

TURMERIC

7 WAYS
TO EAT
(AND DRINK)
TURMERIC



PLUS 18 DELICIOUS RECIPES WITH TURMERIC



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When we first started our website project, this is what I knew about turmeric:

- We had a jar in the spice cabinet (that was 10 years old!)
- It was an ingredient in mustard.
- It was yellow.

Well, our knowledge changed pretty quickly! In fact, we've now published over 100 articles on Turmeric detailing how it reduces inflammation and fights disease (even cancer!).

Please come by the site and take a look!

Thanks,

Rick and Lisa
wisemindhealthybody.com

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Read Our Turmeric Articles



MEET TURMERIC

Belonging to the ginger family, turmeric, botanical name curcuma longa, has been used in East India and the Middle East for thousands of years. Today, it is one of the most revered spices in the world.

Holistic healers all over the world prize it for its medicinal properties, while research continues to uncover its plethora of health benefits, including its ability to fight infections, some cancers, reduce inflammation and treat digestive problems.

Perhaps you have this vibrant spice sitting silently on your spice rack without quite knowing how to use it for cooking purposes, or maybe you're intrigued by all the recent studies indicating its health-promoting and disease-preventing properties and want to know where to start.

There are many ways you can eat and drink this healing spice...



7 Easy Ways To Eat (and Drink) Turmeric

1

Brew Turmeric Tea

Bring 1 cup of water to a boil and then stir in ¼ teaspoon of ground turmeric or freshly-grated turmeric. Let the mix simmer for 10 minutes, then strain before drinking. You can add in fresh lemon juice and honey to make this tea even more of a medicinal powerhouse.

2

Stir up a Curry Powder

When you cook with turmeric, mix in some black pepper and oil to increase the bioavailability of the curcumin, which is the principal curcuminoid of turmeric.

Make a curry powder by mixing 8 parts ground coriander, 4 parts ground cumin and 1 part each of turmeric and cayenne or paprika.

Great in soups and stews or vegetables stir-fries, you can put the powder in a glass jar and store in your pantry for up to 6 months.

3

Blend in a Smoothie

The slightly pungent flavor of turmeric is easily masked in smoothies, so go ahead and sprinkle in a pinch of the ground spice, or fresh turmeric root if you have it on hand. Dissolving the turmeric in warm coconut oil before blending it in will increase the bioavailability.

5

Fortify Your Soups

Soups are great both in sickness and in health, but if you're feeling under the weather and a hot bowl of goodness is calling your name, try adding a few dashes of turmeric to enhance the color of the broth and help you to fight off a cold.

7

Drink Golden Milk:

An ancient Ayurvedic recipe, golden milk can be made a variety of ways, but most are made with coconut milk.

4

Season Roasted Veggies

Whether diced potatoes, cauliflower or Brussels sprouts are on the menu, turmeric can serve as an added touch of overall goodness to your palate and your health.

Simply toss fresh vegetables with a dash of olive oil and turmeric and roast at 400 degrees for 30-40 minutes.



6

Mix Into Your Salad

Top off your salad with a pinch of turmeric without ruining the taste, or make a quick salad dressing.

Just whisk together $\frac{1}{2}$ tsp ground turmeric, 2 tsp miso paste, 2 tsp apple

cider vinegar, 1 tbs olive oil, 1 tbs raw honey and the juice from $\frac{1}{2}$ a lemon. A refreshing, zesty and healthful dressing made in mere minutes, you might find yourself avoiding the store-bought stuff at all costs.

Blending turmeric in with coconut milk creates a soothing, creamy base and so many health benefits. To make it, gently heat 2 cups of milk with 1 teaspoon of golden paste in a stainless

steel pot. Be sure not to let the mixture come to a boil.

You can also add in other spices for sweetness and added health benefits like cinnamon, ginger or honey.

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Recipes!

Let's start cooking!

Following are some great recipes that use turmeric , both for flavoring and color.

The idea is to find some inspiration here. I know it's easy to get carried away trying to find every item listed but please refrain.

Instead, substitute what makes sense. Don't like vegetable oil? Use olive oil! Got a problem with garlic, leave it out! Going meatless? Substitute tofu for chicken.

