TURMERIC COOKBOOK!

Delicious & Nutritious Turmeric Recipes To Improve Your Health & Life



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Delicious & Nutritious Turmeric Recipes
To Improve Your Health & Life

1st Edition

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Table of Contents

Introduction

Chapter 1 - Why You Definitely Should Cook with Turmeric

Chapter 2 Truly Delicious Turmeric Main Dish Recipes

Chapter 3 Tasty Turmeric Breakfast Recipes

Chapter 4 Tempting Turmeric Appetizer and Side Dish Recipes

Chapter 5 Enticing Turmeric Snack and Beverage Recipes

Conclusion

Introduction

I want to thank you and congratulate you for purchasing the book, "*Turmeric Cookbook! Delicious & Nutritious Turmeric Recipes To Improve Your Health & Life*".

This book contains proven steps and strategies on cooking up a storm with the wonder spice that is turmeric. Delight your taste buds and nourish your body at the same time with turmeric-enhanced main dishes, side dishes, appetizers, snacks, and beverages.

There is a reason why turmeric is included in many different recipes – its curcumin content helps protect your body against a number of inflammatory diseases, including digestive conditions, high cholesterol, lung infection, liver disease, and gallbladder disorders. With the arsenal of recipes to be found in this book, you will have a good excuse to sit down and eat a delicious and nutritious turmeric dish every day.

Thanks again for choosing this book, I hope you enjoy it!

Chapter 1 - Why You Definitely Should Cook with Turmeric



Golden Spice

Known in the scientific world as *Curcuma longa* and closely related to ginger, turmeric is a rhizome-derived herb that is responsible for providing the yellow color that curry is famous for. Requiring a specific environment and temperature means this perennial herb cannot be cultivated as easily as in India, although that has not stopped turmeric from being sought after around the world.

Versatile Ingredient

Turmeric is widely popular in the culinary world due to its versatility. You can take advantage of its faintly bitter flavor (almost like that of pepper) and earthy aroma (similar to mustard) to enhance your favorite curries, soups, meat dishes, and other savory dishes. Turmeric is even useful in making sauces, cheeses, biscuits, and rice preparations that need the bright yellow color that the spice imparts.

Rich Nutritional Profile

Turmeric rightfully deserves to be considered as among the most nutrient-rich herbs out there. One tablespoon of the spice alone teems with high levels of potassium, manganese, magnesium, and vitamin B6 as well as decent amounts of vitamin C, iron, protein, dietary fiber, calcium, and sodium.

Health Wonder

The secret of the health wonder that is turmeric is its active ingredient curcumin. This chemical boasts antioxidant as well as anti-inflammatory properties that help you reap the following health benefits when cooking with turmeric:

Cancer

A 2009 study conducted in Ireland revealed the ability of curcumin in turmeric to kill laboratory-cultured esophageal cancer cells. Within twenty-four hours, researchers observed how curcumin started destroying said cancer cells. Other studies have also linked curcumin's powerful antioxidant property to reduced number of colon cancer cells as well as inhibited tumor growth, making it worthwhile to add turmeric to your diet as a safeguard against both the onset of cancer and the slowing down of metastasis.

Diabetes

Researchers in Thailand found in a 2012 study that curcumin in turmeric possibly helps reduce the risk of diabetes (type 2). Meanwhile, a review of studies on curcumin and diabetes in 2013 points out the ability of curcumin to lower glucose levels in the blood and other complications brought on by diabetes.

Alzheimer's Disease

A 2008 study in India revealed the likelihood that curcumin may hinder beta-amyloid plaque formation, which is responsible for impaired brain function observed in patients suffering from Alzheimer's disease.

Obesity

The curcumin content of turmeric makes the spice an ideal weight loss aid. With its ability to reduce bad cholesterol levels as well as suppress inflammatory messages in fat cells, pancreatic cells, and muscle cells, you can count on turmeric to help you fight against obesity.

Cystic Fibrosis

Curcumin in turmeric may help prevent the occurrence of the crippling and deadly cystic fibrosis, which causes thick mucus to attack the lungs. Curcumin has been observed to reverse the mutation in certain proteins that contribute to the development of cystic fibrosis.

Liver Health

A 2010 study stated the possibility that curcumin in turmeric can help correct liver damage, such as that found in fatty liver disease and cirrhosis. Curcumin has been found to give liver function a boost as well as stimulate the lymphatic system and ensure the efficient removal of toxins from the body.

Heart Health

Curcumin and vitamin B6, both of which are found in turmeric, help improve heart health. Curcumin is said to reduce blood clot formation by helping the blood vessels relax and preventing the occurrence of a heart attack. Meanwhile, vitamin B6 hinders the formation of cell wall-damaging homocysteine to help prevent heart complications that only get worse when coupled with plaque buildup or high blood pressure.

The health properties of turmeric become more active when you cook it, so go ahead and cook with turmeric.

Chapter 2 Truly Delicious Turmeric Main Dish Recipes



Coconut Cream and Turmeric Beef with Sticky Rice and Lime-Dressed Salad

Ingredients:

Beef:

Beef stock, low sodium, heated (250 milliliters)

Coriander seeds (3/4 ounce)

Onions, large, sliced (1 ½ pieces)

Bay leaf (1 piece)

Turmeric powder (1/2 teaspoon)

Red chillies, deseeded, chopped (3 pieces)

Coconut milk, canned (14 ounces)

Lemongrass, chopped roughly (1 stalk)

Cumin seeds (1/2 teaspoon)

Coconut cream, 1 block (20 ounces)

Garlic cloves, minced (3 pieces)

Ginger, thumb-sized, peeled, chopped (1 piece)

Beef shin, boneless, sliced into one-inch cubes (1 1/10 pounds)

Salad:

Lime leaves, chopped thinly into strips (2 pieces)

Mint leaves (a handful)

Thai basil leaves (a handful)

Pea shoots (10 ounces)

Coriander leaves, fresh (a handful)

Green beans, chopped into one-inch portions (20 ounces)

Chinese cabbage, shredded (4 ounces)

Red chillies, deseeded, sliced thinly into strips (2 pieces)

Mizuna leaves (2 ounces)

Spring onion, sliced on the diagonal (1 piece)

Bean sprouts (a handful)

Dressing:

Sunflower oil (1 teaspoon)

Red chilli, diced finely (1 piece)

Lime juice, freshly squeezed (2 tablespoons)

Fish sauce (1 teaspoon)

Garlic clove, sliced finely (1 piece)

Rice:

Salt (1 teaspoon)

Thai sticky rice (7 ounces)

Thai jasmine rice (7 ounces)

Directions:

1. Place the lemongrass in the mortar and pound with the pestle. Transfer the lemongrass pulp into a deep dish.

2. Meanwhile, heat a nonstick skillet on medium. Mist with cooking spray and then add the turmeric, coriander, and cumin seeds. Stir and cook until fragrant and nicely dry-fried.

3. After cleaning the mortar, fill with the spices. Pound with the pestle until well-combined and smooth. Set the ground spices aside.

4. Heat a large wok (cast iron) on low. Add the coconut cream and allow it to melt. Stir in the garlic, ginger, onions, lemongrass pulp, and chillies. Let the mixture cook until evenly mixed and softened.

5. Pour in the bay leaf and reserved ground spices. Stir and cook for an additional two minutes before adding the meat. Turn the heat up to medium and continue cooking until the meat is evenly coated with the spice mixture and nicely browned. Stir in the coconut milk and allow the mixture to boil. After pouring in the hot stock, increase heat to high and let the mixture cook for another one hour and thirty minutes or until you have a nicely thickened sauce.

6. Place all ingredients for the salad in a large bowl; toss to combine and set aside. Meanwhile, fill a small bowl with the ingredients for the dressing and whisk until evenly blended; set aside as well.

7. Pour the rice grains into a sieve, wash three times, and drain well. Add to a large saucepan filled with enough water to have the rice submerged under ½-inch of water. Stir in the salt before covering the pan, then heat on high to boiling. After letting the rice boil for five minute, remove the covered pan from the heat and let the rice continue cooking for about twenty minutes.

8. In the meantime, add the dressing to the salad and gently toss to combine.

9. Once the rice is completely cooked, pile onto 4 individual plates. Top with the beef and serve with the salad on the side.

Carrot and Beet Salad with Honey-Turmeric Pork

Ingredients:

Salt, kosher (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Honey (1/4 cup)

Carrots, small, w/ tops reserved, scrubbed, sliced diagonally (3 pieces)

Sea salt, flaky (a pinch)

Turmeric, peeled, finely grated (1 ½ teaspoons) OR turmeric, ground (1/2 piece)

Vegetable oil (2 tablespoons)

Olive oil, extra virgin (2 tablespoons)

Pork shoulder, boneless, w/ fat trimmed to a quarter of an inch, sliced into 4 portions (1 ¼ pounds)

Garlic cloves, minced (2 pieces)

Yogurt, whole milk, plain (1/2 cup)

Lemon juice, freshly squeezed, divided (2 tablespoons)

Beets, small, scrubbed, sliced thinly (3 pieces)

Chives, fresh, chopped finely (2 tablespoons)

Directions:

1. Wrap the pork with cling film before pounding to make it a quarter of an inch in thickness. Rub all over with a mixture of pepper and kosher salt; set aside.

2. Fill a small bowl with the yogurt, garlic, lemon juice (1 tablespoon), honey, and turmeric. Whisk well to combine, add pepper and salt to taste, and set aside.

3. Place the seasoned pork pieces inside a large Ziploc bag. Pour in the prepared yogurt-turmeric mixture and toss until the pork is evenly coated. Set aside for about ten to fifteen minutes or until the meat is well-marinated. Drain the pork cutlets well before letting sit on a plate.

4. Meanwhile, heat a large skillet on medium-high after adding vegetable oil (2 tablespoons) to it. Once the oil is hot, add the drained pork cutlets (work in batches) and cook for two minutes on each side or until cooked through and browned. Set aside on a platter.

5. Place the beets and carrots in a medium bowl. Add the olive oil, lemon juice (1 tablespoon) and chives. Toss to combine everything, then season with pepper and salt.

6. Pour the salad on top of the pork platter and serve.

Coconut-Turmeric Chicken Curry

Ingredients:

Chicken legs, w/ thighs & drumsticks separated (4 pieces)

Kaffir lime leaves (4 pieces)

Turmeric, ground (1 teaspoon)

Cilantro, fresh, chopped (1 tablespoon)

Chives, fresh, chopped (1 tablespoon)

Shallot, large, chopped (1 piece)

Coconut milk, unsweetened, canned (15 ounces)

Ginger, 2-inch, peeled, sliced thinly (1 piece)

Cardamom pods, cracked (4 pieces)

Coconut, shredded, unsweetened (1/4 cup)

Lemongrass stalks (2 pieces)

Garlic cloves (4 pieces)

Red pepper flakes, crushed (1 teaspoon)

Vegetable oil (1 tablespoon)

Salt, kosher (1/4 teaspoon)

Pepper, freshly ground (1/4 teaspoon)

Cinnamon stick, 3-inch (1 piece)

Star anise (2 pods)

Coconut sugar (1 teaspoon) OR light brown sugar (1 teaspoon)

Directions:

1. After removing the two lemongrass stalks' tough outer layers, chop the bottom third off one stalk and grate into fine bits (throw out the rest); meanwhile, bruise the bottom two-thirds of the other stalk (discard the rest as well) and tie loosely into a knot.

2. Place the finely grated lemongrass in the blender and process together with the water (2 tablespoons), garlic, red pepper flakes, shallot, ginger, and turmeric. Set aside the smooth spice paste.

3. Pour oil into a large skillet and heat on medium. Meanwhile, rub pepper and salt all over the chicken. Add the seasoned chicken to the hot oil and cook for eight to ten minutes with the skin side down, or until the skin is crisp and lightly golden. Once done, set aside on a plate.

3. Place the prepared spice paste in the same pan and stir continuously for five minutes or until a bit fried and darkened. Stir in the kaffir lime leaves as well as the cardamom, coconut sugar, cinnamon, star anise, knotted lemongrass, and coconut milk. Once the mixture is simmering, toss the chicken in it. Allow the entire mixture to cook for one hour and thirty minutes or until the meat id tenderly cooked and the coconut milk breaks up.

4. Heat a small skillet on medium before adding the shredded coconut. Toast for five minutes or until lightly browned, then set aside to cool.

5. Place the chicken mixture on a platter. Serve garnished with the toasted coconut, chives, and cilantro.

Vermicelli Noodles and Turmeric Fish

Ingredients:

Scallions, w/ white parts sliced into thin lengthwise bits, w/ green parts sliced into two-inch bits (4 pieces)

Fish sauce (2 tablespoons)

Vermicelli noodles, thin (6 ounces)

Cod, skinless, boneless, sliced into two-inch portions (3/4 pound)

Sugar (1 tablespoon)

Turmeric, ground (1/2 teaspoon)

Dill, coarsely chopped (2 cups)

Chile, small, red/green, chopped finely (1/2 piece)

Lime juice, freshly squeezed (2 tablespoons)

Garlic cloves, grated finely, divided (2 pieces)

Ginger, ½-inch, peeled, grated finely (1 piece)

Grapeseed oil, divided (3 tablespoons)

Salt, kosher (1/4 teaspoon)

Pepper, freshly ground (1/4 teaspoon)

Peanuts, skin on, roasted, coarsely crushed (1/4 cup)

Directions:

1. Fill a small bowl with the sugar, chile, lime juice, garlic (1/2 portion), fish sauce, and cold water (1/4 cup). Stir to combine; make sure the sugar is completely dissolved before setting aside the sugar-chile sauce.

2. Follow package directions in cooking the noodles. Once done, drain well and then rinse using cold water. Set aside.

3. Place the remaining garlic (1/2 portion) in a medium bowl filled with the turmeric, ginger, and oil (2 tablespoons). Stir to combine before adding the fish. Gently toss to coat the fish on all sides, then season with pepper and salt.

4. Heat a nonstick skillet on medium-high before adding the remaining oil (1 tablespoon). Once the oil is hot, add the coated fish to it and cook for about four to five minutes or until just cooked and nicely golden.

5. Pour the scallion greens and dill into the skillet and toss with the fish.

Cook for another one minute.

6. Fill individual bowls with equal portions of the noodles and fish mixture. Top with the peanuts and scallion whites.

7. Serve with the reserved sugar-chili sauce and enjoy.

Spiced Cod Flatbreads Feast

Ingredients:

Fish:

Lime juice, freshly squeezed (2 tablespoons)

Lime zest, freshly grated (1 tablespoon)

Turmeric, fresh, 2-inch, peeled grated finely (1 piece)

Olive oil, extra virgin (1 tablespoon)

Cod loin, sliced into one-inch chunks (10 ½ ounces)

Yogurt, Greek style, plain, low-fat (2 tablespoons)

Garlic clove, crushed (1 piece)

Sea salt (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Flatbreads:

Flour, plain (6 ounces)

Pepper, freshly cracked (2 teaspoons)

Olive oil, extra virgin (1 tablespoon)

Butter, unsalted (1 ounce)

Milk, semi-skimmed (3 ½ fluid ounces)

Garlic, granulated (2 teaspoons)

Harissa yogurt:

Rose harissa (1 ¼ tablespoons)

Yogurt, Greek style plain, lowfat (10 ounces)

Salsa:

Lemons, preserved, w/ seeds removed, chopped very finely (4 piece)

Avocado, ripe, diced finely (1/2 piece)

Dill, chopped roughly (a handful)

Barberries (1 tablespoon)

Nigella seeds (2 teaspoons)

Onions:

Sugar (1 teaspoon)

Rice vinegar (1 tablespoon)

Red onion, small, sliced very thinly (1 piece)

Honey (1 teaspoon)

Chilli flakes, pul biber (1/2 tablespoon + a pinch)

Directions:

1. In a large bowl, combine the lime zest, yogurt (2 tablespoons), crushed garlic, and turmeric. Stir in the pepper and salt before adding the cod. Allow the cod to sit in the marinade for one hour.

