ ½ tsp turmeric
- ✚ 1 tsp salt
- ✚ 2 cups water



Acorn squash

Method preparation

- ✚ To prepare the acorn squash, peel and seed it. Cut it into 1½ inch pieces.
- ✚ Place a heavy kettle (4 quart) over the flame and heat.
- ✚ Add the oil and onions, till the latter soften.
- ✚ Add mustard seeds. Cook for around 20 minutes, stirring continuously, till the seeds begin to pop.

- ✚ Add cumin, coriander seeds, garlic, turmeric, salt & brown sugar. Cook for around 30 sec more.
- ✚ Add the acorn squash, stir and coat with seasoning. Add water.
- ✚ Boil the mixture on a medium heat, stirring continuously for around 10 minutes. Add coconut and salt as per taste and keep stirring for 3 minutes or till the squash is tender and the liquid dries up.
- ✚ Serve fresh.

THE MANGO-FLAVORED INDIAN DAL

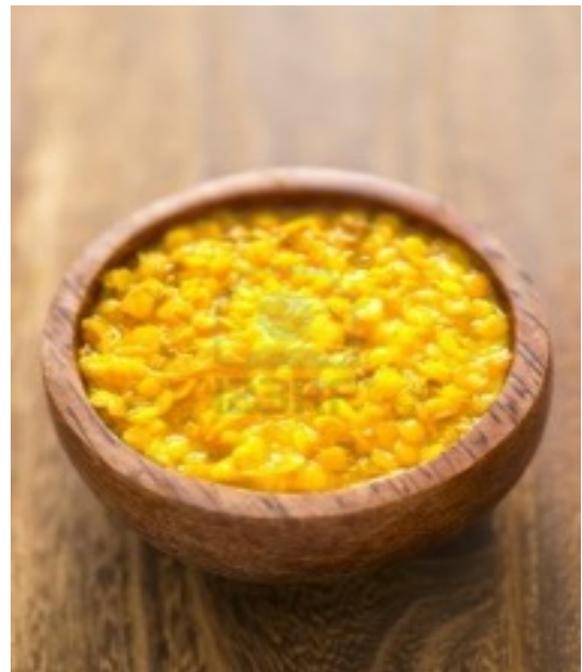
Lentils 'n turmeric cooked in their most conventional form, yet with a tangy twist of mango that brings a novel piquancy to this nutritious platter. Ideal to be served with basmati rice or even some roasted chicken.

Did You Know?

Lentils are more commonly known as dals or the dhal in the Indian cuisine...

Ingredients

- ✚ 1 cup yellow lentils (soaked)
- ✚ 2 mangoes, peeled and diced
- ✚ ½ tsp cumin seeds
- ✚ 1 medium-sized onion, chopped
- ✚ 1 tsp salt, divided
- ✚ 1 tbsp canola oil
- ✚ 4 cups water
- ✚ 1/ tsp ground turmeric
- ✚ 4 minced garlic



- ✚ 1 tbsp minced ginger
- ✚ ½ tsp powdered coriander
- ✚ ½ chopped cilantro
- ✚ ¼ tsp cayenne pepper

The mango flavored Indian dal

Method of preparation

- ✚ Rinse the lentils well. Wash till the water runs clear.
- ✚ In a large saucepan, combine together the lentils, water, turmeric and ½ tsp salt. Bring to a rolling boil. Reduce heat and simmer, partially covered. Stirring occasionally, cook for around 15 minutes.
- ✚ Till the lentils are being cooked, heat the canola oil in a big, nonstick skillet, placed on medium heat. Add cumin seeds and cook till the color takes a brownish hue (approximately 30 seconds).
- ✚ Add onions and continue to stir till they soften or turn brownish, which will be around 4 to 6 minutes.
- ✚ Add ginger, garlic, cayenne, coriander, along with the remaining ½ tsp salt. Cook for around 1 minute more.
- ✚ Add the garlic mixture and the diced mangoes to the lentils.
- ✚ Reduce the heat and simmer for around 15 minutes. Stir occasionally till the lentils begin to fall apart.
- ✚ Garnish with chopped cilantro. Serve hot.