It's fun to make these recipes your own!

I do recommend paying attention to the preparation instructions though. At least stick to what they say the first time you make a new dish. After that, it's fun to experiment.

Bottom line, have fun and don't worry if you make a few mistakes. That's how you learn!

Bon Appetit!

Rick
wisemindhealthybody.com

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Special Offer

Over the past year, my friend Dave over at PaleoHacks has been working on a super secret cookbook project with our good friend Peter Servold – a Le Cordon Bleu trained Chef and owner of Pete's Paleo...

And today, this new incredible Paleo Cookbook is finally available to be shipped right to your door for FREE!

That's right -- as a special launch promotion, we're offering our brand new Paleo fat loss cookbook to you for free (Chef Pete lost 60 lbs using these recipes!) – All you have to do is just cover a small shipping cost (international shipping is a bit more).

The cookbook is called Paleo Eats, and it's filled with over 80 chef created, insanely tasty Paleo recipes which means **they are free from gluten, soy, dairy, and refined sugar**. But most importantly, they are EASY and FAST to make when you see how Pete simplifies gourmet cooking.

Pete has well over 10,000 hours of experience cooking these gourmet meals refining his recipes over the past 10+ years for the absolute perfect taste. Inside, you'll find recipes like:

- Pan-Roasted Pork Chops w/ Rutabaga Puree & Roasted Beets
- Mongolian Red Pepper Beef w/ Roasted Spaghetti Squash & Chard
- Pear & Proscuitto Salad
- Braised Pulled Pork w/ Sauteed Kale & Roasted Baby Carrots
- BACON BARS.

And a LOT more! Over 80 amazingly delicious recipes that **will help you lose body fat, improve your digestion, boost your energy & immunity, get clearer skin, control blood sugar and help to slow the aging process**.

You'll even see on this page how Chef Pete himself lost 60 lbs using these recipes!

Get your FREE copy of Paleo Eats...

Click Here

Get The Free Cookbook

(Grab this today, because we only ordered a small batch of these cookbooks for this freebie promotion, and they will sell out FAST!)



Homemade Curry Powder

Ingredients

1 1/2 tablespoons Ground coriander (seeds)
2 teaspoons Turmeric
1 1/2 teaspoons Cumin seed
1 1/2 tablespoons whole Black Peppercorn
1 1/2 teaspoons crushed Red Chile
1/2 teaspoon Cardamom Seeds
1/2 inch Cinnamon Stick
1/2 teaspoon whole Cloves
1/4 teaspoon ground Ginger

Preparation

1. Gather all of the whole spices and toast them over low heat in a small skillet. Shake the pan often to move the spices around and be sure they do not burn. Once they begin to smell nice and toasty, remove from heat and let cool a bit.
2. Transfer toasted spices and ground turmeric & ginger to spice grinder/small blender. Grind to a fine powder.
3. Store spice mixture in airtight container in cool dry place.



Indian-Style Dill and Turmeric Potatoes

Ingredients

4 large potatoes, parboiled and chopped into cubes
2 cloves of garlic, chopped finely
Large pinch of dried chilli flakes
1/2 teaspoon turmeric powder
1 cup fresh dill, chopped finely
Salt to taste
Olive oil

Preparation

1. Heat the olive oil in a large frying pan.
2. Add the garlic and chilli and heat gently until fragrant. Then add the turmeric powder. Fry together for about 30 seconds.
3. Add the potatoes and mix gently to coat with the turmeric. Add about 1/4 cup of water and let the potatoes cook through. Then add some salt to taste.
4. Take off the heat and add the dill. Serve immediately.

 Recipe by: Beverley Ann D'Cruz Via Foodista.com –
The Cooking Encyclopedia Everyone Can Edit

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Turmeric Sorbet

Ingredients

2 cups filtered water
1/4 cup fresh turmeric, peeled and roughly diced
10 cardamon pods, seeds removed
2 sticks cinnamon
1 tablespoon rose buds
3 teaspoons raw honey
2 teaspoons fresh lemon juice

Preparation

1. In a medium saucepan, bring water to a boil.
2. Add the turmeric, cover, allow to simmer for about 10 minutes.
3. Add the cardamon seeds and cinnamon sticks.
4. Simmer for a further 5-10 minutes or until flavors are infused into the water.