2. Heat the unsalted butter in the microwave. Once melted, pour into a large bowl filled with the plain flour, granulated garlic, and the rest of the ingredients (except the olive oil) for the flatbread. Stir until well-combined into a firm dough, then cover in cling wrap. Let sit on the counter for thirty minutes.

3. Place all ingredients for the salsa in a small bowl. Add pepper and salt to taste, stir to combine, and set aside.

4. Fill a medium bowl with the ingredients for the onions. Cover and shake vigorously; once the onions are loosened, season with pepper and salt before setting aside.

5. Stir all the ingredients for the harissa yogurt in a small bowl. Whisk well as you add pepper and salt to taste, then set aside.

6. Once the flatbread dough is done resting, cut into 4 portions. Mold each portion into a flattened disk. Meanwhile, heat a large nonstick skillet on medium. Brush the olive oil on the hot skillet before adding the flatbreads. Cook for one minute on each side or until lightly golden. Set aside on a platter.

7. Wipe-clean the same skillet before adding the oil. Heat on medium-high, then add the cod to the hot oil. Cook until just cooked and nicely browned on all sides.

8. Place divided portions of the cod on each of the flatbreads. Top with the harissa yogurt, salsa, and onions.

9. Serve right away.

Cucumber Yogurt Salmon with Carrot Salad

Ingredients:

Sea salt, fine (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Sea salt, flaky (1/4 teaspoon)

Salmon, king/sockeye, preferably wild caught, skin on, sliced into 5 fillets (1 ½ pounds)

Grapeseed oil (1 tablespoon + 1 tablespoon)

<u>Dressing:</u>

Garlic clove, small, grated (1 piece)

Lemon juice, freshly squeezed (1 tablespoon)

Sea salt, fine (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Greek yogurt, plain (1/2 cup)

Lemon zest, grated finely (1 tablespoon)

Cucumber, peeled, sliced thinly (1 piece)

Salad:

Turmeric, ground (1/4 teaspoon)

Cilantro, chopped (1 ½ tablespoons)

Lemon juice, fresh (1 tablespoon + 1 tablespoon)

Cumin seeds (1/2 teaspoon)

Carrot, large, shredded (1 piece)

Olive oil, extra virgin (1 tablespoon)

Sea salt, fine (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Directions:

1. Fill a medium bowl with dressing ingredients. Stir well to combine before folding in cucumber. Add pepper and sea salt to taste, then set aside.

2. Heat a small skillet on medium after adding the cumin seeds. Toast for one minute before adding the turmeric. Stir for fifteen seconds, then transfer into a medium bowl filled with the carrot, oil, cilantro, and lemon juice (1 tablespoon). Toss to combine before seasoning your salad with pepper, lemon juice, and sea salt.

3. Meanwhile, rub a mixture of pepper and sea salt all over the salmon. Add the salmon to a large nonstick skillet filled with grapeseed oil (1 tablespoon) and heated on medium-high. Cook with skin side down for three to four minutes or until just cooked and the skin is crisp and

golden. Flip the salmon to the other side and cook for another three to four minutes, then transfer onto individual plates (skin side up).

4. Toss the dressing with the salad, then place alongside the fillets. Serve drizzled with grapeseed oil (1 tablespoon) and a little sea salt.

5. Enjoy.

Crunchy Veggie and Turkey Shawarma

Ingredients:

Garlic, grated finely (1 clove)

Black pepper, freshly ground (1/2 teaspoon)

Cinnamon, ground (1/4 teaspoon)

Vegetable oil, divided (2 tablespoons)

Carrot, medium, peeled, sliced into matchsticks (1 piece)

Pitas, white, w/ pockets, warmed (6 pieces)

Lemon juice, freshly squeezed, divided (3 teaspoons)

Cumin, ground (1/2 teaspoon)

Cayenne pepper (a pinch)

Red onion, small, halved, sliced very thinly (1 piece)

Red wine vinegar (1 tablespoon + 2 teaspoons)

Mixed herbs (2 cups) – dill fronds/tender-stemmed parsley leaves/torn mint leaves

Greek yogurt, whole milk, plain (1 cup)

Lemon zest, grated finely (1 teaspoon)

Salt, kosher (1/4 teaspoon)

Coriander, ground (1/2 teaspoon)

Paprika, smoked (1/2 teaspoon)

Turmeric, ground (1/4 teaspoon)

Butter, unsalted, divided (4 tablespoons)

Turkey meat, shredded, at room temp., divided (4 cups)

Persian cucumbers, medium, sliced into matchsticks (2 pieces)

Radish, trimmed, sliced thinly (4 pieces)

Hot sauce (2 tablespoons)

Directions:

1. Place the yogurt in a medium bowl. Add the lemon juice (2 teaspoons), lemon zest, salt for seasoning, and garlic. Stir to combine and set aside.

2. Place the turmeric in a medium bowl. Add the black pepper, cayenne, paprika, coriander, cinnamon, and cumin. Stir to combine and set aside.

3. Heat a large skillet on medium before adding the butter (2 tablespoons) and oil (1 tablespoon). Once the butter melts, pour in the spice mixture (1/2 portion) and stir continuously for half a minute or until fragrant. Toss the turkey meat (1/2 portion) into the pan and coat evenly on all sides, before placing in a large bowl. Repeat with the rest of the butter (2 tablespoon), oil (1 tablespoon), turkey meat (1/2 portion), and spice mixture (1/2 portion). Mix the remaining lemon juice (1 teaspoon) with the finished turkey mixture and toss until well-combined. Set aside.

4. Meanwhile, place the cucumber, radishes, and carrot inside a large bowl. Add the vinegar, salt, herbs, and onion and toss to combine.

5. Trim each pita at the top by cutting off one inch. Stuff the cut-off portions into the bottom of the pita pockets. Slather some yogurt sauce inside each pita before filling with the turkey mixture and vegetable mixture.

6. Serve drizzled with the extra yogurt sauce as well as the hot sauce.

Turmeric Fish and Lentil Rice

Ingredients:

Brown onion, chopped finely (1 piece)

Lemon juice, freshly squeezed (2 tablespoons)

Cumin, ground (1 ½ teaspoons)

Lemon, sliced into wedges (1 piece)

Basmati rice (1 cup)

Lentils, canned, rinsed, drained (400 grams)

Fish fillets, white, 100 grams each (8 pieces)

Olive oil, extra virgin (1 tablespoon)

Garlic cloves, crushed (2 pieces)

Vegetable stock, reduced sodium (1 ½ cups)

Green beans, chopped (100 grams)

Turmeric, ground (1 ½ teaspoons)

Chilli flakes (1/2 teaspoon)

Directions:

1. Pour the oil (1/2 portion) into a large skillet. Heat on medium; once the oil is hot, stir in the garlic and onion. Cook for five minutes or until softened and fragrant, before pouring in the rice. Stir until the rice is mixed with the garlic and onion, then add the lemon juice and stock. Allow the mixture to boil before turning the heat down to low. Cover and continue cooking for ten minutes or until the rice is tenderly cooked and all the liquid is absorbed. Pour in the lentils and beans and mix well with the cooked rice. Cover and let sit for five minutes.

2. Stir the turmeric with the remaining oil, chilli, and cumin in a medium bowl. After seasoning with pepper and salt, drop the fillets and toss until well-coated.

3. Heat a large nonstick skillet on high. Place the coated fish on the hot pan and cook on each side for one to two minutes. Set aside on a platter.

4. Divide the lentil rice among individual plates. Add the turmeric fish on top.

5. Serve garnished with lemon wedges and enjoy.

Harissa Lamb and Mint Peach Salad

Ingredients:

Black pepper, freshly ground (1/4 teaspoon)

Sea salt (1/4 teaspoon)

Leg of lamb (2 kilograms)

Marinade:

Fenugreek seeds, toasted, crushed (4 teaspoons)

Garlic cloves, large, crushed (4 pieces)

Kaffir lime leaves (3 pieces)

Ghee, grass-fed (2 tablespoons)

Yogurt, Greek style, plain (7 ounces)

Rose harissa (3 tablespoons)

Turmeric, ground (2 teaspoons)

Lime juice, freshly squeezed (1 tablespoon)

Lime zest, freshly grated (1 tablespoon)

Peppers:

Garlic oil (1 tablespoon)

Breadcrumbs, fine, dried (2 handfuls)

Lemon, unwaxed, grated for its zest (1 piece)

Cumin seeds (2 tablespoons)

Padron peppers (10 ½ ounces)

Sumac (1 tablespoon)

Salad:

Lemon juice, freshly squeezed (1 tablespoon)

Red onion, sliced thinly (1 piece)

Feta cheese, crumbled (7 ounces)

Peaches, large, pitted, sliced into 10 wedges (4 pieces)

Chilli flakes, pul biber (1 tablespoon)

Olive oil, extra virgin (1 tablespoon)

Mint leaves, fresh, sliced thinly into strips (1 bunch)

Directions:

1. Make 3 slashes with a sharp knife on the top portion of the lamb; cut 2 slashes at the bottom.

2 .Set the oven at 420 degrees Fahrenheit to preheat. Meanwhile, line the bottom of a large baking sheet with parchment paper.

3. Fill a small bowl with the ingredients for the marinade (but use just ½ of the lime juice). Add pepper and salt, then stir to combine. Pour marinade into the blender and process until smooth and pasty in consistency.

4. Meanwhile, transfer the lamb on the lined sheet. Rub the marinade paste all over the lamb, making sure to include the bone areas and slashes. Cover and refrigerate for a minimum of one hour.

5. Place the marinated lamb in the preheated oven. Turn the temperature down to 370 degrees Fahrenheit and let the lamb roast for one hour.

6. Heat a large skillet on high. Add garlic oil (enough to coat the pan), cumin, and pardon peppers. Stirring continuously, cook for two minutes or until the peppers are well-coated with garlic oil and cumin. Cover the pan before giving it a good shake, then let the peppers cook for another minute or until their skins are blistered and browned. Set aside on a plate.

7. Add the breadcrumbs to the skillet and heat on medium-high. Cook the breadcrumbs for half a minute or until crisp and golden. Turn off the heat before stirring in the lemon zest and sumac. Sprinkle the breadcrumbs mixture all over the peppers.

8. Meanwhile, place the peaches in a large bowl. Add the lemon juice, red onion, and chili flakes as well as some pepper and salt for seasoning. Stir

to combine and then pour into a serving dish. Top with the mint and feta; set aside.

9. Once the lamb is done, remove from the oven and cover loosely with foil. Let sit for about ten minutes.

10. Slice the slightly cooled lamb into thick strips before serving with the salad and peppers.

Cream and Tomato Chicken

Ingredients:

Potatoes, Yukon gold, chopped into quarter-inch-thick slices (1 pound)

Chicken drumsticks, w/ thighs, ½-pound (6 pieces)

Ginger, peeled, grated finely (2 tablespoons)

Turmeric, ground (2 teaspoons)

Chicken broth, low sodium (8 cups)

Onion, medium, chopped finely (1 piece)

Garam masala (2 teaspoons)

Cayenne pepper (3/4 teaspoon)

Heavy cream (1/2 cup)

Ghee, grass-fed (3 tablespoons)

Kosher salt (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Garlic cloves, grated finely (4 pieces)

Tomato paste (2 tablespoons)

Cumin, ground (2 teaspoons)

Coriander, ground (1/2 teaspoon)

Cardamom, ground (3/4 teaspoon)

Tomato puree, canned (3/4 cup)

For serving:

Cooked rice/flatbread/naan

Yogurt, plain

Mint leaves, fresh, torn

Directions:

1. Heat a Dutch oven on medium before adding the ghee. Meanwhile, rub pepper and salt all over the chicken. Once the ghee is hot, add the seasoned chicken to it and cook, skin side down, for about eight to ten minutes or until nicely golden and cooked through. Set aside on a plate.

2. Add the garlic, ginger, and onion to the Dutch oven. Stir and cook for eight to ten minutes or until the onion is softened and slightly caramelized. Pour in the tomato paste along with the turmeric, cardamom, garam masala, coriander, cumin, and cayenne. Stir and cook for about four minutes or until the mixture is darkening, then pour in the broth, cream, tomato puree, chicken, and pepper and salt to taste. Give the entire mixture a good stir before allowing it to boil. Turn the heat down to low and partially cover the pot to let the mixture simmer for one hour and thirty minutes to two hours or until the meat is tenderly cooked and the liquid is reduced.

3. Add the potato slices to the pot. Partially cover again and let the mixture cook for another thirty to forty-five minutes or until the potatoes can be easily pierced with a fork.

4. Transfer the chicken onto a plate and shred with two forks. Return the meat (and skin, if preferred) to the pot and cook for another two minutes.

5. Fill individual bowls with equal portions of the cream and tomato chicken. Serve each bowl topped with a dollop of plain yogurt and a teaspoon of torn mint leaves, and enjoy with cooked rice/flatbread/naan.

Shawarma Spiced Lamb

Ingredients:

<u>Rub:</u>

Caraway seeds (2 teaspoons)

Salt, kosher

Pepper, freshly cracked

Thai chiles, chopped very finely (2 pieces)

Olive oil, extra virgin (1/2 cup)

Leg of lamb, 6-pound, bone in, w/ shank attached, frenched (1 piece)

Paprika (1 tablespoon)

Cumin seeds (2 tablespoons)

Coriander seeds (2 teaspoons)

Garlic cloves, grated finely (4 pieces)

Cinnamon, ground (1/2 teaspoon)

Assembly:

Coriander seeds (1/2 teaspoon)

Chipotle chili powder (1 tablespoon)

Tomatoes, canned, crushed (28 ounces)

Onion, large, sliced thinly (1 piece)

Black pepper, freshly ground (1/2 teaspoon)

Salt, kosher (1/4 teaspoon)

Caraway seeds (1/2 teaspoon)

Olive oil, extra virgin (1/4 cup)

Ancho chile powder (1 tablespoon)

Turmeric, ground (1 teaspoon)

Cinnamon, ground (1/4 teaspoon)

Chicken broth, low sodium (4 cups)

Directions:

1. After trimming any membrane and excess fat from the lamb, gently

score the meat with a sharp knife. Pat dry the lamb with a paper towel before coating all over with pepper and salt. Meanwhile, position a wire rack inside a baking sheet (rimmed). Add the seasoned lamb and set aside.

2. To prepare the rub: Fill a spice mill with the coriander, caraway, and cumin seeds. Grind the spices into a fine powder before transferring into a small bowl. Add the garlic, paprika, chiles, cinnamon, and oil. Stir to combine and then rub on all surfaces of the lamb.

3. Place the lamb (uncovered and set on the wire rack) in the refrigerator and allow to chill for twelve to twenty-four hours.

4. Set the oven at 450 degrees Fahrenheit to preheat.

5. Remove the lamb from the refrigerator and let sit for one hour on the counter. Once the lamb is brought to room temperature, place in the oven and roast for about twenty to twenty-five minutes or until golden brown on all sides. Transfer onto a platter and set aside. Meanwhile, turn the oven temperature down to 250 degrees Fahrenheit.

6. Place the remaining coriander and caraway seeds in the spice mill and grind until powdered. Set aside.

7. Meanwhile, heat a heavy pot on medium before adding the onion. Stir and cook for about five to seven minutes or until translucent and fragrant, then add the turmeric, ground coriander and caraway seeds, chipotle and ancho chile powders, cinnamon, and black pepper. Stir until you have a well-combined mixture, then cook for two minutes before pouring in the broth and tomatoes. Allow the mixture to simmer before gently lowering the roasted lamb into the pot, making sure it is completely covered in liquid. Cover and place the pot in the oven to let the lamb cook for another four hours and thirty minutes to five hours and thirty minutes, or until the meat easily falls off the bone.

8. Place the lamb on a platter. Use foil to keep it warm. Set aside.

9. Meanwhile, heat the pot and the cooking liquid in it on medium-high. Stirring continuously, allow the liquid to cook for twenty-five to thirty minutes or until thickened and saucy in consistency.