THE ORIGINAL CHICKEN TIKKA MASALA

A luscious chicken recipe, this one remains an all-time favorite of chicken lovers across the world. Aromatic and exotic in its appeal, it is savored for its rich chicken chunks seared in spices and cooked to perfection.

What You Must Know...

Garam masala is originally an Indian spice mix meant to add flavor and aroma. It usually includes ingredients like cumin, coriander and fennel seeds along with cardamom, cinnamon, cloves, pepper corns, staranise red chilies and nutmeg. You can easily find ready-to-use garam masala at your grocery store.

Ingredients

- ✚ 4 medium-sized chicken breasts, skinless and boneless
- ✚ 1 tbsp butter
- ✚ 3 tbsp olive oil
- ✚ ¾ cup plain yoghurt
- ✚ 2 medium onions
- ✚ 6 garlic cloves, peeled
- ✚ 3 inches fresh ginger, peeled
- ✚ 2-3 red chillies, deseeded
- ✚ 1 tbsp mustard seeds
- ✚ 1 tbsp paprika
- ✚ 3 tbsp garam masala, divided
- ✚ 2 tsp ground cumin



The original chicken tikka masala

- ✚ 2 tsp ground coriander
- ✚ 2 tbsp tomato puree
- ✚ 7-8 cashew nuts
- ✚ ½ cup chopped cilantro
- ✚ 1-2 lemons, juiced
- ✚ 1 tsp sea salt
- ✚ ½ cup heavy cream

Method of preparation

- ✚ Cut the chicken breasts into large chunks.
- ✚ Grate the garlic and ginger and put in a bowl. Add finely chopped chillies.
- ✚ Heat oil in a large saucepan and mustard seeds. Cook till the seeds begin to crackle and pop.
- ✚ Add to the ginger garlic mixture, paprika, coriander, cumin and 2 tsp garam masala.
- ✚ Put one half of this mixture in a bowl. Add chicken pieces and yoghurt to this mixture. Keep this marinated chicken aside for about 30 minutes.
- ✚ In the same pan, melt the butter. Add finely sliced onions and the second half of the spice mix left out earlier. Cook on a low flame for around 15 minutes.
- ✚ Add ground nuts, tomato puree, 2 ½ cups water and ½ tsp salt. Stir well and simmer for some time. Cook till the sauce thickens and then set aside.
- ✚ Place the marinated chicken over a hot griddle pan and cook till the chicken is tender and fully seared.
- ✚ Heat up the sauce and add the cream along with the remaining garam masala. The moment it boils, take it off the flame and add the grilled chicken.
- ✚ Serve hot, garnished with fresh coriander and lemon juice.

ROASTED CAULIFLOWER IN TURMERIC, CUMIN 'N A DASH OF GINGER!

Though this tasty cauliflower main course dish is prepared the conventional way, yet a touch of ginger and cumin surely give it a quirky flavor.

Ingredients

- ✚ 3 tbsp vegetable oil
- ✚ 1 big head cauliflower
- ✚ 1 tbsp black mustard seeds
- ✚ 1 jalapeno, diced
- ✚ 1 tbsp ground cumin
- ✚ 2 tsp crushed red pepper
- ✚ 2 tbsp chopped coriander
- ✚ 1 tbsp chopped mint
- ✚ 1 tbsp grated ginger
- ✚ 1 tsp turmeric
- ✚ Salt to taste



*Roasted cauliflower in turmeric, cumin
'n ginger*

Method of preparation

- ✚ Preheat oven to 425°F.
- ✚ In a small bowl, mix the oil, mustard seeds, ginger, jalapeno, cumin, crushed red pepper and turmeric.
- ✚ Cut the cauliflower head into small, equal sized florets.
- ✚ Take a pre-greased, large baking dish and place the florets. Toss with the prepared flavored oil and seasoned with salt.
- ✚ Roast for around 20 minutes, or till the cauliflower is tender and golden brown in color.
- ✚ Season with chopped coriander leaves and mint sprigs.
- ✚ Serve hot.

SAMBHAR RICE

Perhaps the most widely preferred staple diet of South Indians worldwide, sambhar-rice offers a unique combination of lentils, veggies and of course wholesome rice.

What You Must Know...

You will find sambhar powder in most of the supermarkets or grocery stores.