5. Remove the cinnamon when necessary, it can become overpowering.
6. Remove from heat.
7. Add the rosebuds, cover and allow to infuse 3-5 minutes.
8. Make sure there is only a hint of rose and the mixture does not become bitter.
9. Strain the liquid into a bowl.
10. Add honey in increments until desired sweetness is reached.
11. Add lemon juice until acidity is balanced.
- numbered. The quantities of honey and lemon will vary depending on the flavors and intensity of the liquid.
12. Allow mixture to cool, place in freezer or fridge to speed up process. Transfer mixture to ice cream machine and process.
13. Store in freezer until ready to eat.

Recipe by: esimpraim Via Foodista.com –
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Turmeric Fried Pumpkin

Ingredients

1 small pumpkin, skinned & seeded, cut into large cubes
2 sprigs curry leaves, discard stalks
2 tablespoons mustard seeds
5 dried chillies or more if you like it hot, soaked to soften and discard some of the seeds
2 large onions, finely chopped
2 tablespoons grated ginger
1 tablespoon turmeric powder
1 tablespoon coriander powder
for frying, I used grapeseed oil

Preparation

1. Heat oil in pan and stir in curry leaves, mustard seeds and dried chillies until the mustard seeds start to pop.
2. Remove chillies.
3. Add chopped onions and grated ginger and fry until onions are soft.
4. Toss in diced pumpkin, turmeric powder and coriander powder and stir to combine.
5. Add about a half cup of water, stir and simmer covered, until liquid evaporates and pumpkin turns soft.
6. If needed, add more water, cover and simmer until the desired texture. Do not put in too much water or pumpkin will become mushy.
7. Add salt to taste. (Sprinkle with some chopped fresh coriander if desired)

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Easy Turmeric Creamed Spinach

Ingredients

16oz fresh organic baby spinach
1/4 cup water
1 tsp olive oil
1 medium tomato, diced
1 tsp garlic powder
1 tsp onion powder
1 tsp garam masala
1 tsp jalapeno (fresh or pickled), finely minced
1 tsp turmeric
1/2 tsp fresh grated ginger
1/4 tsp salt
3/4 cup heavy cream

Preparation

1. In a large skillet, sauté spinach in 1/4 cup water over medium-high heat until wilted, about 5 minutes. Remove cooked spinach from the pan and set aside to cool.
2. In the same pan, add the olive oil and reduce heat to medium, then add the tomato, garlic powder, onion powder, garam masala, jalapeño, turmeric, ginger, and salt. Stir and cook for about 5 minutes or until tomato is soft. Using the back of a wooden spoon, smash the tomato into the bottom of the pan to break it up.
3. Once spinach has completely cooled, squeeze out any excess water and run a knife through it to chop it up. Add the chopped spinach back to the pan with the tomato mixture, stir well to combine, and heat through. Reduce heat to low. Add the heavy cream to the mixture, stir well, and cook until mixture is heated through, about 5 minutes. Serve immediately.



Mother's Recipe Chicken Satay

Chicken satay is typically an Indonesian dish.

Turmeric is a compulsory ingredient used to marinate satay, which gives the dish its characteristic yellow color.

Ingredients

Coriander Seeds (2 tablespoon)

Turmeric powder (1 tablespoon)

Salt (1 tablespoon)

Cumin powder

Vinegar (2 tablespoon)

Soya Sauce (2 tablespoon)

Spring Onions

Breast Fillet (cut into bite able size)

Preparation

1. Make a paste of all the above ingredients except chicken :-).
2. Marinate the chicken for 12 hours.
3. In a frying pan ,put little oil and fry the marinated chicken.
4. Serve in Bamboo Skewers with Peanut Sauce.