10. Serve the lamb smothered in sauce and enjoy right away.

Rich Beef Curry with Steamed Jasmine Rice

Ingredients:

Rice, Thai jasmine, steamed (11 ounces)

Paste:

Galangal, 1 ½-inch, peeled, chopped roughly (1 piece)

Soy sauce (1 tablespoon)

Paprika (1 tablespoon)

Turmeric (1/2 teaspoon)

Garlic cloves (3 pieces)

Shrimp paste (1 teaspoon)

Coriander, ground (1 tablespoon)

Cloves, ground (1/4 teaspoon)

Shallot, large, chopped roughly (1 piece)

Bird's eye chillies, w/ seeds removed, chopped roughly (2 pieces)

Kaffir lime leaves, chopped roughly (2 pieces)

Fish sauce (2 tablespoons)

Tomato puree (4 tablespoons)

Cumin, ground (1 tablespoon)

Cinnamon, ground (1/2 teaspoon)

Nutmeg, ground (1/4 teaspoon)

Curry:

Beef fillet, thinly sliced (9 ounces)

Fish sauce (1 tablespoon)

Thai basil leaves, torn (a handful)

Groundnut oil (1 tablespoon)

Coconut milk (14 fluid ounces)

Lime juice, freshly squeezed (1 tablespoon)

Directions:

1. Fill the food processor with the ingredients for the paste. Process until well-blended and smooth.

2. Meanwhile, heat a large nonstick skillet on medium-high before adding the oil. Allow the oil to get heated though before adding the beef. Stir and cook until the meat is just browned, then stir in the paste. Allow the mixture to cook for one to two minutes before adding the coconut milk. Once the mixture is boiling, reduce heat to a simmer and cook for another two to three minutes.

3. Pour lime juice and fish sauce into the curry. Stir to combine and then pour into individual bowls. Garnish with Thai basil leaves and serve with the hot Thai jasmine rice.

4. Enjoy.

Grilled Greens and Eggplant

Ingredients:

Turmeric, ground (3/4 teaspoon)

Mint leaves, fresh (1/2 cup)

Lemon wedges (3 pieces)

Kosher salt

Black pepper, freshly ground

Curry powder/garam masala (1/4 teaspoon)

Eggplants, medium, sliced across into half-inch-thick rounds (2 pieces)

Olive oil, extra virgin, divided (8 tablespoons)

Kale/Swiss chard (2 bunches)

Greek yogurt, plain (3/4 cup)

Directions:

1. Preheat the grill on medium-high.

2. Meanwhile, place the eggplant in a large bowl filled with oil (2 tablespoons), turmeric, and pepper and salt to taste. Toss to combine and set aside.

3. Fill another large bowl with the greens. Add oil (2 tablespoons), pepper, and salt, and toss until the greens are well-coated. Set aside.

4. Place the eggplant on the hot grill and cook for about five to eight minutes or until tender and nicely charred. Set aside on a plate.

5. Place the greens on the hot grill and cook for two minutes (make sure to turn them often) or until some spots are a bit charred. Set aside on a cutting board.

6. Once the greens are cooled, cut off their thick stems and ribs. Tear the leaves into the eggplant bowl. Add oil (2 tablespoons) and mint, then toss

until everything is well-combined.

7. Meanwhile, stir the garam masala and yogurt together in a deep dish. Add pepper and salt to taste. Smear the yogurt mixture on a platter. Arrange the grilled greens and eggplant on top.

8. Serve topped with lemon wedges and drizzled with extra oil.

Green Curry and Swiss Chard with Brown Rice Noodles

Ingredients:

Garlic cloves, mashed (4 pieces)

Turmeric, ground (1/2 teaspoon)

Coconut milk, unsweetened (27 ounces)

Honey/coconut sugar (1 tablespoon)

Lime wedges (4 pieces)

Ginger, 2-inch, peeled, chopped coarsely (1 piece)

Mint leaves (1/3 cup + 1 teaspoon)

Lemongrass, 1/3 bottom portion, w/ tough outer parts removed, bruised w/ back of knife (1 stalk)

Brown rice noodles, thin, dried (8 ounces)

Scallions, chopped coarsely (4 pieces)

Green Thai chiles, chopped coarsely (3 pieces)

Green peppercorns, in salted water (2 teaspoons)

Cilantro leaves, w/ stems (2 cups + 1 tablespoon)

Coconut oil, virgin, melted, cooled (1/4 cup)

Lime juice, freshly squeezed (1 tablespoon)

Swiss chard leaves, chopped coarsely (4 cups)

Kosher salt (1/4 teaspoon)

Directions:

1. Fill the food processor with the water (2 tablespoons), turmeric, garlic, green peppercorns, mint (1/3 cup), scallions, chiles, cilantro (2 cups), and ginger. Process until combined into a coarsely ground mixture. Keep the food processor running as you stream in the oil. Once the mixture is evenly blended into a smooth paste, transfer into a large pot heated on medium. Stir and cook for about five minutes or until fragrant and a bit darkened.

2. Pour in the water (3 cups), lime juice, and coconut milk. Stir to combine and allow mixture to boil before stirring in the lemongrass. Turn the heat down to a simmer and continue cooking for about twenty-five to thirty minutes or until reduced to half its original volume. Add the Swiss chard. Cook for two minutes or until soft and wilted, then add the coconut sugar and salt to taste. Give the curry a good stir and remove from heat.

3. Follow package directions in cooking the rice noodles. Once done, drain and ladle equal portions into individual bowls. Top with the curry as well as some extra mint and cilantro. Serve garnished with lemon wedges and enjoy right away.

Curried Venison with Aubergines and Lime Rice

Ingredients:

<u>Venison:</u>

Lime juice, freshly squeezed (1 tablespoon)

Shaoxing rice wine (1 tablespoon)

Black pepper, freshly ground (a pinch)

Fish sauce (1 tablespoon)

Vegetable oil (1 tablespoon)

Venison fillet, tender (10 ½ ounces)

Corn flour (2 tablespoons)

Sea salt (a pinch)

Caster sugar (a pinch)

Curry paste:

Thai shallots (8 pieces)

Turmeric, fresh, ½-inch (1 piece)

Sea salt (a pinch)

Cayenne chillies, deseeded, chopped roughly (4 pieces)

Palm sugar (2 tablespoons)

White pepper (1/4 teaspoon)

Garlic cloves, peeled (3 pieces)

Chillies, small, red/yellow, deseeded, chopped roughly (2 pieces)

Galangal, 1-inch, peeled, chopped roughly (1 piece)

Lemongrass, w/ outer leaves discarded, bruised, sliced finely (1 stick)

Shrimp paste (1 tablespoon)

Shallots:

Fish sauce (1 tablespoon)

Palm sugar (1 tablespoon)

Baby Thai shallots, small, peeled, sliced thinly into rings (2 pieces)

Lime juice, freshly squeezed (3 tablespoons)

Aubergines:

Kaffir lime leaves, w/ spine discarded, shredded (2 pieces)

Purple aubergines, medium, sliced into ¾-inch portions (2 pieces)

Coconut milk (14 fluid ounces)

Vegetable oil (2 tablespoons)

Chicken stock, low sodium (18 fluid ounces)

Fish sauce (1 tablespoon)

French beans, washed, chopped into half-inch strips (7 ounces)

Rice:

Chicken stock, low sodium (12 fluid ounces)

Lemongrass, bruised, sliced (1 stick)

Water, filtered (7 fluid ounces)

Thai jasmine rice, well-rinsed (10 ½ ounces)

Kaffir lime leaf (1 piece)

Sambal:

Lemongrass stalks, w/ outer husk discarded, bruised, sliced finely (2 pieces)

Garlic cloves, chopped finely (5 pieces)

Caster sugar (5 teaspoons)

Chillies (14 ounces)

Ginger, fresh root, peeled, grated finely (1 ¾ ounces)

Lime zest, grated finely (1 tablespoon)

Rice vinegar (3 ½ fluid ounces)

Salt (1 teaspoon)

Garnish:

Shallots, crispy-fried

Micro coriander leaves

Lime wedges

Banana leaf, fresh (1 piece)

Bamboo leaf, fresh (1 piece)

Directions:

1. After peeling and slicing the shallots, place in a large bowl filled with the palm sugar, fish sauce, and lime juice. Stir to combine, then cover with plastic wrap and let sit in the refrigerator.

2. To prepare the sambal: Place lemongrass, ginger, garlic, chilli, and rice vinegar (1/2 portion) in the blender. Process until well-combined into smooth paste, then add to a skillet filled with the remaining rice vinegar. Give the mixture a good stir as you heat the pan on medium. Let the mixture boil before stirring in the caster sugar. Once the sugar is completely dissolved, stir in the lemon zest and salt to taste. Spoon the oil before placing the mixture in the refrigerator. Transfer into a large glass jar, cover, and set aside.

3. To prepare the curry paste: Fill the food processor with the turmeric, palm sugar, galangal, shrimp paste, lemongrass, shallots, sea salt, white pepper, cayenne, garlic, and chillies. Process until roughly blended into a paste. Set aside.

4. To prepare the curry: Heat a large skillet on high before adding the vegetable oil. Once hot, stir in the prepared curry paste. Once the paste is dried up, stir in the aubergines. Cook for two minutes or until the aubergines are well-coated, then add the chicken stock, fish sauce, and lime leaves. Stir to combine and allow the mixture to boil before pouring in the coconut milk. Reduce heat to medium-low and continue cooking on a simmer for about twenty minutes or until the aubergines are tender and the sauce is thickened. Stir in the French beans, cook for another

three minutes, and remove from heat.

5. Cut the venison into one-inch slices. After seasoning with pepper and salt, sprinkle with corn flour and add to a large skillet filled with vegetable oil and heated on high. Allow the venison strips to cook on one side for fifteen seconds or until seared, then cook on the other side for another ten seconds. Add the wine for deglazing the skillet before stirring in a mixture of lime juice, sugar, and fish sauce.

6. Fill a large saucepan with the ingredients for the rice. Stir to combine and heat on high to boiling. Once the rice mixture boils, turn the heat down to low and cover. Let the rice cook for another ten to twelve minutes or until tender. Transfer lime rice on a platter and serve with the curried venison, aubergines, and sambal.

7. Enjoy.

Turmeric Chicken and Egg Noodle Soup

Ingredients:

Soup:

Coconut milk, canned, unsweetened (28 ounces)

Fish sauce (3 tablespoons)

Chicken thighs, boneless, skinless, sliced lengthwise in half (1 ½ pounds)

Kosher salt (1/2 teaspoon)

Vegetable oil (2 tablespoons)

Chicken broth, reduced sodium (2 cups)

Chinese egg noodles (1 pound)

Light brown sugar/palm sugar, packed (1 tablespoon)

Chile paste:

Shallots, medium, sliced in half (2 pieces)

Coriander, ground (1 tablespoon)

Ginger, 2-inch, peeled, sliced (1 piece)

Curry powder (1 teaspoon)

Chiles, guajillo/New Mexico, large, dried, stemmed, halved, w/ seeds removed (4 pieces)

Garlic cloves (8 pieces)

Cilantro stems, chopped (1/4 cup)

Turmeric, ground (1 tablespoon)

<u>For serving:</u>

Bean sprouts

Onions/shallots, crispy fried

Red onion, sliced

Cilantro sprigs

Chili oil

Lime wedges

Directions:

1. Fill a small bowl (heat-proof) with the chiles. Add enough boiling water to submerge and soak for about twenty-five to thirty minutes or until softened. Drain the chiles before adding to the food processor. Take two tablespoons of the soaking liquid and add to the food processor as well. Add the shallots, ginger, coriander, curry powder, garlic, cilantro stems, and turmeric. Process until you have a well-combined and smooth chile paste.

2. Heat a large pot (heavy bottomed) on medium before adding the oil. Once hot, stir in the prepared chile paste and cook for about four to six minutes or until a bit darkened. Pour in the broth and coconut milk, stir until well-blended, and allow the mixture to boil before adding the chicken. Turn the heat down to a simmer and continue cooking for about

twenty to twenty-five minutes or until the meat is tenderly cooked. Remove chicken, place on a plate, allow to slightly cool, and shred using two forks.

3. Follow package directions in cooking the noodles. Once done, add the shredded chicken as well as sugar and fish sauce (3 tablespoons). Ladle into individual bowls and serve topped with your garnishes.

Sultana and Caper Dressed Quail's Eggs, Cauliflower, and Goat's Cheese Ravioli

Ingredients:

Quail's eggs (4 pieces)

<u>Ravioli:</u>

Egg yolks, free range (4 pieces)

Egg, free range, beaten (1 piece)

'00' flour (500 grams +1/4 cup for dusting)

Olive oil, extra virgin (2 tablespoons + 1 tablespoon)

Goat's cheese, chopped to bits (8 ounces)

<u>Cauliflower:</u>

Cumin, ground (a pinch)

Thyme (1 sprig)

Cauliflower, chopped into florets (1 head)

Black pepper, freshly ground (1/4 teaspoon)

Salt (1/4 teaspoon)

Olive oil, extra virgin (3 tablespoons)

Turmeric, ground (a pinch)

Purple cauliflower, chopped into florets (1 head)

Bay leaf (1 piece)

Dressing:

White wine vinegar (1 teaspoon)

Parsley, flat leaf, chopped finely (1/2 tablespoon)

Capers, chopped roughly (8 pieces)

Dijon mustard (1 teaspoon)

Rapeseed oil, extra virgin (3 tablespoons)

Golden raisins, soaked in warmed water, drained (3/4 ounces)

Nasturtium flowers & leaves – for garnishing

Watercress leaves – for garnishing

Directions:

1. Place the quail eggs in a pot filled with boiling brine. Cook for three minutes and then transfer into an ice bath. After three minutes, peel off their shells and set aside.

2. Sprinkle the flour (1/4 cup) all over your work surface. Add the remaining flour (500 grams) and gather into a mound. Create a well in the flour and fill with oil and egg yolks. Combine everything into a soft dough. After kneading the dough until smooth, cover with cling film and let sit for one hour.

3. Meanwhile, set the oven at 350 degrees Fahrenheit to preheat.

4. To prepare the cauliflower: Fill a large bowl with the turmeric, pepper, salt, and cumin. Mix well before tossing with the cauliflower florets. Transfer the cauliflower onto a large sheet of foil, making sure they are spread into an even layer. Add water (2 fluid ounces), bay leaves, and thyme before folding the foil to form a parcel with scrunched up ends. Place in the oven to bake for about twenty to twenty-five minutes or until the florets are just cooked. After opening the foil, reserve the juices and

let the florets cool. Transfer onto a platter.

5. Return the dough to the floured surface and cut into two portions. Spread out each dough piece into a thin rectangular shape. Brush the beaten egg onto one rectangle before topping with the cheese, arranged in 4 equally-spaced piles. Press the other rectangle on top and then pinch along the edges to seal. With a fluted cutter, cut the ravioli into four portions. Meanwhile, add oil (a dash) to a saucepan filled with brine. Heat to boiling, then add the ravioli. Cook for two minutes or until al dente, then place next to cauliflower.

6. Place all the ingredients for the dressing in a small bowl and mix well. Drizzle all over the cauliflower and ravioli platter. Serve with the quail's eggs, watercress, and nasturtium.

7. Enjoy.

Eggplant and Chickpea Curry

Ingredients:

Cumin seeds (1 teaspoon)

Onion, medium, chopped (1 piece)

Tomatoes, large, grated, w/ liquids reserved (2 pieces)

Shallot, chopped finely (1 piece)

Mint leaves, chopped coarsely (1 cup)

Garlic, chopped (3 cloves)

Turmeric, ground (1 teaspoon)

Chickpeas, drained, rinsed (15 ounces) OR chickpeas, drained, cooked (1 ¼ cups)

Honey (1 teaspoon)

Black pepper, freshly ground (1/2 teaspoon)

Coconut/canola oil (2 tablespoons)

Mustard seeds (1 teaspoon)

Ginger, fresh, chopped finely (1 tablespoon)

Sea salt, fine (1/4 teaspoon)

Cayenne pepper (a pinch)

Eggplant, sliced into half0inch cubes (5 cups)

Jalapeno, finely chopped (4 teaspoons)

Lime juice, freshly squeezed (1 tablespoon)

Coconut, flaked, unsweetened (2 tablespoons)

Cilantro leaves, chopped coarsely (1/4 cup)

Yogurt, plain (a dollop) – to serve

Directions:

1. Heat a large skillet on medium before adding the oil. Stir in the mustard and cumin; after thirty seconds of cooking, stir in the ginger and garlic. Cook for one minute or until the garlic is starting to brown. Add the onion and salt (a pinch) and stir continuously for five minutes while the onion cooks and softens.