Ingredients

- ✚ 1 cup rice, pre-soaked
- ✚ 1 cup split pigeon peas (toor dal)
- ✚ ¼ tsp turmeric powder
- ✚ 2 tbsp oil
- ✚ ½ coriander powder
- ✚ 2 tsp sambhar powder
- ✚ ½ tsp chili powder
- ✚ 1 tsp tamarind paste
- ✚ ½ tsp mustard seeds
- ✚ Curry leaves, a small bunch
- ✚ ¼ tsp asafetida
- ✚ 2 cashews
- ✚ 3-4 chopped shallots
- ✚ ½ cup chopped coriander leaves
- ✚ Salt to taste



Sambhar rice

Method of preparation

-  In a big colander, wash the split pigeon peas and rice. Rinse 3-4 times. Drain away all the water.
-  Add the following ingredients to this rice and pigeon peas mixture, turmeric, coriander, chilly and sambhar powder along with the salt.
-  Mix the tamarind paste with 4 cups of water and pour into the rice mixture.
-  Put all of the mixture into a pressure cooker and cook for around 12 minutes.
-  In a large saucepan, heat the oil and add the shallot onions and asafetida. Wait till the onions get brown.
-  Add the mustard seeds, cashew nuts and curry leaves.
-  Open the pressure cooker. Stir once.
-  Add the prepared seasoning mixture to the cooker.
-  Garnish with chopped coriander leaves.
-  Serve hot with fresh boiled rice.

THE WHOLESOME LENTIL CASSEROLE

This baked vegetarian feast will appease your taste-buds, satiate your appetite and also give you a good portion of the vital nutrients your body needs.

Ingredients

- ✚ 3 cups brown lentils (cooked)
- ✚ 2 cups brown rice (cooked)
- ✚ 2 cups cabbage (shredded)
- ✚ 1 cup vegetable stock
- ✚ ½ tsp red chili flakes
- ✚ ½ tsp turmeric
- ✚ 1 cup sliced scallions
- ✚ 2 tbsp canola oil
- ✚ ½ cup chopped green bell pepper
- ✚ 3 garlic cloves, minced
- ✚ 1 cup peas



The wholesome lentil casserole

Method of preparation

- ✚ Place a huge skillet on a medium flame and heat the oil.
- ✚ Sauté turmeric and chili flakes for around 2 minutes.
- ✚ Add bell pepper, scallions, cabbage and garlic and sauté for another 5 minutes.
- ✚ Preheat oven to 350°F.
- ✚ In a flat baking dish, combine lentils, rice, stock, peas and the above mixture.
- ✚ Bake for 20 minutes.
- ✚ Serve fresh.

BEVERAGES, JUICES AND SMOOTHIES

CREAMY TURMERIC TEA

With its creamy, rich texture, this warm, spicy tea might as well be mistaken for a hot smoothie! Best for soothing sore throats; this is as refreshing in the morning as it is when taken just before bed at night!

Ingredients

- ✚ 1 cup coconut or almond milk
- ✚ 1 tsp honey or any other sweetener
- ✚ ½ teaspoon turmeric
- ✚ ½ inch slice of ginger root, peeled and chopped
- ✚ Pinch of cayenne pepper



Creamy turmeric tea

Method of preparation

- ✚ Place the almond/coconut milk in a pan and heat it. Do not boil.
- ✚ Put all the remaining ingredients in a cup and mix.
- ✚ Take 1 tsp of the warm milk and put in the cup. Mix well so that no lumps form.
- ✚ Now add the rest of the milk and mix well.
- ✚ Strain and warm the liquid if required. Leave the ginger pieces in the tea for an added flavor.
- ✚ Serve lukewarm.

GOLDEN MILK

A simple mix of turmeric and milk, the Golden Milk recipe brings out the best of healing and nutritional value of this miracle herb.

Ingredients

- ✚ 1 cup milk
- ✚ 1/8 tsp turmeric
- ✚ ½ cup water
- ✚ 2 tbsp almond oil
- ✚ ½ tsp honey



Golden milk

Method of preparation

- ✚ Place a saucepan on medium heat. Mix the water and turmeric and boil for around 8 minutes.
- ✚ In another pan, boil milk and almond oil together. Allow to cool.
- ✚ Combine this with the water and turmeric mixture.
- ✚ Add honey to taste.
- ✚ Serve fresh or store, as desired.