Turmeric Couscous

Ingredients

Couscous-400gms
Onion big(sliced)-1
Garlic cloves(sliced)-6
Green chilly(broken)-2 to 3
Broccoli(tiny florets)-1/2cup
Fresh/Frozen peas-1/2cup
Carrots(finely chopped)-1/2cup
Red chilly powder-2tsp
Turmeric powder-1tsp
Garam masala/Curry powder-1tsp
Mint leaves-few(optional)
Coriander leaves-few(optional)
Salt to taste
Roasted peanuts-1/2cup
Cinnamon stick-1"
Green Cardamom-2
Cloves-5

Preparation

1. Heat oil in a pan, when hot add the cinnamon stick, cardamom and cloves.
2. When the aroma rises add the onions, green chilly and garlic, saute for few mins until onion turns pink.
3. Add the vegetables and saute until the vegetables are half done.
4. Now add the red chilly powder, turmeric powder, garam masala powder, mint leaves, coriander leaves and salt.
5. Add about 4 cups of water and bring the mixture to boil.
6. Add the couscous when the mixture is boiling, stir and cover the pan with lid.
7. Simmer the heat and cook the couscous for about 8 mins. When the couscous is done finally add the roasted peanuts and serve hot with Mixed Raita.



Kale-Red Bell Pepper Pasta Sauce

Ingredients

3 cloves garlic, minced
1/4 onion, thinly sliced
1/4 tsp cumin
1/2 tbsp turmeric
pinch curry powder
1 red bell peppers
8 grape tomatoes
handful or 2 of kale leaves
cooked pasta

Preparation

1. Saute cumin, onions, turmeric, curry powder, garlic.
2. Then add bell peppers, kale and tomatoes.
3. When ingredients are cooked down, puree in the blender
4. Pour the puree back to pan and simmer the sauce
5. Add cooked pasta, toss well to combine



Masala Lamb Chops

Ingredients

6 teaspoons coriander-cumin powder
1/2 teaspoon garam masala
1 teaspoon turmeric powder
1 1/2 teaspoons red chilli powder
2 smalls green chillis – finely chopped
2 plump cloves of garlic – finely chopped
1 teaspoon salt
4 tablespoons oil
1/4 cup of fresh coriander (cilantro)
1 pound lamb chops

Preparation

1. Put the coriander-cumin powder, garam masala, turmeric, chilli powder, green chillies, garlic, salt and oil in a large mixing bowl.
2. Mix well, add the chopped coriander and stir again.
3. Thoroughly coat the lamb chops with the mixture and then leave to marinade for a least one hour.
4. Cook on a barbeque for best results. If the weather isn't suitable for a barbeque then they will be fine cooked under a broiler.
5. Serve immediately with salad and potatoes.

 Recipe by: Reena Pastakia Via Foodista.com –
The Cooking Encyclopedia Everyone Can Edit



Chickpea Curry

Ingredients

16 ounces canned chickpeas
1 red onion, peeled & finely chopped
1/2 teaspoon cumin seeds
1/2 teaspoon mustard seeds
2 tablespoons tomato paste
1 teaspoon ground cumin
1 teaspoon coriander powder
1 teaspoon turmeric powder
Some water
Salt to taste
1/2 inch thick ginger
2 garlic cloves
A pinch of salt
Coriander for garnish

Preparation

1. Use mortar and pestle, pound ginger, garlic and a pinch of salt into a fine paste.
2. In a pot, heat up 3 tbsp of oil with cumin seeds and mustard seeds.
3. When the seeds begin to pop, add onion and saute until golden brown.
4. Add ginger-garlic paste and ground cumin, coriander and turmeric powder into the onion mixture and saute until aromatic.
5. Add tomato paste and let the mixture cook further until the oil begins to separate. Add water if it sticks to bottom of pot
6. Stir in chickpeas and pour enough water to cover them. Let the curry bubble away until tender/borderline mushy.
7. Season and salt and simmer for 10 minutes.
8. Just before serving, sprinkle chopped coriander. Serve with hot with rice or bread.