2. Add the cayenne, turmeric, and tomatoes (w/ their juices). Stir and scrape up browned bits as you add the water (1/4 cup), salt (a pinch), chickpeas, and eggplant. Turn the heat down to medium-low and cover the mixture. Let it simmer for fifteen minutes or until the eggplant softens. Turn off the heat before stirring the honey, lime juice, jalapeno, and shallot.

3. Mix the mint, cilantro, and coconut into the eggplant and chickpea curry. Stir in lime juice, black pepper, and salt before serving with yogurt on top.

Turmeric Chicken with Swiss Chard and Chickpeas

Ingredients:

Coriander seeds (1 teaspoon)

Cardamom, ground (1/4 teaspoon)

Onions, medium, sliced thinly (2 pieces)

Ginger, grated finely (1 tablespoon)

Chicken stock/broth, low sodium (4 cups)

Black peppercorns (1/2 teaspoon)

Chicken legs (6 pieces)

Lemon zest, 2-inch-wide (2 pieces)

Chiles de árbol, dried, w/ seeds removed (2 pieces)

Swiss chard leaves, chopped coarsely (4 cups)

Cinnamon stick, 3-inch (1 piece)

Cumin seeds (1 teaspoon)

Turmeric, ground (1 teaspoon)

Olive oil, extra virgin (3 tablespoons)

Kosher salt (1/4 teaspoon)

Garlic cloves, sliced thinly (4 pieces)

Bay leaves, fresh (2 pieces)

Tomatoes, whole, peeled, drained, crushed w/ hands during cooking (28 ounces)

Honey (2 tablespoons)

Chickpeas, rinsed (15 ounces)

Sesame seeds, toasted (1 tablespoon)

Directions:

1. Break the cinnamon stick into bits before adding to a small skillet. Mix with the cumin seeds, peppercorns, and coriander seeds. Cook on medium-high for three minutes or until fragrant and nicely toasted. Allow to cool before grinding into a fine powder (you can use a spice mill). Pour into a small bowl filled with the cardamom and turmeric. Stir to combine.

2. Set the oven at 400 degrees Fahrenheit to preheat.

3. Meanwhile, heat a large pot (heavy bottomed) on medium-high. Season the chicken pieces with generous amounts of salt before adding to the pot. Cook for ten to fifteen minutes or until browned on all sides. Set aside on a plate.

4. Add the onions to the pot. Stir and cook for about six to eight minutes or until translucent and soft. Stir in the garlic, ginger, spice mixture, lemon zest, and bay leaves. Allow the mixture to cook for three minutes or until fragrant before adding the crushed tomatoes. Allow the mixture to cook for eight to twelve minutes or until the tomatoes are broken up and you have a nicely thickened sauce. After stirring in the honey, stock; chiles, and salt to taste, add the cooked chicken (placed with its skin side up). Let everything simmer before transferring to the oven. Bake, uncovered, for half an hour before adding the chickpeas. Bake for another ten to fifteen minutes or until the chicken meat is tenderly cooked and the skin is golden. Set on a plate.

5. Meanwhile, stir the chard into the stew. Garnish with sesame seeds and serve with the chicken.

Coconut Brussels Sprouts and Spiced Venison Skewers

Ingredients:

<u>Coconut Brussels sprouts:</u>

Black mustard seeds (1 teaspoon)

Fresh root ginger, chopped finely (1 teaspoon)

Brussels sprouts, shredded (12 pieces)

Curry leaves, sliced thinly (12 pieces)

Onion, small, chopped roughly (1 piece)

Vegetable oil (1 tablespoon)

Coconut, fresh, grated (2 ½ tablespoons)

Cumin seeds (1/2 teaspoon)

Green chillies, medium, chopped finely (2 pieces)

Asafoetida (1/4 teaspoon)

Coriander, fresh, chopped finely (1 tablespoon)

<u>Spiced venison skewers:</u>

Ginger/garlic paste (2 tablespoons) OR ginger, fresh, grated finely (1 tablespoon) + garlic, fresh, grated finely (1 tablespoon)

Chilli powder (1 teaspoon)

Green chilli, large, chopped finely (1 piece)

Eggs, free range (2 pieces)

Coriander, ground (2 teaspoons)

Lemon juice, freshly squeezed (1 tablespoon)

Venison, sliced into ¾-inch portions (500 grams)

Turmeric, ground (1/2 teaspoon)

Cumin, ground (1 teaspoon)

Garam masala (1/2 teaspoon)

Coriander, fresh, chopped finely (1 tablespoon)

Flour, plain (3 ½ tablespoons)

Vegetable oil – to use in deep-frying

Directions:

1. Place the turmeric, ginger/garlic paste, garam masala, chilli powder, ground cumin and coriander, and lemon juice (1 tablespoon) inside a large bowl. Mix well before adding the venison, then toss until well-coated with the spice mixture. Cover and allow the meat to marinate in the refrigerator for five to six hours.

2. Heat a casserole dish on medium before adding the oil (2 tablespoons). Place the marinated venison on the hot oil and cook until all sides are nicely browned. Remove from heat before adding the coriander and chilli. Season to taste and allow to cool.

3. Thread 4 venison pieces onto each of the skewers. Meanwhile, pour oil into your deep-fat fryer, fill a small bowl with flour, and whisk the eggs with salt (a pinch) in a separate bowl.

4. Once the oil's temperature reaches 350 degrees Fahrenheit, coat the kebabs in flour, dip in the whisked eggs, and drop in the hot oil. Cook until golden brown and place on a plate lined with paper towels. Let the spiced venison skewers drain and cool.

5. Heat a frying pan on medium after adding the oil. Stir in the cumin and mustard seeds. Wait for the seeds to pop before stirring in the asafetida, curry leaves, chilli, and ginger. Stir in the coconut and onions; let the coconut develop a nutty aroma before stirring in the Brussels sprouts. Cover and cook for one to two minutes, then cook, uncovered, for an additional two minutes or until dry. Stir in the chopped coriander leaves.

6. Serve the coconut Brussels sprouts with the spiced venison skewers and enjoy.

Turmeric Chicken Adobo

Ingredients:

Black peppercorns (2 tablespoons)

Kabocha squash, sliced into one-inch chunks (2 cups)

Shallots, medium, chopped (2 pieces)

Coconut milk, unsweetened (27 ounces)

Coconut, shredded, unsweetened (1/4 cup)

Honey (3 tablespoons)

Salt, kosher (1/4 teaspoon)

Pepper, freshly ground (1/4 teaspoon)

Ginger, 3-inch, peeled, grated finely (1 piece)

Chicken legs, w/ thighs & drumsticks separated (4 pieces)

Bay leaves, dried (10 pieces)

Turmeric, ground (2 tablespoons)

Cauliflower head, chopped into florets (1/2 piece)

Vegetable oil, divided (3 tablespoons)

White onion, small, chopped (1 piece)

Garlic cloves, large, chopped (6 pieces)

Red pepper flakes, crushed (1 teaspoon)

Vinegar, sugarcane/distilled white, divided (1 cup)

<u>For serving:</u>

Pumpkin seeds, unsalted, roasted

Scallions, sliced

Fresno chiles, sliced thinly

Directions:

1. Fill a piece of cheesecloth with the peppercorns and bay leaves. Secure with a twine and set aside.

2. Heat a small skillet on medium-low. Add the turmeric and stir for three minutes or until fragrant and lightly toasted. Set aside on a plate.

3. Meanwhile, add the coconut to the same pan and cook on medium-high for three minutes or until burnt. Transfer into a spice mill and grind to fine bits. Set aside on a separate plate.

4. Set the oven at 375 degrees Fahrenheit to preheat.

5. Fill a large baking sheet (rimmed) with oil (1 tablespoon), squash, and cauliflower. Toss to combine, making sure the veggies are well-coated, then sprinkle with pepper and salt. Place in the oven to roast for thirty to forty minutes or until tenderly browned.

6. Heat a heavy-bottomed pot on medium-high before adding the remaining oil (2 tablespoons). Stir in the garlic, onion, ginger, and shallots and cook for eight to ten minutes or until fragrant and browned. Stir in the red pepper flakes and cook for one minute or until fragrant. Pour in the coconut milk as well as the vinegar (3/4 cup) and toasted turmeric. Give the entire mixture a good stir and allow to boil. Cook for another twenty to thirty minutes or until you have a nicely thickened turmeric sauce.

7. Set the grill on medium-high to preheat. After seasoning the chicken with pepper and salt, add to the hot grill and cook for four to five minutes on each side or until nicely marked.

8. Transfer the grilled chicken to the turmeric sauce. Add the peppercorns and bay leaf sachet as well and cook, partially covered, for sixty to eighty minutes or until the meat is tenderly cooked. Meanwhile, combine the remaining vinegar (1/4 cup) and honey before pouring into the turmeric adobo mixture. Stir in the roasted veggies.

9. Serve topped with burnt coconut, scallion, chiles, and pumpkin seeds.

10. Enjoy.

Vegetarian Pad Thai

Ingredients:

Limes, sliced into wedges (2 pieces)

Turmeric powder, dried (1 ½ tablespoons)

Sunflower oil (2 tablespoons)

Bean sprouts (3/4 cup) OR celery, diced (3/4 cup)

Sugar (3 tablespoons)

Tofu, extra firm, crumbled (6 ounces)

Green onions, sliced thinly (3 pieces)

Rice noodles, dried (6 ounces)

White vinegar (3 tablespoons)

Soy sauce/ vegetarian “fish” sauce (2 tablespoons)

Broccolini, trimmed (1 bunch)

Egg (1 piece)

Peanuts, roasted (1/3 cup)

Directions:

1. Pour boiling water into a large bowl. Add the turmeric and noodles and stir until well-combined. Allow the noodles to soak for about five to ten minutes or until easily bent. Drain before setting aside.

2. Pour the vinegar into a small bowl. Stir with the soy sauce and sugar. Set aside.

3. Heat a large skillet on high. Add the oil and then the broccoli. Stir together before covering the pan. Allow the broccoli to cook for two

minutes or until al dente and bright green. Set aside on a plate.

4. Pour the crumbled tofu into the same pan. Stir and cook for two minutes or until starting to brown. Stir in the noodles and sauce. After one minute, drag the noodles to one side. Add the whisked egg and cook for twenty seconds or until a bit set. Break up the cooked egg before tossing with the noodles. Stir in the peanuts, scallions, and bean sprouts.

5. Serve your vegetarian pad thai with broccolini and lime slices on top.

Cashew Butter Chicken

Ingredients:

Chicken:

Chicken thighs, skinless, boneless, trimmed, sliced into two-inch chunks (1 ½ pounds)

Ginger, fresh, 2-inch, peeled, grated finely/minced (1 piece)

Coriander, ground (1 tablespoon)

Turmeric, ground (1/2 teaspoon)

Serrano chile, minced (1 piece)

Cinnamon, ground (1/2 teaspoon)

Saffron, crushed (1/2 teaspoon)

Garlic cloves, grated finely/minced (6 pieces)

Yogurt, plain (1 cup)

Chickpea flour (2 tablespoons)

Garam masala (1 teaspoon)

Cumin, ground (1/2 teaspoon)

Kosher salt (1/2 teaspoon)

Chili powder, Kashmiri (1 teaspoon)

Sauce:

Water (2/3 cup)

Cardamom pods, whole, crushed lightly (6 pieces)

Serrano chile, julienned (1 piece + ½ piece)

Chili powder, Kashmiri (1/2 teaspoon)

Cinnamon sticks, 2-inch (3 pieces)

Coriander, ground (1 teaspoon)

Kosher salt (3/4 teaspoon)

Coconut oil (2 tablespoons)

Cloves, whole (4 pieces)

White onion, large, chopped finely (1 piece)

Fenugreek leaves, dried (2 tablespoons)

Garam masala (1 teaspoon)

Tomato sauce, no salt added (1 cup)

Directions:

1. Mash the ginger and garlic together in a small bowl to form a paste. Take 2 tablespoons of the paste and place in a large bowl filled with the chickpea flour, yogurt, turmeric, saffron, Serrano, chili powder (1 teaspoon), salt (1/2 teaspoon), coriander (1 tablespoon), garam masala, cumin, and ground cinnamon. Whisk to combine everything. Toss in the chicken and coat evenly on all sides with the marinade. Cover and place in the refrigerator to chill for two hours.

2. Set the broiler on high to preheat after positioning the rack in the topmost part of the oven.

3. Meanwhile, line the bottom of a baking sheet with foil. Add the chicken, spreading it out on the foil. Cook under the broiler for ten to twelve minutes or until light brown and completely cooked.

4. Heat a large skillet on medium before adding the oil. Stir in the cloves,

cinnamon sticks, and cardamom; cook for one minute or until fragrant. Stir in the onion and cook for three to five minutes or until translucent and fragrant. Add the coriander, chili powder, Serrano, garam masala, fenugreek, and ginger-garlic paste. Stir and cook for one minute before pouring in the salt and tomato sauce. Allow the mixture to cook for two minutes before adding the cashew butter and water. Turn the heat up to medium-high before letting the mixture cook for another five minutes or until creamy.

5. Once the chicken is done, add to the sauce. Pour in the chicken's juices as well. Give the mixture a good stir and continue cooking for an additional two to three minutes.

6. Serve and enjoy.

Spiced Butter and Onion Chicken

Ingredients:

Eggs, large (2 pieces)

Lemon juice, freshly squeezed (2 tablespoons)

Clarified butter/niter kibbe (1/4 cup)

Makulaya alicha (1 teaspoon) OR basil, dried (1/2 teaspoon) + thyme, dried (1/2 teaspoon)

Yellow onions, minced (3 cups)

Garlic, fresh, minced (2 ½ tablespoons)

Wine, dry white/Ethiopian honey (1 cup)

Chicken leg quarters, skinless, bone-in, w/ fat trimmed, ¾-pound (4 pieces)

Sea salt (1 teaspoon)

Water, warm, divided (4 cups)

Ginger, fresh, minced (1/3 cup)

Turmeric, ground (1 teaspoon)

Matafecha (1 teaspoon) OR white pepper, ground (1/3 teaspoon) + cardamom, ground (1/3 teaspoon) + cinnamon, ground (1/3 teaspoon)

Directions:

1. Place the chicken pieces at the bottom of a large shallow dish (non-reactive). Season by coating on all sides with salt and lemon juice, before setting aside.

2. Meanwhile, add the onions to a large pot (heavy bottomed) heated on medium. Stir and cook for about five minutes and then pour in the water (1/4 cup). Allow the mixture to cook for fifteen to twenty minutes or until the onions are translucent and softened. Stir in the ginger and clarified

butter/niter kibbe. Turn the heat down to a medium-low and let the mixture cook for an additional ten minutes.

3. After turning the heat up to medium, add the turmeric, garlic, makulaya (or basil + thyme), and matafecha (or cinnamon + cardamom + white pepper). Stir and cook for one minute before pouring in the wine. Stir and cook for another five minutes before adding the chicken and its juices. Top up with enough water to partially submerge the chicken. Turn the heat up to high and let the mixture simmer, then lower heat to medium and let the mixture continue simmering for fifteen to twenty-five minutes.

4. To prepare the eggs: Add the eggs to a large saucepan. Add enough water to cover the eggs and heat on medium-high. Once simmering, lower heat to medium and let the eggs cook on gentle simmer for ten minutes. Transfer the hard-boiled eggs into a bowl filled with iced water. Let sit to cool completely before peeling off their shells.