FRESH TURMERIC JUICE

An integral part of Chinese and Ayurvedic medicine, 1 glass of fresh turmeric juice a day should work wonders for your bone health.

Ingredients

- ✚ 5-7 inches turmeric (whole)
- ✚ 5-7 tamarind
- ✚ Raw honey
- ✚ 2 lemons (medium-sized)
- ✚ Water
- ✚ Blender, strainer, wooden spatula
- ✚ Bowl
- ✚ Glass jar with lid



Fresh turmeric juice

Method of preparation

- ✚ Peel the turmeric.
- ✚ Open the tamarind and take out the inner fruits, carefully peeling off all the roots.
- ✚ Put the peeled turmeric into a big pot of water. Boil for at least 20 minutes, till the color of water changes to a vibrant marigold shade.
- ✚ Meanwhile, put the peeled tamarind into a pan with about 1 inch of water. Using a wooden spatula, mix it with water till it develops a jam like consistency. Pour extra water, if required.
- ✚ Turn off the heat after you see tiny seeds sprouting out. Let it cool.
- ✚ Add some cold water to the pot containing turmeric. Pour the entire mixture into the blender. Blend till the color changes to a brighter gold and the entire turmeric is mashed.
- ✚ Strain the tamarind solution and put the liquid in the blender. Blend some more.
- ✚ Add the lemon juice and honey to taste.
- ✚ Store in the refrigerator and have up to 1 glass a day.

TURMERIC COCONUT WATER COCKTAIL

Ideal for those suffering from sore joints and even for women who experience menstrual cramps, this one is easy to make and even helps you recover faster after yoga and other workouts.

Ingredients

- ✚ 1 oz turmeric root
- ✚ 1-2 tsp turmeric powder
- ✚ 1 cup coconut water OR
- ✚ Fresh vegetable juice (you can use options such as celery, cucumber, lemon and ginger)



*Turmeric coconut water
cocktail*

Method of preparation

- ✚ In a glass jar, put the entire turmeric powder or the juiced turmeric.
- ✚ Add the coconut water.
- ✚ As an option to step 2, you can also mix the turmeric with fresh vegetable juice.
- ✚ Drink fresh, finishing the entire juice. Do not store.

TURMERIC BANANA SMOOTHIE

An interesting mix of fruits and spices, the turmeric banana smoothie comes enriched with the taste of mango chunks and orange juice. A great detoxifier and healer, it is quick to make and has a tangy flavor.

Ingredients

- ✚ ¼ cup canned coconut milk
- ✚ 1 ripe banana
- ✚ ½ mango chunks (frozen)
- ✚ 1 cup orange juice
- ✚ 1 tbsp coconut oil
- ✚ Grated ginger
- ✚ ½ tsp turmeric powder
- ✚ ½ cup water



*Turmeric banana
smoothie*

Method of preparation

- ✚ Put the banana, mango chunks, orange juice, coconut oil, ginger and turmeric powder into the blender and blend till all the ingredients are smooth.
- ✚ Add coconut milk and water. Blend again.
- ✚ Have or serve fresh.

THE HEALING SPICY ANTI-INFLAMMATORY SMOOTHIE

The richness of fragrant spices and herbs along with the nutritious properties of phytonutrients, vitamin C and E rather make this smoothie a healing health tonic.

Ingredients

- ✚ 1 cup green tea
- ✚ ½ cup papaya chunks (frozen or fresh)
- ✚ ½ cup blueberries (frozen or fresh)
- ✚ 1 cup spinach
- ✚ ½ cup pitted cherries (frozen or fresh)
- ✚ ½ tbsp coconut oil
- ✚ ½ tsp turmeric
- ✚ ½ tsp ginger
- ✚ 1 tbsp chia seeds
- ✚ ¼ tsp cayenne pepper
- ✚ ½ tsp cinnamon
- ✚ ½ tsp salt
- ✚ 2 tbsp maple syrup or honey



Method of preparation

- ✚ Bring the green tea to room temperature.
- ✚ Also bring the blueberries, papaya chunks and pitted cherries to room temperature.
- ✚ Put all of the ingredients into the blender and mix for around 30-45 seconds
- ✚ Add some water if the consistency is too thick. Blend again. Have fresh.