 Recipe by: Emily Via Foodista.com – The Cooking Encyclopedia Everyone Can Edit



Detox Orange - Carrot Juice

Ingredients

6 carrots
4 oranges
2 inch fresh ginger (use less if you want a more subtle ginger flavor)
1 tsp of ground turmeric (or 2 inches of fresh turmeric)
Honey, to taste

Preparation

1. Juice carrots, oranges, and ginger in your juicer as well as turmeric if using fresh.
2. Stir in ground turmeric and honey.
3. Divide between two medium glasses or one large glass.
4. Enjoy immediately.
5. Feel lighter and refreshed.

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Aloo Baingan

Ingredients

3 small-to-medium eggplants
1 clove garlic, minced
1/2 Tablespoon chili powder
1 tablespoon ground coriander
1 teaspoon turmeric
1/4 teaspoon red pepper flakes
1 teaspoon cumin
2 tablespoons coconut oil
1 cup fire roasted diced tomatoes (canned)
1/2 cup sweet potato puree (canned or homemade)
1 teaspoon garam masala
1/2 Tablespoon lemon juice

Preparation

1. Slice eggplant into 1/2" thick rounds. Then chop each round into quarters (you will be left with triangle-shaped pieces of eggplant).
2. In a small bowl, mix garlic, chili powder, coriander, turmeric, cumin and red pepper flakes with 2 Tbsps water to make a paste.
3. Heat 2 Tbsps of coconut oil in a large pan over medium heat. Add the eggplant and fry for 5-7 minutes, or until tender.
4. Add in the spice paste to the eggplant and cook for another few minutes, stirring often.
5. Stir in the tomatoes and sweet potato puree. Cook for another few minutes, stirring often to ensure that everything is well-mixed.
6. Remove pan from the heat and stir in the garam masala and lemon juice.
7. Serve immediately over a bed of rice (or cauliflower "rice" if going Paleo).

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Curry Spiced Carrots

Ingredients

2 Tbs Vindaloo Curry Spice
3 garlic cloves – finely minced
½ Cup Greek plain yogurt – divided
5 Tbs good olive oil – divided
Kosher salt and freshly ground pepper (I used about ½ tsp of each divided).
1 bunch of small fresh carrots – tops trimmed and carrots scrubbed (do not use your peeler).
1 tsp turmeric
2 Tbs fresh lemon juice (about 1 lemon).
Chopped cilantro or parsley for garnish.
Lime wedges for garnish

Preparation

1. Preheat oven to 425.
2. Mix Vindaloo Curry, half of the garlic, ¼ cup yogurt and 3 tbs of olive oil in a large bowl until smooth. Season with salt and pepper. You can dip the carrots in the mix or you can use a barbecue brush to paint the mix on.
3. Roast on a rimmed baking sheet in a single layer, turning twice during roasting. Charring in spots is desirable (and tastes WONDERFUL!) until done (25-30 minutes).
4. In a separate small skillet – heat turmeric, and 2 tbs of olive oil swirling the skillet until fragrant. (about 2 minutes). Remove from the heat.
5. Whisk lemon juice, remaining garlic and ¼ cup yogurt in a small bowl. Season with salt.
6. Place carrots on a platter, drizzle with yogurt mix and serve with lime wedges.



Addictive Onion Fritters

Ingredients

2 big onions, thinly sliced
1 cup besan (chickpea flour)
½ cup rice flour
4-5 green chillies chopped
½ cup coriander leaves chopped
1 tsp carom seeds
1 tsp coriander powder
1 tsp turmeric
1 tsp red chilli powder
a pinch of baking soda
salt as per taste
Oil to fry

Preparation

1. Mix all ingredients in a bowl except oil.
2. Add little water and merge everything with hands. You can add a tsp of hot oil in the batter to make it more crunchy.
3. Heat oil in pan.
4. Take a spoonful of kanda bhaji batter and pour it in medium hot oil. Don't over heat the oil as it can burn the bhaji and keep it uncooked.
5. Let it fry for 2 minutes. Don't stir frequently.
6. Turn to other side.
7. Remove it once it is golden brown in colour.
8. Serve it hot with chutney of your choice.