5. Place the chicken in a bowl covered with foil. Set aside.

6. Meanwhile, heat the remaining sauce in the pot on high. Cook for fifteen to twenty minutes or until thickened, then reduce heat to medium. Add the eggs and continue cooking for four minutes.

7. Divide the chicken among individual bowls. Slice each egg in half and add to the bowls. Top with the sauce and serve immediately.

Curried Eggplant and Tofu

Ingredients:

<u>Eggplant and tofu:</u>

Eggplant, large, sliced into 1½-inch chunks (1 piece)

Ginger, fresh, minced (2 tablespoons)

Cilantro, chopped finely (1 cup)

Pepper, freshly ground (1/4 teaspoon)

Olive oil, extra virgin, divided (8 tablespoons)

Tomatoes, no salt added, diced (28 ounces)

Greek yogurt, plain, whole milk (1/2 cup + ¼ cup)

Tofu, water packed, extra firm, drained (30 ounces)

Kosher salt, divided (2 teaspoons)

Onion, sliced thinly (2 cups)

Cornstarch (2 tablespoons)

Garlic, minced (3 tablespoons)

Vegetable broth, reduced sodium (1 cup)

Cilantro leaves, fresh, chopped, divided (1/4 cup)

<u>Curry spice blend:</u>

Fennel seeds (1 teaspoon)

Paprika/chile powder, New Mexico (1 tablespoon)

Cinnamon, ground (1/8 teaspoon)

Black peppercorns, whole (1 teaspoon)

Red pepper, crushed (1/2 teaspoon)

Coriander seeds (1 tablespoon)

Fenugreek seeds (1 teaspoon)

Ajwain seeds (1 teaspoon)

Turmeric, ground (1 ½ teaspoons)

Directions:

1. Cut across the tofu and slice into one-inch-thick portions. Meanwhile, line the bottom of a baking sheet with a folded kitchen towel. Add the tofu pieces on top and then cover with another kitchen towel (also folded). Add a baking sheet on top, which you will weigh down with two

28-oz. cans. Allow the tofu pieces to sit for one to four hours to drain.

2. In a large bowl, toss the eggplant with salt (1/2 teaspoon). Drain on a colander for thirty minutes to one hours.

3. Meanwhile, heat a small skillet (heavy bottomed) on medium-high. Once hot, add the peppercorns, coriander, fenugreek, cardamom, cumin, ajwain, and fennel. Stirring constantly, let the spices cook for one to two minutes or until starting to give off smoke and a strong aroma. Quickly pour into a small bowl; set aside to cool. Once the spice mixture has cooled, transfer into a spice/coffee grounder and grind into a coarse powder. Pour the powdered spice mix back in the small bowl and mix with the turmeric, chile powder/paprika, cinnamon, and crushed red pepper. Set aside.

4. Use parchment paper to line two large baking sheets; set aside. Meanwhile, set the oven at 400 degrees Fahrenheit to preheat after placing the racks in the upper third and lower third positions.

5. Slice the drained tofu into one inch cubes before adding to a bowl filled with oil (2 tablespoons). Toss until the tofu pieces are well-coated with the oil. After tossing with a mixture of salt (1 teaspoon), curry spice (2 tablespoons), and cornstarch, transfer onto the lined baking sheet and spread to form an even layer.

6. Mix oil (4 tablespoons) and curry spice (2 teaspoons) in a large bowl. After rinsing the eggplant, pat dry and add to the bowl and toss until evenly coated. Arrange on the other lined baking sheet.

7. Place the tofu sheet in the oven's lower rack to roast for fifteen minutes on each side or until slightly crisp and browned. Meanwhile, place the eggplant sheet on the oven's upper rack and roast for fifteen minutes on each side or until softened.

8. Heat a large pot on medium-high after filling with oil (2 tablespoons). Stir in the ginger and onion, then turn the heat down to medium. Stir and cook for about seven to nine minutes before stirring in the rest of the curry spice. Pour in the broth, tomatoes, and cilantro stems; stir to combine while making sure to scrape up the browned bits.

9. Add the yogurt and tofu to the mixture. Stir and allow the mixture to boil before reducing heat to medium-low. Let the mixture simmer for

twenty minutes before stirring in the eggplant. Continue cooking for another five minutes.

10. Season the curried eggplant and tofu with the remaining pepper and salt before serving immediately.

Chapter 3 Tasty Turmeric Breakfast Recipes

Curried Haddock with Bacon, Potatoes, and Black Pudding Salad

Ingredients:

Curried haddock:

Haddock, thick (10 ½ ounces)

Curry leaves, fresh (a small handful)

Turmeric (1 teaspoon)

Olive oil, extra virgin (50 milliliters)

Curry powder (1 teaspoon)

Salt (a pinch)

Mustard cream:

Yogurt, plain (3 ½ fluid ounces)

Crème fraiche (3 ½ fluid ounces)

Dijon mustard (2 teaspoons)

Sugar (a pinch)

Salt (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Salad:

Salad potatoes, diced (2 pieces)

Black pudding (5 ½ ounces)

Olive oil, extra virgin (3 tablespoons) – for drizzling

Bacon, thick cut, diced (3 ½ ounces)

Mixed leaves (2 handfuls)

Directions:

1. Set the oven at 390 degrees Fahrenheit to preheat.

2. Heat a large frying pan (oven-proof) on medium. Add the oil, then stir in the curry leaves. Cook for two to three minutes or until crispy-fried. Transfer the curry leaves on a plate lined with paper towels and set aside.

3. Stir the curry powder together with the salt and turmeric before rubbing all over the haddock (on the flesh side). Add the seasoned haddock to the same pan and cook, skin side down, for two to three minutes. Transfer in the preheated oven and continue cooking for six to eight minutes or until completely done. Flake with a fork and set aside.

4. Meanwhile, place all ingredients for the mustard cream in a small bowl. Set aside.

5. Heat a large nonstick skillet on medium before adding the olive oil (a drizzle). Add the bacon and potatoes to cook for five minutes. After crumbling the black pudding, add to the skillet and stir to combine with the bacon and potatoes. Cook until the mixture is golden brown. Line a serving bowl with the salad leaves and top with the potato mixture.

6. Place a dollop of mustard cream on each individual plate before topping with the salad, flaked haddock, and curry leaves.

7. Serve and enjoy.

Spiced Up Veggie Fritter

Ingredients:

Carrots, sliced into 2x1-cm batons (9 ounces)

Kashmiri chilli powder (1 teaspoon)

Garam masala (1 teaspoon)

Black mustard seeds (2 teaspoons)

Tomatoes, chopped (2 pieces)

Potatoes, peeled, sliced into 1½-cm chunks (9 ounces)

Vegetable oil (2 fluid ounces)

Red onion, medium, chopped finely (1 piece)

Turmeric (1/2 teaspoon)

Salt (1/2 teaspoon)

<u>For serving:</u>

Eggs, free range, fried (4 to 6 pieces)

Naan breads

Directions:

1. Place the potatoes in a large pot filled with salted water that has been boiling. Let the potatoes cook for ten minutes or until easily pierced with a fork. Set aside on a plate.

2. Add the carrots to the same pot and boil for three minutes or until a bit crunchy but still tender.

3. Heat a large saucepan (heavy bottomed) on medium. Add the oil, then stir in the mustard seeds, and cook until starting to pop. Stir in the onion and cook for five minutes before stirring in the turmeric and chilli powder; cook for half a minute. Pour in the water (2 fluid ounces), tomatoes, carrots, potatoes, garam masala, and salt. Stir to combine everything and cook for three to five minutes or until the tomatoes are jam-like in consistency and the potatoes are broken up.

4. Serve your spiced up veggie fritter with naan breads and fried eggs. Enjoy.

Haddock Kedgeree with Smoked Salmon

Ingredients:

Coriander, fresh, chopped finely (2 tablespoons)

Onions, sliced thinly (2 pieces) + chopped finely (1 piece)

Basmati rice (9 ounces)

Eggs, free range, large (2 pieces)

Lemon juice, freshly squeezed (1 tablespoon)

Haddock fillets, un-dyed, smoked, pin boned (12 ½ ounces)

Cinnamon stick, 1 ¼-inch long (1 piece)

Single cream (3 ½ fluid ounces)

Sunflower oil (2 tablespoons)

Salt (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Cardamom pods, split (3 pieces)

Turmeric (1/2 teaspoon)

Butter (1 ounce)

Cayenne pepper (1/4 teaspoon)

Directions:

1. Heat a large skillet (nonstick) on medium before adding the oil (1 tablespoon). Add the sliced onions and fry for about twenty to twenty-five minutes or until crisp and dark golden brown. Stir in pepper and salt to taste before transferring the onions onto a plate lined with paper towels. Set aside.

2. Place the haddock with its skin side down at the bottom of another

large skillet. Cover with water and heat on low. Let the haddock cook on a simmer for five to eight minutes or until cooked through and opaque. Set aside.

3. Add the smoked salmon to the same skillet filled with water. Cover and leave alone for two minutes, then drain the salmon. Remove the skins before setting aside.

4. Rinse rice under running water; drain well and set aside. Meanwhile, heat a large frying pan on medium-high before adding the remaining oil (1 tablespoon). Stir in the cardamom pods, cinnamon, and chopped onion. Cook for five minutes or until the onion is lightly caramelized. Pour in the drained rice and stir to combine with the onion mixture. Add cold water (15 fluid ounces) as well as the turmeric. Let the rice mixture boil before turning the heat down to low. Give it a good stir, cover, and continue cooking for about twelve to fifteen minutes or until the rice absorbs all the water. Remove the cooked rice from the heat and let sit, covered, for about five minutes. Use a fork to fluff up the grains and set aside.

5. Fill a small pan with the eggs. Pour in enough cold water to cover the eggs, then heat to boiling. Reduce heat to a simmer and cook for six minutes or until the whites have set while the yolks are a bit soft. Dunk eggs into an ice bath, leave for two minutes, and peel off their shells. Set aside.

6. Use a fork to flake the fish into large chunks. Meanwhile, discard the cinnamon stick in the cooked rice and stir in the flaked fish as well as the eggs, cream, butter, and coriander. Stir in lemon juice, cayenne pepper, and salt to taste. Heat on low for five minutes or until heated through.

7. Serve topped with the reserved fried onions.

Easy Shrimp Kichri

Ingredients:

Coriander, fresh, chopped (2 tablespoons)

Water/fish stock (1 ¾ pints)

Onions, chopped (2 pieces)

Shrimps, peeled (3 ½ ounces)

Basmati rice, cooked, cooled (5 ½ ounces)

Ghee, grass fed (2 ¾ ounces)

Green chillies, chopped finely (4 pieces)

Shrimp paste, dry (1 teaspoon)

Yellow mung beans, split, washed (7 ounces)

Turmeric, ground (a pinch)

Cumin seeds (1 teaspoon)

Ginger, fresh root, chopped finely, 1-inch (1 piece)

Salt (1 tablespoon)

Tomatoes, w/seeds removed, sliced into half-inch cubes (2 pieces)

Lemon juice, freshly squeezed (1 tablespoon)

Directions:

1. Pour the fish stock into a large saucepan. Add the turmeric and mung beans and stir to combine. Heat to boiling, then cook on simmer for twenty to thirty minutes or until the beans fall apart. Set aside.

2. Heat another pan (heavy bottomed) on medium. Add the ghee (2 ¼ ounces) and stir in the cumin seeds. Once the cumin crackles, stir in the onions and cook until golden brown. Stir in the chillies, salt, and ginger; cook for one minute. Stir in the shrimps and fry for about two to three

minutes before stirring in the cooked mung beans. Allow the mixture to boil before stirring in the shrimp paste and the tomatoes; continue cooking for about two to three minutes. Add the rice and fold into the shrimp mixture.

3. Stir the remaining ghee, coriander, and lemon juice into the dish and serve right away.

Breakfast Haddock and Rice

Ingredients:

Haddock & rice:

Bay leaves (2 pieces)

Onion, sliced in half (1 piece)

Basmati rice (500 grams)

Milk (18 fluid ounces)

Cloves (2 pieces)

Haddock fillet, smoked, pin boned (500 grams)

Turmeric (2 teaspoons)

Sauce:

Cream (14 fluid ounces)

Garlic clove (1 piece)

Red chilli, chopped (1 piece)

Sunflower oil (3 ½ fluid ounces)

Bay leaf (1 piece)

Onion, chopped (1 piece)

Ginger, 1-inch, chopped finely (1 piece)

Madras curry paste (2 ounces) – see below

Star anise (1 piece)

Salt (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Madras curry paste:

Brown mustard seeds (1/2 teaspoon)

Black peppercorns, cracked (1/4 teaspoon)

White vinegar (2 ½ fluid ounces)

Chilli powder (1/2 teaspoon)

Garlic cloves, crushed (2 pieces)

Coriander seeds (1 tablespoon)

Cumin seeds (1 tablespoon)

Turmeric, ground (1/2 teaspoon)

Ginger, fresh, grated (1 teaspoon)

For serving:

White wine vinegar (1 teaspoon) – for poaching

Butter, melted (1 ¾ ounces)

Eggs, free range (4 pieces)

Parsley, fresh, chopped (2 tablespoons)

Coriander, punnet cress (1 piece) – for garnishing

Directions:

1. Heat a frying pan on medium. Add the turmeric, cumin seeds, mustard seeds, coriander seeds, and chilli powder. Stir and cook on medium until toasted and they start crackling. Stir in the peppercorns and cook for one minute; once toasted, turn off the heat. Set aside to cool. Pour the cooled spice mix into the blender. Add the vinegar, garlic, and ginger and process until well-combined into a smooth paste.

2. Fill a large pan with the water (18 fluid ounces) and milk. Insert a bay leaf and a clove inside each piece of halved onion before adding to the milk mixture. Heat on medium and allow the mixture to boil.

3. Meanwhile, add the haddock to the bottom of a roasting tin (deep). Cover with the hot milk, then quickly cover with plastic wrap. Let sit for about forty-five minutes as the haddock finishes cooking under the sealed-in heat and steam. Once the haddock is done, remove from the roasting tin and set on a plate. Discard all bones and skin so you are left with a chunky and whole fillet.

4. Wash the rice under running water about three to four times. Drain and place in a large saucepan filled with the turmeric and water (1 ¾ pints). Heat to boiling; once the mixture boils, cover and set aside for twenty minutes. Transfer the cooked rice onto a tray and allow to cool.

5. Meanwhile, poach the eggs in a large saucepan filled with white wine vinegar and boiling water.

6. Heat a large nonstick skillet on medium. Add the sunflower oil, then the garlic, ginger, and onion. Stir and cook until the onions are lightly browned before stirring in the prepared madras paste. After five minutes of cooking, stir in the bay leaf, star anise, chilli, and water (3 ½ fluid ounces). Allow the mixture to cook on simmer until reduced to half its original volume. Stir in the double cream before letting the mixture simmer for another ten minutes. Pour into the blender and process until smooth. Season the sauce with black pepper and salt and return to the pan. Stir in the rice and fold in the haddock.

7. Divide the dish among warmed bowls and serve topped with the remaining haddock, poached eggs, parsley, coriander, and melted butter.

Roasted Tomatoes and Mushroom Tofu Scramble

Ingredients:

Button mushrooms, diced (8 ounces)

Olive oil, extra virgin, divided (2 tablespoons)

Black pepper, freshly ground (1/4 teaspoon)

Tofu, extra firm, drained (28 ounces)

Bell pepper, red, diced (1 piece)

Brown sugar (1 tablespoon)

Mixed herbs, dried (2 teaspoons) – similar to an Italian blend

Zucchini, diced (2 pieces)

Tomatoes (4 pieces)

Red wine vinegar (1 tablespoon)

Kosher salt (1/4 teaspoon)

Garlic powder (2 teaspoons)

Turmeric, ground (2 teaspoons)

Yellow onion, diced (1 piece)

Nutritional yeast (1/2 cup)

Directions:

1. Set the oven at 400 degrees Fahrenheit to preheat.

2. Slice each of the tomatoes into quarters, then slice each quarter into crosswise halves. Place inside a large bowl filled with olive oil (1 tablespoon), salt, pepper, sugar, and vinegar. Toss to combine before adding to a large baking sheet. Place in the oven to bake for about twenty-five to thirty minutes or until softened and a bit caramelized. Set aside on a plate.