TURMERIC GINGER TEA

Add the wonderful healing properties of ginger and turmeric to your favorite cup of bliss and what you get is simply sheer magic!

Ingredients

- ✚ ½ tbsp ground ginger
- ✚ ½ tbsp ground turmeric
- ✚ 4 cups water
- ✚ ½ tsp lemon
- ✚ ½ tsp honey



Turmeric ginger tea

Method of preparation

- ✚ In a medium sized saucepan, bring the water to a rolling boil.
- ✚ Reduce heat and add ginger and turmeric powder. Simmer for around 12 minutes.
- ✚ Strain using a mesh strainer into your mug as you would strain your normal tea.
- ✚ Add honey and lemon as per your taste.

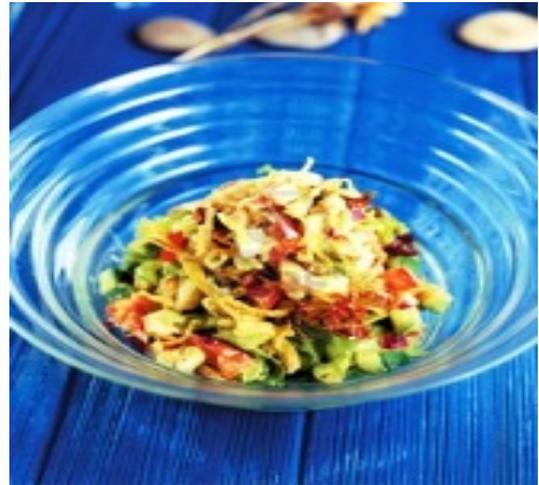
SALADS, SOUPS AND SANDWICHES

TURMERIC 'N CABBAGE SALAD

Easy to prepare, this appealing cabbage salad can be stored for weeks together in your refrigerator, making for quick, healthy snack.

Ingredients

- ✚ 1 large green cabbage
- ✚ 1 medium-sized green pepper
- ✚ 1 medium-sized red pepper
- ✚ 1 cup cider vinegar
- ✚ 1 ½ cup sugar
- ✚ ½ tsp turmeric
- ✚ 1 tbsp salt
- ✚ 1 tbsp celery seed
- ✚ 1 large onion



Turmeric 'n cabbage salad

Method of preparation

- ✚ Shred the cabbage finely.
- ✚ Chop the green pepper and sweet red pepper.
- ✚ Cut the onion into rings.
- ✚ Take a large bowl with a tight-fitting cover. Put the cabbage, green pepper, sweet red pepper and onion rings into the bowl.
- ✚ In a teflon or granite pan, boil together cider vinegar, sugar, turmeric, salt and celery seed.
- ✚ While the mixture is still hot, pour it over the cabbage and the rest of the salad material in the bowl. Cover and refrigerate.
- ✚ Keep it refrigerated and it will stay fresh for 2-3 weeks.

CORN PATCH SALAD

The tanginess of white vinegar along with the high nutrient content of cabbage and celery stalks whisked into a turmeric base make this corn patch salad just the right mid-day snack!

Ingredients

- 🍴 2 cup corn kernels
- 🍴 2 chopped celery stalks
- 🍴 1 cup cabbage, finely shredded
- 🍴 1 small onion, finely chopped
- 🍴 1 medium-sized green pepper, chopped
- 🍴 1 medium-sized red pepper, chopped
- 🍴 White vinegar, 16 tbsp
- 🍴 Sugar, 16 tbsp
- 🍴 Cornstarch, 1 tbsp
- 🍴 ½ tsp turmeric
- 🍴 1 tsp powdered mustard
- 🍴 16 tbsp water
- 🍴 ½ tsp salt



Corn patch salad

Method of preparation

- 🍴 Take a 2-quart glass measuring cup. Put the vegetables and salt. Toss around to blend properly.
- 🍴 Keep on a high flame. Cook and cover for 6 to 8 minutes, only stirring once in between
- 🍴 Take another 1-quart glass measuring cup and combine all of the remaining ingredients.
- 🍴 Keep on a high flame and cook for 3 minutes, stirring twice in between. The mixture should now develop a thick consistency.
- 🍴 Pour this mixture over the combined vegetables. Toss around well to coat properly.
- 🍴 Refrigerate for around 2 hours. Serve chilled.