Recipe by: Crave Cook Click Via Foodista.com –
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Boiled Egg Curry

Ingredients

4 hard boiled eggs
4 tablespoons oil, divided
2 onions, roughly chopped
3 big tomatoes, roughly chopped
2 green chillies (or just one for the faint hearted)
2 garlic cloves, minced
2 teaspoons fresh ginger, grated
2 teaspoons ground coriander
1 teaspoon ground cumin
1 teaspoon garam masala
1 teaspoon turmeric powder
1/2 teaspoon red chilli powder
Salt to taste
Chopped fresh coriander leaves to garnish

Preparation

1. Boil 4 eggs in boiling water for about 10 minutes.
2. Heat 2 tblsp oil in a deep pan over medium heat. Fry onions until golden. Take off the heat. Transfer onions to a food processor. Grind the onions, tomatoes, green chillies into a smooth paste.
3. Heat remaining 2 tblsp oil in the same pan over medium heat. Add the onion paste. Fry for 2-3 minutes. Stir in ginger and garlic and all the dry spices. Fry until the oil begins to separate from the onion tomato mixture.
4. Add 2 cups of water bring to a boil on a medium flame.
5. Cut the boiled eggs into halves lengthwise and add them to the gravy. Simmer for 10 minutes or till the gravy is thickened/reduced to about 3/4 of the original quantity after you added the water
6. Garnish with coriander leaves. Serve hot with rice or flatbread.

Recipe by: Anja Schwerin Via Foodista.com –
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Ingredients

1 small cauliflower (about 11 oz /320 g)
scant 1 cup all-purpose flour
3 tbsp chopped flat-leaf parsley
1 clove garlic, crushed
2 shallots, finely chopped
4 free-range eggs
1½ tsp ground cumin
1 tsp ground cinnamon
1 tsp ground turmeric
salt + freshly ground black pepper
2 cups oil for frying

Lime sauce:

1-1/3 cups Greek yogurt
2 tbsp finely chopped cilantro
grated zest of 1 lime
2 tbsp lime juice
2 tbsp olive oil
salt and freshly ground black pepper

Cauliflower Fritters

Preparation

1. To make the sauce, put all the sauce ingredients in a bowl and whisk well
2. To prepare cauliflower, divide into florets. Add to a large pan of boiling salted water and simmer for 15 minutes, until soft. Drain.
3. Add flour, parsley, garlic, shallots, eggs, spices, salt, and pepper in a bowl and whisk together well to make a batter.
4. Add drained cauliflower to batter mixture.
5. Heat 2/3 inch of oil in a wide pan over high heat
6. When oil is very hot, spoon in generous portions of the cauliflower mixture, 3 tablespoons per fritter. Space the fritters apart, do not overcrowded.
7. Fry in small batches, control temp so fritters cook but don't burn. 3-4 mins per side.
8. Remove from the pan and drain well. Serve with the sauce on the side.

Recipe by: Leah Rodrigues Via Foodista.com –
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Arroz Con Pollo

Ingredients

2 tablespoons of Butter
3 cloves of Garlic
3 Chicken Breasts, Cubed
2 teaspoons of Cumin
2 teaspoons of Coriander
5 1/2 teaspoons of Turmeric
1 Onion, Chopped
1 Pepper, Chopped
1 can of Diced Chiles
1 can of Diced Tomatoes
4 cups of Chicken Broth
1 cup of Dried Rice
1 teaspoon of Chili Powder
1/2 teaspoon of Salt
1/2 teaspoon of Onion Powder
1/2 cup of Shredded Cheese

Preparation

1. Heating large pan on medium heat. Melt butter. Add garlic, saute 1 minute.
2. Sprinkle chicken with 1 tsp of the cumin, coriander, and turmeric. Add to pan and cook fully.
3. Once chicken is fully cooked, add in diced onion and pepper. and cook 3 to 4 minutes.
4. Add chiles and tomatoes. Cook 2 minutes.
5. Add broth and rice. Mix thoroughly.
6. Add remaining chili powder, cumin, coriander, salt, turmeric and onion powder.
7. Bring the pot to a boil and then turn down the heat to low and cover. Simmer the mixture for about 20 minutes or until the liquid is absorbed and the rice is cooked through.
8. Spread shredded cheese across the top of the chicken mixture. Cover for another minute or two to allow cheese to melt completely. Serve hot.

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