3. Meanwhile, fill another large bowl with the turmeric, dried herbs, and garlic powder. Stir to combine, then crumble in the tofu. Toss until everything is well-mixed and set aside.

4. Heat a large nonstick skillet on medium before adding the remaining oil (1 tablespoon). Once hot, add the onion and sauté for four minutes or until translucent and softened. Stir in the bell pepper, mushrooms, and

zucchini and cook for five minutes or until tender. Stir in the nutritional yeast as well as the seasoned tofu and cook for an additional four minutes or until heated through.

5. Serve your mushroom tofu scramble alongside the roasted tomatoes and enjoy.

Brown Rice and Quinoa Congee

Ingredients:

Sea salt, fine grain (1 teaspoon)

White jasmine rice (1/2 cup)

Quinoa (1/4 cup)

Brown jasmine rice (1 cup)

Mushroom broth/water (9 cups)

Turmeric, ground (1 ¼ teaspoons)

Mushrooms, shaves, pickled:

Water (1 cup)

Mushrooms (1 pound)

Apple cider vinegar (1/2 cup)

Turmeric (1/2 teaspoon)

Sugar (1/3 cup)

Soy sauce (1/2 cup)

Garnish:

Soy sauce

Sriracha

Salted peanuts

Sprouts

Directions:

1. To prepare the mushrooms: Shave the pickled mushrooms into very thin slices and add to a pan. Cover with water and heat until simmering. Allow one to two minutes before placing the mushrooms in a glass jar filled with the remaining ingredients. Cover and let sit in the refrigerator for ten hours to overnight.

2. Fill your pressure cooker with white jasmine rice, brown jasmine rice, and quinoa. Add the turmeric, salt, and water and stir to combine. Cover and cook on high for thirty minutes.

3. Serve the congee topped with the mushrooms, peanuts, and sprouts and garnished with soy sauce and sriracha.

Breakfast Bowl with Turmeric Sweet Potato

Ingredients:

Sweet potatoes:

Olive oil, extra virgin (1 tablespoon)

Garlic cloves, minced (2 pieces)

Sweet potatoes, large, sliced into half-inch chunks (2 pieces)

Turmeric (2 teaspoons)

Vegetable broth, low sodium (2 cups)

Dressing:

Olive oil, extra virgin (1/3 cup)

Agave (2 teaspoons)

Salt (1/4 teaspoon + ¼ teaspoon)

Lemon juice, freshly squeezed (1/4 cup)

Garlic clove, small (1 piece)

Parsley leaves (1/4 cup)

Bowls:

Eggs, poached

Spinach/arugula

Quinoa

Pistachios

Directions:

1. To prepare the sweet potatoes: Heat a large nonstick skillet on medium-high. Add the oil; once hot, stir in the sweet potatoes. Once the sweet potatoes are heated through, add the turmeric. Stir until well-combined, then pour in the vegetable broth along with the garlic. Allow the mixture to simmer until all liquid has been absorbed by the softened sweet potatoes. Place in a medium bowl, mash well, and set aside.

2. To prepare the dressing: Place all ingredients in the blender and process until well-combined and smooth. Set aside.

3. To assemble the bowls: Place the spinach/arugula in a large bowl and toss with the dressing. Transfer divided portions of the dressed greens into individual bowls and top with the sweet potatoes and poached eggs. Finish by adding on the quinoa and pistachios.

4. Serve and enjoy.

Savory Rice Porridge with Turmeric and Chicken Giblets

Ingredients:

Water (4 cups)

Kaffir lime leaves, fresh (3 pieces) OR jarred, chopped (2 teaspoons)

Shallots, large, chopped (5 pieces)

Turmeric, ground (2 teaspoons)

Scallions, sliced thinly (6 tablespoons)

Chicken giblets (8 ounces)

Brown rice, short grain, rinsed (1 cup)

Coriander, ground (2 teaspoons)

Coconut cream, unsweetened, well-stirred (1 cup)

Sambal oelek (6 teaspoons)

Chicken broth, reduced sodium (4 cups)

Chicken breasts/thighs, skinless, boneless (1 pound)

Bay leaves, Indonesian, dried (3 pieces)

Lemongrass stalk, trimmed, bruised (1 piece)

Kosher salt, divided (1 teaspoon)

Canola oil (1/4 cup)

Cumin, ground (2 teaspoons)

White pepper, ground (1/2 teaspoon)

Peanuts, unsalted, lightly toasted (6 tablespoons)

Kecap manis (6 teaspoons)

Directions:

1. Fill a large pot with the chicken giblets, water, broth, lime leaves, lemongrass, and bay leaves. Stir to combine and heat on high. Once simmering, turn heat down to low and continue cooking for twenty minutes. Transfer onto a cutting board to cool, then slice the chicken giblets into tiny pieces. Set aside.

2. Strain the cooking liquid and pour 4 cups into a large saucepan. Add the rice and cook on high. Once boiling, reduce heat to medium and cook for another thirty-five to forty minutes or until you have a soupy porridge. Season with salt (1/2 teaspoon) before covering and setting aside.

3. Place the shallots, turmeric, coriander, white pepper, cumin, and oil in the blender. Process until roughly combined into a paste, then add to a large pan. Stir and cook on medium-low for five minutes or until the paste is lightly browned and just a bit sticky. Continue cooking on low for another five minutes before adding the remaining cooking liquid. Let the mixture cook on medium; once simmering, pour in the chicken giblets, coconut cream, and salt (1/2 teaspoon). Cook on gentle simmer for about five minutes, then turn off the heat.

4. Ladle equal portions of the cooked rice into 6 individual bowls and top each with the chicken giblet mixture (1 cup), peanuts (1 tablespoon), scallions (1 tablespoon), sambal oelek (1 teaspoon), and kecap manis (1 teaspoon).

5. Serve and enjoy.

Wild Rice and Veggies with Turmeric Soup

Ingredients:

Cilantro, fresh, chopped (1/2 cup + 1 tablespoon)

Yellow onion, large, diced (1 piece)

Turmeric, ground (2 teaspoons)

Tomatoes, crushed (15 ounces)

Cauliflower, small, cut into tiny florets (1 piece)

Spinach/kale, fresh (5 ounces)

Garlic cloves, minced (5 pieces)

Cumin, ground (1/2 teaspoon)

Lentils, dry, rinsed (1/2 cup)

Garbanzo beans, drained (15 ounces)

Olive oil, extra virgin (1 tablespoon)

Ginger, fresh, grated (2 tablespoons)

Salt (2 teaspoons)

Curry powder (1 tablespoon)

Water/vegetable broth (12 cups)

Cherry tomatoes (10 ounces OR tomatoes, crushed (15 ounces)

Wild rice, rinsed (1/2 cup)

Zucchini, medium, chopped (2 pieces)

Salt (1/4 teaspoon)

Pepper, freshly cracked (1/4 teaspoon)

Directions:

1. Heat a large pot (heavy bottomed) on medium-high. Add the olive oil, then the onion, and sauté for about five to six minutes before adding the garlic and ginger. Stir and cook for one minute, then add the turmeric, cumin, salt, and curry powder. Stir and cook for one minute before pouring in the water/vegetable broth, along with the lentils, cherry tomatoes, wild rice, and crushed tomatoes. Stir to combine and allow the mixture to boil. Reduce heat to a simmer and continue cooking, covered, for thirty minutes.

2. Stir in the garbanzo beans, cauliflower, kale, zucchini, and cilantro. Let the mixture boil before covering and allowing it to simmer for about ten to fifteen minutes or until the lentils and veggies are tenderly cooked.

3. Serve soup topped with chopped cilantro.

Chocolate and Turmeric Sweet Potato Pancakes

Ingredients:

Baking powder (1 ½ teaspoons)

Flour, plain (1 cup)

Vanilla extract (1 teaspoon)

Sweet potato, large, cooked, mashed (1 piece)

Milk (1 cup)

Turmeric (1 teaspoon)

Dark chocolate chips (1/4 cup)

Directions:

1. Fill a large bowl with the eggs, milk, and sweet potato. Whisk until well-combined.

2. Fill another large bowl with the flour, turmeric, salt, and baking powder. Stir to combine before adding in the sweet potato mixture. Fold to combine with the flour mixture and then stir in the chocolate chips and vanilla.

3. Grease the griddle and heat on medium. Pour on the batter and cook for four minutes or until your pancakes are bubbly on top, then cook on the other side for two to three minutes or until set.

4. Serve immediately.

Quick Groats with Turmeric and Eggs

Ingredients:

Coconut oil, organic (2 tablespoons)

Garlic cloves, crushed (2 pieces) OR dried garlic powder (1/2 teaspoon)

Green onions, chopped (1 tablespoon)

Oat groats, cooked, drained (1 cup)

Turmeric (1 teaspoon)

Eggs, whole, whipped (2 pieces) OR egg whites (1/2 cup)

Directions:

1. Heat a large nonstick skillet on low before adding the coconut oil.

2. Stir in the garlic and turmeric and cook for one minute before turning heat up to medium.

3. Stir in the groats and cook until crunchy, then pour in the eggs/egg whites. Once the eggs/egg whites are set, flip the groats mixture with a spatula to cook on the other side.

4. Serve garnished with chopped green onions and enjoy.

Apricot Turmeric Oatmeal

Ingredients:

Oatmeal (2 cups)

Cardamom (1/2 teaspoon)

Lemon juice, freshly squeezed (1/4 cup)

Turmeric (1/2 teaspoon)

Orange juice (1 cup)

Raisins (1/2 cup)

Butter/oil (1 tablespoon)

Pine nuts (1 tablespoon)

Cinnamon (1 teaspoon)

Ginger (1/2 teaspoon)

Water (2 cups)

Apricots, dried, diced (1/2 cup)

Directions:

1. Heat a nonstick skillet on medium-low. Pour in the pine nuts, spices, and oatmeal and sauté for two minutes or until golden, not burnt.

2. Stir in the dried fruit, water, orange juice, and lemon juice. Allow the mixture to boil before reducing heat to a simmer. Stir and cook for another five to ten minutes or until all the water has been absorbed.

3. Set aside for five minutes before fluffing with a fork.

4. Serve and enjoy.

Chapter 4 Tempting Turmeric Appetizer and Side Dish Recipes

Easy Peasy Kachori

Ingredients:

Filling:

Green chillies, fresh, chopped roughly (2 pieces)

Cinnamon, ground (1 ¼ teaspoons)

Salt (1 ¾ teaspoons)

Rapeseed oil (3 tablespoons + 1 tablespoon)

Turmeric, ground (1/2 teaspoon)

Root ginger, 1½-inch, peeled, chopped roughly (1 piece)

Peas, frozen (600 grams)

Mustard seeds (1 teaspoon)

Garam masala (1 ¼ teaspoons)

Chilli powder (1/2 teaspoon)

Pastry:

Salt (1/2 teaspoon)

Water, hot (6 fluid ounces)

Flour, plain (10 ½ ounces + ¼ cup)

Rapeseed oil (2 tablespoons + 1 teaspoon)

Directions:

1. Set the oven at 350 degrees Fahrenheit to preheat. Meanwhile, lightly

coat a baking tray with oil; set aside.

2. Fill the food processor with the green chillies and ginger. Process until combined into a paste and let sit in a small bowl. Meanwhile, Add the peas to the food processor and grind to bits; set aside in a small bowl as well.

3. Meanwhile, heat a frying pan (lidded) on medium. Stir in the mustard seeds and cook, covered, until popping. Stir in the ginger-chili paste and cook for one to two minutes before stirring in the pureed pea. Stir and cook for another four to five minutes, then add the turmeric, garam masala, chilli powder, cinnamon, and salt. Stir and cook for two to three minutes or until the mixture is almost dry. Set aside in a medium bowl.

5. Fill a large bowl with the flour. After making a well, fill with oil and salt. Mix with your hands to form a crumbly dough. Add water (4 fluid ounces) and stir well to combine into a smooth dough. Stir in the remaining water before kneading the dough until firm and elastic.

6. Mold the dough into a sphere before patting all over with oil (1 teaspoon). Transfer dough onto a flour-dusted surface and shape into 4-inch rounds. Stuff the filling (1 teaspoon) into each dough round and place on the greased baking tray. Place in the oven to bake for about twenty to thirty minutes or until golden brown.

7. Serve right away.

Tomato Tortellini Curry Soup

Ingredients:

Tortellini, fresh (1/2 pound)

Olive oil, extra virgin (2 tablespoons)

Paprika, sweet/smoked (3/4 teaspoon)

Red lentils, dried, rinsed (3/4 cup)

Garlic cloves, minced (3 pieces)

Red chile flakes (3/4 teaspoon)

Sea salt, fine grain (1 tablespoon + ¼ teaspoon)

Spinach, chopped (5 handfuls)

Yellow onion, medium, diced (1 piece)

Curry powder (2 ½ teaspoons)

Turmeric, ground (1/2 teaspoon)

Tomatoes, whole, w/ liquid (28 ounces)

Water (4 cups)

<u>To serve:</u>

Cheese, grated

Lemon wedges

Directions:

1. Heat a large pot on medium-high before adding olive oil. Add in onion and sauté for 5 minutes or until the onion softens. Add the garlic, leave for one minute, and stir in the turmeric, curry powder, chile flakes, and paprika.

2. Add the tomatoes (crushed in your hands) to the onion mixture. Pour in the tomato liquid, water, and lentils as well. Stir to combine, cover, and cook for fifteen minutes or until the lentils are completely cooked.

3. Stir in the salt and tortellini, cover, and continue cooking for three to five minutes or until tenderly cooked. Add the spinach before letting the mixture simmer again.

4. Serve soup topped with lemon wedges and grated cheese. Enjoy.

Fried Potato Mash with Tamarind Dip

Ingredients:

Garlic cloves, crushed (2 pieces)

Vegetable oil (1 tablespoon)

Turmeric, ground (a pinch)

Salt (a pinch)

Black mustard seeds (1 teaspoon)

Green chilli, chopped finely (1 piece)

Potatoes, floury, whole (4 pieces)

Urid dal lentils (3 ½ ounces)

Curry leaves (10 pieces)

Fresh root ginger, grated finely (1 tablespoon)

Lemon juice, freshly squeezed (1 teaspoon)

<u>Batter:</u>

Salt (a pinch)

Baking powder (1 teaspoon)

Sunflower oil – to use in deep frying

Chickpea flour (3 ½ ounces)

Turmeric, ground (1/4 teaspoon)

Chilli powder (1/2 teaspoon)

<u>Sauce:</u>

Cumin, ground, roasted (1 teaspoon)

Ginger, ground (a pinch)

Jaggery (5 tablespoons)

Tamarind puree (1 ¾ ounces)

Chilli powder, hot red (1/2 teaspoon)

Salt (a pinch)

Directions:

1. Fill a large saucepan with water, heat to boiling, and add the potatoes to cook for twenty minutes or until tender and easily pierced with a fork. Set aside to cool before removing the skins. Mash the potato flesh and set aside.

2. Heat a large skillet on low. Add the oil, then the lentils, and sauté for two to three minutes or until toasted. Stir in the turmeric, garlic, chilli, ginger, curry leaves, and mustard seeds; cook for thirty seconds before stirring in the potato mash. Add lemon juice and salt to taste.

3. Mold the potato mixture into 16 balls. Arrange on a large sheet, cover with plastic wrap, and refrigerate for one hour.

4. Meanwhile, place all ingredients for the batter in a large bowl. Add water (4 fluid ounces) and stir until well-mixed. Cover and refrigerate for one hour.

5. Place all ingredients for the sauce (except the jaggery) in a saucepan filled with water (3 ½ fluid ounces). Stir to combine and heat on high; once boiling, reduce heat to a simmer. After one minute, stir in the jaggery and allow to bubble and thicken. Set aside your tamarind sauce.