THAI NOODLE PRAWN'N FISH SOUP

Enriched with fragrances from some of the finest spices and topped with coconut milk, the Thai Noodle Soup makes for just the right appetizer or even a light supper.

Ingredients

- ✚ 1 knob, fresh root ginger
- ✚ Lemongrass, 1-2 stalks
- ✚ 2-3 garlic cloves, peeled
- ✚ 1-2 red chilies
- ✚ 1 cup fresh coriander
- ✚ 2 tbsp vegetable oil
- ✚ 1 tbsp coriander seeds
- ✚ 2 pinches finely ground turmeric
- ✚ 2 cups vegetable stock
- ✚ 1 can coconut milk (approx 400 ml)
- ✚ 1 big, peeled tiger prawn
- ✚ 3 tbsp Thai fish sauce



Thai noodle 'n prawn soup

Method of preparation

- ✚ Peel and roughly chop ginger.
- ✚ Remove the seeds and roughly chop red chilies.
- ✚ Remove the outer tougher layers of lemongrass.
- ✚ Put the ginger, chili, garlic, lemongrass and coriander together in the food processor. Add a little vegetable oil in between till the mixture appears finely chopped.

- ✚ Place a large shallow pan on medium heat and cook the paste for some time. Store frequently.
- ✚ Crush a few coriander seeds with a pestle and mortar and add to the paste. Also add a pinch of turmeric and vegetable stock. Simmer for 4-5 minutes.
- ✚ Put the rice noodles in a bowl and pour some boiling water. Let it sit for 4-5 minutes or till the noodles soften. Drain and keep aside.
- ✚ Add the coconut milk to the pan containing turmeric and vegetable stock mixture and boil again. Reduce heat and simmer for 5 minutes.
- ✚ Devein the prawns by cutting along the back of the prawn. Remove the vein that looks like a black thread with the sharp point of the knife.
- ✚ Add these prawns to the pan and cook for around 3 minutes or until they get tender.
- ✚ Add a dash of Thai fish sauce and chopped fresh coriander.
- ✚ Divide the drained noodles equally and place in serving bowls. Pour the soup mixture with prawns into each one of them. Serve fresh.

YELLOW PEA AND COCONUT MILK SOUP

The rich nutrients of the yellow peas and the creamy coconut milk flavor make this soup a wholesome and palatable starter to your main course.

Did You Know??

In many cuisines across the world, cilantro is often also known as coriander!

Ingredients

- ✚ 2 cups yellow split peas, soaked for 1 hour
- ✚ Spinach, large bunch, washed and stems removed
- ✚ ½ cup rice
- ✚ ½ cup yoghurt
- ✚ 3 cloves
- ✚ 2 bay leaves
- ✚ 4 tbsp butter
- ✚ 1 large onion
- ✚ ¼ cup minced coriander stems
- ✚ 1 ½ tsp turmeric powder
- ✚ 1/2 tsp ground cinnamon
- ✚ 1 tsp ground cardamom
- ✚ ¼ tsp, hot red pepper flakes
- ✚ 3 tbsp chopped coriander
- ✚ ½ tsp paprika
- ✚ ¼ tsp cumin seeds



Yellow pea and coconut soup

- ✚ 1 can coconut milk (approx 15 ounce)
- ✚ 1 large lemon, juiced
- ✚ Sea salt and ground pepper to taste

Method of preparation

- ✚ Put two quarts water in a pot. Drain the peas and add to the pot, along with cloves, bay leaves and 1 ½ tsp salt. Bring to a rolling boil and then reduce the heat. Let it simmer on a low heat, partially covered.
- ✚ Place a medium skillet on a moderate heat and melt the butter. Add onions and cilantro stems. Stirring frequently, cook for around 10 minutes or till the onions begin to change color and soften. Add the spices, along with ½ cup water from the pan with simmering peas. Cook till the water evaporates.
- ✚ Add the onions to the simmering peas. Continue to cook till both are soft, which will take approximately an hour.
- ✚ Remove the cloves and bay leaves. Purée the entire mixture.
- ✚ Place the soup back on the stove and whisk in the coconut milk. Add lemon juice, salt and pepper for taste. Also add the chopped cilantro.
- ✚ Boil 1 cup water. Add ¼ tsp salt and rice. Let it simmer for some time, keeping the pan covered.
- ✚ Cook for around 15 minutes or till the rice is tender.
- ✚ Take the spices, combine with the yoghurt and keep aside.
- ✚ Take a medium-sized skillet and place the spinach in it. Wilt it properly and coarsely chop.
- ✚ For serving, ladle the soup equally into the serving bowls. Add the spinach leaves separately into the bowl.
- ✚ Add the cooked rice to each of the soup bowls. Serve along with a spoon each of spiced yoghurt.

LEMON RICE SOUP

Try a different version of the time-tested Greek recipe, replacing the eggs with silken tofu, but retaining its original nutritional value and delectable taste.

Ingredients

- ✚ 4 cups chicken broth (low sodium)
- ✚ 1/3 cup white rice
- ✚ Silken tofu – 1 ½ cups
- ✚ Extra virgin olive oil – 1 tbsp
- ✚ ¼ cup lemon juice
- ✚ ¼ tsp turmeric
- ✚ Chopped fresh dill, 2 tbsp
- ✚ Freshly ground pepper, ¼ tsp



Lemon rice soup

Method of preparation

- ✚ Boil the broth and rice in a large saucepan. Reduce the heat and simmer for around 15 minutes, or until tender.
- ✚ Put two cups of the rice mixture in a blender. Add oil, tofu and turmeric. Blend till the mixture is smooth enough.
- ✚ Add the mixture, along with the lemon juice, pepper and dill into the remaining soup in the pan.
- ✚ Heat and serve.

CHICKEN AND WILD RICE SOUP

Nutritious and wholesome, this recipe gives you an innovative mix of rice and chicken in a soup blend. Enriched with vegetables and almonds, it makes for the perfect starter and even a complete meal in itself.

Ingredients

- ✚ 4 diced celery stalks
- ✚ 2 diced large carrots
- ✚ 4 cup diced, cooked chicken
- ✚ 3 cup sliced mushrooms
- ✚ ¼ cup butter
- ✚ ½ cup green onion, sliced
- ✚ 1 small onion, diced
- ✚ 1 small red onion, diced
- ✚ ½ cup slivered almonds
- ✚ 1 tbsp dried dillweed
- ✚ 2 tsp garlic salt
- ✚ 1 tbsp drained and chopped pimiento
- ✚ 1 tsp ground pepper
- ✚ 2 bay leaves
- ✚ ½ tsp turmeric
- ✚ 3 quarts chicken stock
- ✚ 1 ½ cup white rice



Chicken and wild rice soup

✚ ½ wild rice

✚ ½ tsp salt

Method of preparation

✚ Place a large skillet on a medium flame.

✚ Melt the butter and add celery, carrots, almonds, pimento and onions. Cook until soft. Stir occasionally.

✚ Add dillweed, garlic, pepper, salt, turmeric and bay leaves.

✚ In a large pot, put 3 quarts stock, wild and white rice, along with salt and bring to a boil.

✚ Reduce heat and add the celery mixture. Simmer for 30 minutes. Add more stock if the consistency is thick.

✚ Add mushrooms and chicken. Discard bay leaves.

✚ Heat gently, without boiling. Serve immediately.

TURMERIC EGG 'N BACON SALAD SANDWICH

A bright 'n sunny sandwich as this will surely fill you up well and give that much-required energy boost, especially in the sluggish afternoons!

Ingredients

- ✚ 5 hard boiled eggs
- ✚ 1 whole soft whole grain bed
- ✚ ½ cup mayonnaise
- ✚ ½ small red onion, finely chopped
- ✚ ½ tsp ground turmeric
- ✚ Cucumber slices
- ✚ 5-6 bacon slices
- ✚ ½ tsp salt
- ✚ ½ tsp black pepper



Turmeric egg 'n bacon

Method of preparation

- ✚ Take a large bowl and mix mayonnaise, salt and turmeric.
- ✚ Peel and cut the boiled eggs into sets of halves. Using a folk, mash them so that they blend well with the rest of the mixture. Add red onions and whip in the mayonnaise mix.
- ✚ Take a slice of bread and lay the bacon slice, cut into half. Place cucumber slices and finally the mayonnaise mixture.
- ✚ Sprinkle with fresh powdered black pepper.
- ✚ Serve as a single slice or as a sandwich. You can cut the slices into halves for a variation.