6. Heat another saucepan on medium, then add the oil. Meanwhile, dip each potato ball in the batter and then drop in the hot oil. Cook for four to five minutes or until golden and cooked through.

7. Enjoy your fried potato mash dipped in tamarind sauce.

Veggie Fritters with Mango Chutney

Ingredients:

Veggies:

Broccoli head, chopped into florets (1 piece)

Onions, peeled, sliced (2 pieces)

Cauliflower head, chopped into florets (1/2 piece)

Batter:

Cayenne pepper (1 teaspoon)

Red chilli, small, chopped finely (1 piece)

Water, ice cold (6 fluid ounces)

Chickpea flour (7 ounces)

Turmeric, ground (1 teaspoon)

Salt (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Vegetable oil – to use in frying

Mango chutney:

Fresh root ginger, 1-inch, peeled, minced (1 piece)

Cinnamon, ground (a pinch)

Cider vinegar (8 fluid ounces)

Lime zest, freshly grated (1 tablespoon)

Lime juice, freshly squeezed (1 tablespoon)

Sugar, light brown (8 ounces)

Vegetable oil (2 tablespoons)

Red chilli, small, chopped (1 piece)

Garlic, peeled, crushed (1 clove)

Coriander, ground (a pinch)

Mangoes, w/ stoned discarded, peeled, sliced (3 pieces)

To serve:

Yogurt, plain

Directions:

1. Heat a large frying pan on medium after filling with vegetable oil (2 tablespoons). Stir in the garlic, ginger, lime zest, and chilli. Cook for three to four minutes or until fragrant and softened, then stir in the mangoes, coriander, cinnamon, sugar, lime juice, and cider vinegar. Allow the mango chutney to boil before cooking on simmer for about twenty to thirty minutes or until jam-like in consistency.

2. Fill a pan with salted water. Heat to boiling before adding the onion slices. Boil for two to three minutes before adding the cauliflower and broccoli. Boil for another one to two minutes, then drain and place in a large bowl. Set the blanched veggies aside.

3. Meanwhile, fill a large bowl with flour, turmeric, seasoning, cayenne pepper, and chilli. Stir to combine before slowly streaming in the water. Keep on whisking until you have a smooth, thick batter.

4. Heat a deep frying pan (heavy bottomed) on medium before adding the oil. Meanwhile, coat the veggies with the batter and fry in batches for about four to five minutes or until nicely golden and crisp. Allow to drain on a plate lined with paper towels.

5. Fill 4 serving baskets with the fried veggies. Serve and enjoy with the mango chutney and some plain yogurt.

Split Pea and Tomato Stew

Ingredients:

Vegetable oil (3 tablespoons)

Ginger, ¾-inch, fresh, peeled, sliced thinly into strips (1 piece)

Garam masala (3/4 teaspoon)

Onion, small, chopped (1 piece)

Tomatoes (3 pieces)

Salt (1/4 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Coriander leaves, fresh, chopped (a handful)

Yellow split peas, dried, rinsed (9 ounces)

Cumin seeds (1 tablespoon)

Green chillies, whole, pricked (4 pieces)

Garlic cloves, whole, peeled (3 pieces)

Turmeric, ground (3/4 teaspoon)

Coriander, ground (1 ½ teaspoons)

Directions:

1. Fill a large pan with water (1 ¾ pints). Add the lentils and heat to boiling. Cover and continue cooking on a simmer for thirty-five to forty minutes or until you have cooked through and just-tender lentils. Turn off the heat before whisking the lentils to break them down. Let sit so the lentil mixture can thicken and cool down.

2. Heat a nonstick skillet on medium before adding the oil. Stir in the cumin seeds, then cook for thirty seconds or until fragrant. Stir in the onion, ginger, and chillies and cook for four to five minutes or until nicely golden in color.

3. Meanwhile, process the tomatoes and garlic in the blender. Add the puree to the onion mixture in the pan and stir until well-mixed. Stir in the ground spices as well as water (3 ½ fluid ounces) and salt to taste. Allow

the entire mixture to simmer for about fifteen to twenty minutes or until oil rises to the top.

4. Stir the lentils into the sauce. Let the mixture boil before stirring in black pepper, salt, and chopped coriander.

5. Serve right away.

Cumin Crusted Courgettes and Potatoes

Ingredients:

Black mustard seeds (1 teaspoon)

Turmeric (1/2 teaspoon)

Orange pepper, w/ seeds removed, sliced into 1½-inch bits (1 piece)

Sunflower oil (2 tablespoons)

Yellow pepper, w/ seeds removed, sliced into 1½-inch bits (1 piece)

Black pepper, freshly ground (1/4 teaspoon)

Potatoes (600 grams)

Cumin seeds (1 teaspoon)

Garam masala (1 teaspoon)

Red onion, medium, cut in half, sliced thinly into wedges (1 piece)

Red pepper, w/ seeds removed, sliced into 1½-inch bits (1 piece)

Courgettes, medium, sliced into half-inch portions (2 pieces)

Directions:

1. Set the oven at 370 degrees Fahrenheit to preheat.

2. Pour water into a medium saucepan until half-filled. Heat to boiling, then add the peeled and quartered potatoes. Let the water boil again and

cook the potatoes for five minutes or until parboiled.

3. Meanwhile, heat a large nonstick skillet on medium. Stir in the cumin and mustard seeds and toast for half a minute. Add the turmeric, garam masala, and oil, stir to combine, and let sizzle for a bit before stirring in the onion. Cook for one to two minutes or until the onions are fried.

4. After draining the potatoes, then dragging a fork on the surface to roughen it up, add to the pan and toss until well-combined with the onion mixture. Transfer onto a large tray and place in the oven. Roast for thirty minutes before removing from the oven and mixing with the courgettes and peppers.

5. Give the dish a light toss before returning to the oven. Roast for an additional twenty-five to thirty minutes, then serve right away.

Spicy Lamb Kefta

Ingredients:

Eggs, free range, large, beaten (2 pieces)

Onion, large, minced/chopped finely (1 piece)

Sea salt, crushed (1 ½ teaspoons)

Parsley, flat leaf, including stalks & leaves, chopped finely (40 grams)

Cinnamon, ground (1/2 teaspoon)

Currants (1/3 cup)

Lamb mince (500 grams)

Turmeric (1/2 tablespoon)

Cumin, ground (3 teaspoons)

Pine nuts, toasted lightly (1 ¾ ounces)

Vegetable oil – to be used in frying

Directions:

1. Fill a large bowl with all the ingredients (save for the oil) and mix well with your hands. Mold the mixture into small sausages.

2. Heat a large nonstick skillet on medium-high before adding the oil. Working in batches, add the patties and cook until cooked through and browned.

3. Serve immediately.

Lime Dressed Scotch Bhaji Eggs

Ingredients:

Salt (a pinch)

Flour, plain (3/4 ounce)

Eggs, free range (6 pieces)

Vegetable oil – to be used in frying

<u>Scotch eggs:</u>

Onion powder (1/4 ounce)

Garlic clove, chopped finely (1 piece)

Fresh root ginger, grated finely (10 grams)

Sausage meat (9 ounces)

Red chilli, small, chopped finely (1 piece)

Coriander, fresh, chopped finely (a pinch)

Egg yolk, free range (1 piece)

<u>Bhaji mix:</u>

Flour, plain (2 ¼ ounces)

Cayenne pepper (1/4 teaspoon)

Ginger, ground (1/2 teaspoon)

Garlic powder (1 teaspoon)

Cumin, ground (1/2 teaspoon)

Gram flour (2 ¼ ounces)

Garam masala (1 teaspoon)

Onion powder (1 teaspoon)

Turmeric, ground (1/2 teaspoon)

Onions, sliced thinly (2 pieces)

Dressing:

Coriander, chopped (4 tablespoons)

Lime zest, freshly grated (1 tablespoon)

Lime juice, freshly squeezed (1 tablespoon)

Yogurt, natural (7 ounces)

Garlic clove, minced (1 piece)

Black pepper, freshly ground (1/4 teaspoon)

Salt (1/4 teaspoon)

Directions:

1. Heat a deep fryer to 320 degrees Fahrenheit. Add the oil.

2. Meanwhile, cook the eggs in boiling water, mixed with salt (a pinch), for six minutes. Dunk in an ice bath and then remove their shells.

3. Stir all ingredients for the Scotch eggs before placing inside the fridge.

4. Place all bhaji mix ingredients inside a large bowl. Stir to combine. Keep stirring as you slowly add cold water until everything is combined into a smooth and thick batter. Mold the mixture into egg-sized disks, then wrap each piece around one soft-boiled egg.

5. Coat each Scotch egg with flour before rolling in the prepared bhaji mix. Add to the hot oil and cook for about eight minutes. Place all cooked Scotch eggs on a plate lined with paper towels.

6. In the meantime, stir all ingredients for the dressing in a small bowl.

7. Set the bhajis on a platter after cutting into halves. Serve drizzled with the dressing and enjoy.

Coconut Turmeric Lentils

Ingredients:

Bengal gram lentils, cleaned thoroughly (9 ounces)

Salt (1/4 teaspoon)

Cumin seeds (1 teaspoon)

Red chillies, dried (1 piece)

Coriander, ground (1 ½ teaspoons)

Butter, unsalted/ghee/oil (2 tablespoons)

Cinnamon stick, ½-inch (1 piece)

Coconut, desiccated/flaked (3 ½ tablespoons) OR coconut, fresh, chopped into tiny cubes (1/4 piece)

Water (2 pints)

Turmeric, ground (1/2 teaspoon)

Garam masala (1 teaspoon)

Sugar (3 teaspoons)

Cardamom pods, green, crushed lightly (5 pieces)

Cloves (5 pieces)

Mustard seeds, brown (1/2 teaspoon)

Bay leaves, dried (2 pieces)

Directions:

1. Fill a large saucepan with the lentils, turmeric, and water. Heat to boiling, then reduce to a simmer. Cook for one hour or until the lentils are soft.

2. Add the garam masala, sugar, salt, and coriander to the pan. Stir to combine and continue cooking until the lentils are starting to break up.

3. Meanwhile, heat a smaller pan on medium. Add the butter/oil and

allow to melt and get heated through before stirring in the cloves, mustard seeds, cardamom pods, cinnamon, cumin, bay leaves, and chillies. Pour in the coconut and stir again. Let the mixture cook until the coconut is golden brown.

4. Combine the cooked lentil mixture with the spice mix before ladling onto 4 individual plates. Serve and enjoy.

Turmeric and Sweet Potato Miso Soup

Ingredients:

Kombu, 3x5-inch (1 piece)

Turmeroc, fresh, finely grated (1 tablespoon) OR turmeric, ground (1 teaspoon)

Coconut milk, unsweetened (5 ½ ounces)

Lime juice, freshly squeezed (1 tablespoon)

Sweet potato, small (1 piece)

Bonito flakes (3/4 ounce)

Miso, white (1/4 cup)

<u>For serving:</u>

Chili oil

Peanuts, salted, roasted, crushed

Coconut flakes, toasted

Directions:

1. Set the oven at 450 degrees Fahrenheit to preheat.

2. Poke the sweet potato on all sides with a fork before placing inside a baking sheet (rimmed). Place in the oven to roast for about thirty-five to

forty-five minutes or until tender. Allow to cool before scooping out the soft flesh (discard the skin).

3. Fill a large pot with water (4 cups) and kombu. Stir to combine and let stand for twenty-five to thirty minutes or until the kombu softens. Heat on medium and allow to simmer, then quickly turn off the heat. Discard the kombu and stir in the bonito flakes. Reduce heat to a simmer and continue cooking for about five minutes. Allow the mixture to steep for five minutes after removing from heat.

4. Strain the liquid into a large bowl, then pour into a blender filled with turmeric, coconut milk, miso, and sweet potato. Process until smooth and well-combined, then pour back into the pot (wiped clean). Heat to a gentle simmer, then turn off the heat and add the lime juice. Give the soup a good stir before ladling into individual bowls.

5. Serve topped with peanuts, coconut flakes, and a drizzling of chili oil. Enjoy.

Turmeric-Cumin Garbanzo Beans

Ingredients:

Coconut oil, melted (1 teaspoon) OR avocado oil (1 teaspoon)

Cumin, ground (1/4 teaspoon)

Salt (1/4 teaspoon)

Pepper, freshly cracked (1/4 teaspoon)

Garbanzo beans, canned (15 ounces) OR garbanzo beans, fresh (4 cups)

Turmeric, ground (1/2 teaspoon)

Cayenne pepper (1/4 teaspoon)

Directions:

1. Set the oven at 375 degrees Fahrenheit to preheat.

2. Place the garbanzo beans in a colander and rinse under cold water.

After draining well, allow to dry on a wire rack.

3. Once dry, pour the garbanzo beans into a large bowl. Add the oil and toss until the beans are well-coated. Meanwhile, stir the spices together. Toss with the beans before transferring onto a large cookie sheet, making sure they are spread out evenly.

4. Place in the oven to bake for about forty-five minutes or until golden and sizzling.

5. Serve immediately.

Turmeric Glazed Carrots

Ingredients:

Lime juice, freshly squeezed (1 tablespoon)

Pepper, freshly cracked (1/4 teaspoon)

Salt (1/4 teaspoon)

Cinnamon, ground (1 teaspoon)

Carrots, whole, peeled (3 pounds)

Turmeric, ground (1 teaspoon)

Coriander, ground (1/2 teaspoon)

Garlic cloves, minced (3 pieces)

Dill/parsley, fresh

Olive oil, extra virgin

Directions:

1. Set the oven at 400 degrees Fahrenheit to preheat.

2. Spread out the carrots on a greased baking sheet so they form a single

layer. Toss with the olive oil (3 tablespoons), minced garlic, salt, pepper, and spices.

3. Place in the oven to bake for about forty to forty-five minutes or until caramelized and tenderly cooked.

4. Serve garnished with fresh parsley/dill.

5. Enjoy.

Ginger-Turmeric Cauliflower

Ingredients:

Red pepper flakes (1/2 teaspoon)

Avocado oil (1/4 cup)

Cumin, ground (1 ½ teaspoons)

Parsley, flat leaf, Italian, chopped (2 tablespoons)

Turmeric, ground (2 teaspoons)

Black pepper, freshly ground (3/4 teaspoon)

Cauliflower heads (2 pieces)

Lemon juice, freshly squeezed (2 tablespoons)

Ginger, ground (2 teaspoons)

Sea salt (1 ½ teaspoons)

Pomegranate arils (2 tablespoons)

Directions:

1. Set the oven at 400 degrees Fahrenheit to preheat.

2. Use parchment paper to line a large baking sheet. Lightly coat with avocado oil and set aside.

3. After washing and separating the cauliflower into florets, place inside a large bowl.

4. Meanwhile, whisk the lemon juice, spices, and oil in a small bowl. Add to the cauliflower and toss until well-combined.

5. Transfer the seasoned cauliflower onto the lined sheet. Roast in the oven for about twenty to twenty-five minutes or until lightly browned.

6. Allow to cool before serving garnished with pomegranate arils and chopped parsley.

Chapter 5 Enticing Turmeric Snack and Beverage Recipes

Granola Topped Blueberry and Turmeric Muffins

Ingredients:

Dry ingredients:

Oats, rolled (1 cup)

Turmeric (1 tablespoon)

Baking powder (1 ½ teaspoons)

Sea salt (1/2 teaspoon)

Walnuts (1 cup)

Baking soda (1/2 teaspoon)

Buckwheat flour (2/3 cup) + arrowroot/potato starch (2 tablespoons)

Cardamom, freshly ground (1 teaspoon)

Black pepper, freshly ground (a pinch)

Wet ingredients:

Olive oil, extra virgin/butter (1/3 cup)

Dates, fresh, mashed (5 pieces)

Blueberries, fresh/frozen (1/2 cup)

Buttermilk/yogurt, plain (2/3 cup)

Bananas, ripe, mashed (2 pieces)

Eggs, large (3 pieces) OR chia seeds (3 tablespoons) + water (9 tablespoons)

Granola topping:

Coconut/olive oil (2 tablespoons)

Oats, rolled (1/3 cup)

Honey, runny (1 tablespoon)

Directions:

1. Set the oven at 400 degrees Fahrenheit to preheat. Meanwhile, place paper liners inside the cups of your muffin pan (alternatively, coat the sides and bottom of the muffin pan with butter/oil.