DESSERTS

ALMOND'N TURMERIC RICE PUDDING

A touch of almonds and a spicy cinnamon topping make this recipe a light but toothsome dessert.

Ingredients

- 🍴 1000 ml milk
- 🍴 250 ml rice (1 cup)
- 🍴 4 tbsp sugar
- 🍴 2 tbsp turmeric powder
- 🍴 ½ cup water
- 🍴 ½ blanched almonds, finely chopped



Almond 'n turmeric rice pudding

Method of preparation

- 🍴 Put all the ingredients into a medium size saucepan. Mix well.
- 🍴 Let it simmer for at least 30 minutes. Stir often to make sure the mixture doesn't burn.
- 🍴 Add a little water if required to make the right consistency.
- 🍴 Let it cool down. Garnish with chopped almonds. Serve at room temperature.

SEMOLINA TURMERIC CAKE

Also known as the Sfoof, you will find this Lebanese mouth-watering dessert in quite a few menus across the American cuisine, especially owing to the conspicuous absence of the orange essence and rose water.

Ingredients

- ✚ 1 ½ cups, semolina flour
- ✚ ½ cup flour
- ✚ 1 tsp ground turmeric
- ✚ 1 1/8 cups white sugar
- ✚ 1 ½ tsp baking powder
- ✚ 1 cup milk
- ✚ ½ cup vegetable oil
- ✚ 1 tbsp pine nuts



Semolina turmeric cake

Method of preparation

- ✚ Grease a 9-inch, round baking pan and preheat oven to 350°F.
- ✚ Take a small bowl. Mix together semolina, flour, turmeric and baking powder. Keep aside.
- ✚ Take another larger bowl. Mix milk and sugar properly, making sure that the sugar dissolves well.
- ✚ Gradually mix the flour mixture and oil (in parts) with the electric beater at medium speed.
- ✚ Pour the prepared mixture into the pre-greased baking pan. Sprinkle pine nuts on the top.
- ✚ Bake at 350°F for around 30-35 minutes. To test insert a wooden pick. The cake is done if the pick comes out dry.

BANANA CRÈME WITH VANILLA 'N TURMERIC

A mouth-watering and aromatic pudding, the banana crème' pudding with a dash of vanilla and turmeric brings to you the flavors of spices from across the world, but in a zingy banana base!

Ingredients

- ✚ 200 ml milk
- ✚ 50g, raw cane sugar
- ✚ 300 g bananas (peeled)
- ✚ 120 ml whipping cream
- ✚ 1 tsp turmeric
- ✚ 1 tbsp corn flour
- ✚ 2 bourbon vanilla pods
- ✚ 1 tsp turmeric
- ✚ 2 tbsp water



Banana crème with vanilla

Method of preparation

- ✚ Scrape out the vanilla pulp. In a medium-sized pan, mix together with the milk and sugar and bring to a boil.
- ✚ In a small jar, mix the corn flour in cold water. Add this liquid to the boiling mixture.
- ✚ Cook for around 1 minute or till the mixture thickens, stirring continuously to ensure that no lumps form.
- ✚ Pour the pudding mixture into a serving bowl. Cover with a cling film and refrigerate for around 1 hour.

 Serve chilled.

TIPS TO REMEMBER!

-  Most of the times the turmeric will end up staining your fingers, kitchenware and utensils. All you have to do is to wash with all-natural soap or soak your cutlery for some time before washing to get rid of the yellow tinge.
-  Even a little bit of the powder can cause a bright yellow hue. So, be careful of the proportions you use.
-  In some communities, turmeric is also known as the Indian saffron; just so that you don't get confused with the ingredients.
-  Never replace turmeric with saffron or even the other way around. The two might bring about a similar color but emit a different fragrance and flavor.

We encourage you to take a look at another powerful and medicine from the hemp plant called cannabidiol or CBD for short... www.solcbd.com



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