2. Fill the blender/food processor with the rolled oats and walnuts. Process until ground to a coarse, floury texture. Pour into a large bowl filled with the remaining dry ingredients. Stir until well-combined.

3. Meanwhile, place the bananas and dates in the food processor/blender. Add the oil and buttermilk before processing until the mixture is evenly blended and smooth. Pour this mixture in the flour bowl. Stir to combine everything.

4. Fill a small bowl with the eggs. Beat until well-mixed, then add to the large bowl. Fold using a spatula until you have a well-combined batter. Pour into the lined/greased muffin tin.

5. Meanwhile, combine the ingredients for the granola topping. After topping each muffin cup with 2 to 3 blueberries, add the granola topping.

6. Place muffins in the oven to bake for about eighteen to twenty minutes or until firm and golden on top.

7. Serve immediately.

Bulgur Wheat Balls with Sweet Tamarind Sauce and Greek Yogurt

Ingredients:

Bulgur wheat balls:

Eggs, medium, free range (2 pieces)

Cinnamon, ground (1 teaspoon)

Salt (1/4 teaspoon)

Pepper, freshly cracked (1/4 teaspoon)

Turmeric (2 teaspoons)

Coriander, fresh, chopped (1/2 ounce)

Olive oil, extra virgin (4 tablespoons)

Bulgur wheat (7 ounces)

Red onion, small, chopped finely (1 piece)

Cumin, ground (2 teaspoons)

Cayenne pepper (1/2 teaspoon)

Cranberries, dried (3 ounces)

For serving:

Sweet tamarind sauce (5 ½ ounces)

Coriander, fresh, chopped (4 tablespoons)

Greek yogurt (7 ounces)

Nigella seeds (10 ounces)

Directions:

1. Follow package directions in cooking the bulgur wheat, but cook a little longer so the grains turn out extremely puffed out. Once done (or after about twenty minutes), rinse with cold water. Allow to drain and cool.

2. Set the oven at 350 degrees Fahrenheit to preheat.

3. Excluding the oil, place all of the bulgur wheat balls ingredients and stir to combine. Press the mixture with your hands to make sure it holds

well. Mold into rounds, arrange on a parchment lined sheet, and refrigerate for half an hour.

4. Meanwhile, heat a large skillet on medium before adding the oil. Once the oil is hot, add the chilled bulgur wheat balls and cook for about three to four minutes. Allow to drain on a plate lined with paper towels before popping into the oven for a five- to ten-minute quick bake.

5. Poke a stick into each bulgur wheat ball. Set all balls on a platter and drizzle with Greek yogurt and sweet tamarind sauce. Serve sprinkled with nigella seeds and chopped coriander.

6. Enjoy.

Yogurt and Turmeric Chicken Shawarma

Ingredients:

Lavash, whole wheat, halved (3 pieces)

Yellow onion, small, grated (1 piece)

Cumin, ground (2 teaspoons)

Turmeric, ground (1/2 teaspoon)

Mint/cilantro/parsley, fresh, chopped (2 tablespoons)

Garlic cloves, finely grated/pressed, divided (3 pieces)

Pepper, freshly ground (1 teaspoon)

Cucumber, seeded, finely chopped (1/2 cup)

Yogurt, plain, whole milk, divided (3/4 cup)

Coriander, ground (2 teaspoons)

Lemon juice, freshly squeezed, divided (2 tablespoons)

Allspice, ground (1 teaspoon)

Kosher salt, divided (1 teaspoon)

Chicken thighs, skinless, boneless (2 pounds)

For serving:

Lettuce leaves

Tomato slices

Directions:

1. Fill a large bowl with the turmeric, yogurt (1/4 cup), lemon juice (1 tablespoon), salt (3/4 teaspoon), garlic cloves (2 pieces), onion, cumin, pepper, coriander, and allspice/ Stir until well-combined.

2. Toss the chicken with the yogurt mixture, making sure all of its sides are well-coated. Cover and place in the refrigerator for one to three hours.

3. Place the racks in the oven's center and topmost parts before setting the oven at 450 degrees Fahrenheit to preheat.

4. Use cooking spray to prep a baking sheet. Add the coated chicken pieces and arrange to form a single layer. Place in the oven's center rack and roast for about twenty minutes, then move to the upper rack to broil on high for about three to five minutes or until browned in some spots.

5. Once the chicken thighs are done, transfer onto a cutting board. Let sit for three minutes before slicing into strips. Top the lavash halves with equal portions of the chicken.

6. Fill a small bowl with the rest of the yogurt (1/2 cup), garlic clove (1 piece), lemon juice (1 tablespoon), and salt (1/4 teaspoon). Add the cucumber and herbs and stir to combine. Place a thick dollop of yogurt sauce onto each shawarma. Add the lettuce and tomato and serve right away.

Vegan Macaroni and Cheese

Ingredients:

Onion, chopped (1 cup)

Nutritional yeast (1/4 cup)

Dijon mustard (2 teaspoons)

Salt (2 teaspoons + ¼ teaspoon)

Pasta, whole grain/gluten free (16 ounces)

Onion powder (1 ½ tablespoons)

Apple cider vinegar (2 teaspoons)

Carrots, chopped (1 ½ cups)

Potatoes, Yukon gold, chopped (2 cups)

Cashew, raw, slivered (3/4 cup)

Garlic powder (1 tablespoon)

Miso paste (2 teaspoons)

Turmeric, ground (1/4 teaspoon)

Paprika, smoked (1/4 teaspoon)

Directions:

1. Fill a large pot with the potato, onion, and carrots. Pour in water (2 cups) and heat on medium to boiling. Once the water boils, turn the heat down to a simmer. Without covering the pot, continue cooking for fifteen minutes or until the vegetables have tenderized. Set aside on a platter.

2. Meanwhile, fill another large pot with salted water. Heat to boiling before adding the pasta. Once the pasta is cooked with al dente doneness, transfer into a colander to drain. Set aside to slightly cool.

3. Once the cooked vegetables are slightly cooled, pour into the blender. Add the cooking liquid as well as the nutritional yeast, onion powder, garlic powder, mustard, vinegar, miso, salt, turmeric, and cashews. Process on high speed until you have a creamy, thick sauce.

4. Top the pasta with the prepared sauce. Gently toss to combine and serve sprinkled with smoked paprika.

5. Enjoy.

Super Silky Ginger Candy-Topped Ice Cream

Ingredients:

Olive oil, extra virgin (2 tablespoons)

Ginger, fresh, quarter-sized (4 pieces)

Cinnamon, ground (1/2 teaspoon)

Vanilla extract, pure (1 teaspoon)

Sea salt (a pinch)

Cardamom (1/8 teaspoon)

Coconut milk, full fat (28 ounces)

Maple syrup (1/4 cup + 1 teaspoon)

Turmeric, ground (2 teaspoons)

Black pepper, freshly ground (1/8 teaspoon)

Ginger, candied, chopped (1/4 cup)

Directions:

1. Let the churning bowl of your ice cream maker chill in the freezer overnight.

2. In the meantime, fill a large saucepan with the coconut milk, turmeric, pepper, maple syrup, cinnamon, cardamom, fresh ginger, and sea salt. Stir to combine and heat on medium. Stirring continuously, allow the mixture to simmer before turning off the heat and stirring in the vanilla extract. Pour into a large bowl and set aside to cool. Cover and place in

the refrigerator to chill for six hours to overnight.

3. The next day, discard the ginger and whisk in a little olive oil. Pour the mixture into your ice cream maker and process for about twenty to thirty minutes or until it has a soft-serve consistency. Add the chopped ginger candy just before you are done churning the ice cream.

4. Place your ice cream inside a loaf pan that has been lined with parchment. Smoothen on top with a large spatula before covering and then freezing for about four to six hours or until firm.

5. Allow the ice cream to soften on the counter for ten minutes before serving.

Turmeric Chocolate and Coconut Truffles

Ingredients:

Cocoa powder, raw (1/2 cup)

Salt (a pinch)

Turmeric powder (1 teaspoon)

Coconut oil (1/2 cup)

Maple syrup/honey (5 tablespoons)

Coconut, raw, shredded (1/4 cup)

Directions:

1. Fill a pot with water and heat to boiling. Position a heat-safe bowl on top. Fill the bowl with coconut oil and allow it to melt before whisking in the salt, cocoa powder, and liquid sweetener. Once the chocolate mixture is thickened and smooth, place in the refrigerator and allow to chill for one hour or until firm but still .

2. Meanwhile, fill the food processor with the coconut and turmeric (1 teaspoon). Process until well-combined into a bright yellow mixture, then

pour into a bowl. Meanwhile, remove the chilled ganache from the refrigerator.

3. With clean hands, roll a teaspoonful of the ganache into a ball and quickly coat all over with the coconut-turmeric mixture. Repeat with the rest of the ganache and coconut-turmeric coating.

4. Arrange all truffles on a parchment lined baking sheet. Allow to chill in the refrigerator for half an hour or until firmed up.

5. Serve and enjoy.

Savory Sweet Latte

Ingredients:

Turmeric (1 teaspoon)

Vanilla extract (1/2 teaspoon)

Ginger (1/2 teaspoon)

Milk, non dairy (1 ½ cups)

Coconut oil (1/2 tablespoon)

Cinnamon, ground (1/2 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Directions:

1. Fill a small saucepan with all the ingredients. Stir to combine.

2. Heat the mixture on medium to boiling, then whisk continuously for three to five minutes or until you have a smooth and frothy latte.

3. Reduce heat to low and let the mixture simmer for one to two minutes.

4. Pour latte into a mug.

5. Enjoy.

Easy Turmeric Kombucha

Ingredients:

For brewing kombucha:

Green tea (5 bags)

Kombucha starter culture (1 piece)

Water, filtered (1 gallon)

Sugar, granulated (1 cup)

Starter liquid (1 cup)

For fermenting kombucha:

Turmeric, fresh, grated (2 teaspoons) OR turmeric, dried, ground (1 teaspoon)

Apple, green, sliced into matchsticks (1 piece)

Ginger, fresh, grated (2 teaspoons) OR ginger, dried, ground (1 teaspoon)

Directions:

1. Fill a large pot with water (1 gallon) and heat to boiling. Drop the tea bags into the pot before immediately turning off the heat. Let the tea bags steep for about three minutes before discarding. Stir in the sugar and set aside to cool.

2. Fill your glass jar with the starter liquid and starter culture. Add the cooled tea and cover with a clean tea towel or cheesecloth. Place the jar somewhere dark and allow the brew to ferment at 75 to 80 degrees Fahrenheit for two to three weeks or until it reaches a pH of three.

3. Transfer the kombucha (excluding the culture) into your bottles, filling each bottle to about ¾ full. Add equal portions of the turmeric, ginger,

and apple matchsticks to each bottle and then top up with the rest of the kombucha, making sure to leave a space of one inch from the rim.

4. Place the kombucha bottles to the same dark spot and let them ferment for three to five days at room temperature. (Everyday, slowly uncover them for a few seconds to expel built-up pressure.)

5. Transfer the kombucha bottles in the refrigerator. Serve and enjoy within two to three weeks.

Tempting Turmeric Tea

Ingredients:

Orange juice (1/4 cup) OR honey (1 ½ tablespoons)

Turmeric powder (1/2 tablespoon)

Olive oil, extra virgin (1 tablespoon)

Cilantro, chopped (a handful)

Peppercorns, whole (5 pieces)

Water, boiling (32 ounces)

Ginger, fresh, sliced thinly (1 tablespoon)

Garlic, peeled, crushed (1 clove)

Lemon juice, freshly squeezed (1/2 cup)

Directions:

1. Heat the water to boiling.

2. Place the rest of the ingredients in a teapot/strainer. Stir to combine.

3. Add the boiling water to the teapot/strainer. Let the mixture steep for ten minutes.

4. Strain your turmeric tea and serve right away.

Ginger and Turmeric Limeade

Ingredients:

Ginger, fresh, 2-inch, peeled, sliced into 5 portions (1 piece) OR ginger, dried (1 teaspoon)

Honey, raw (3 tablespoons)

Turmeric, fresh, 2-inch, peeled, sliced into 5 portions) OR turmeric, dried (1 teaspoon)

Lime juice, freshly squeezed (1/2 cup)

Water, filtered (2 cups + 4 cups)

Directions:

1. Fill a pot with water (4 cups), ginger, and turmeric. Heat to boiling, then reduce heat to low and let the mixture simmer for about five to ten minutes.

2. Remove from heat before stirring in the honey. Allow the liquid to cool, then discard the ginger and turmeric.

3. Pour the liquid into a big glass jar. Pour in the lime juice (1/2 cup) and remaining water (2 cups).

4. Give the ginger and turmeric limeade a good stir and drink immediately.

Ginger and Lemon Drink

Ingredients:

Lemon, organic, sliced (1 piece)

Turmeric, ground (1/8 teaspoon)

Water, boiling (2 ½ cups)

Ginger, fresh, 1-inch, peeled, sliced (1 piece)

Honey (2 teaspoons)

Directions:

1. Pour water into a pot and heat on medium-high. Once boiling, immediately turn off the heat.

2. Stir in the turmeric, ginger, and lemon.

3. Let the mixture steep for half an hour.

4. Strain before serving.

5. Enjoy.

Strawberry Turmeric Smoothie

Ingredients:

Strawberries, ripe, chopped, frozen (2 cups)

Ginger, fresh, peeled, grated (1 teaspoon)

Orange juice, freshly squeezed (1/2 cup)

Beet, roasted, chopped, frozen (2/3 cup)

Turmeric, fresh, peeled, grated (1 teaspoon)

Almond milk, unsweetened (1 cup)

<u>To serve:</u>

Goji berries, fresh/frozen

Coconut milk, full fat

Cashews, raw

Directions:

1. Set the oven at 400 degrees to preheat.

2. Chop into half-inch chunks before wrapping in foil.

3. Bake the beets for forty-five to fifty minutes or until tenderly cooked. (Alternatively, cook the beets in the steamer for fifteen to twenty minutes or until easily pierced with a fork.)

4. Let the cooked beets cool before placing in the freezer.

5. After two hours, remove the beets from the freezer and place in the blender. Add the rest of the ingredients and process until well-combined and smooth.

6. Pour the smoothie into a tall glass. Drizzle with the coconut milk before topping with the goji berries and raw cashews.

7. Serve and enjoy.

Raspberry and Turmeric Coconut Milk Shake

Ingredients:

Banana, large, peeled, chopped roughly (1 piece)

Collagen hydrolysate (2 tablespoons)

Water, filtered (1/2 cup)

Salt (a pinch)

Raspberries, frozen (1 cup)

Coconut milk (1 cup)

Turmeric, ground (1/2 teaspoon)

Lemon juice, freshly squeezed (1 tablespoon)

Directions:

1. Place the shake ingredients inside the blender. Process on high until you have a smooth and thick mixture.

2. Pour into a tall glass filled with ice cubes.

3. Drink right away.

Dairy-Free Matcha Latte

Ingredients:

Turmeric (1/8 teaspoon)

Matcha powder (1 teaspoon)

Milk, non-dairy, warmed (8 ounces)

Water, boiled (3 ounces)

Cinnamon (1/4 teaspoon)

Ginger (1/8 teaspoon)

Sweetener (1 drop)

Directions:

1. After heating the water in the microwave until boiling, pour into a glass cup.

2. Whisk in the turmeric, matcha powder, ginger, and cinnamon.

3. Meanwhile, pour the milk into a mug and heat in the microwave.

4. Stir the matcha mixture into the mug filled with hot milk.

5. Stir in the sweetener, serve, and enjoy.

Turmeric Eggnog

Ingredients:

Coconut milk (1 can)

Cinnamon (1 teaspoon)

Maple syrup, grade B (2 tablespoons)

Turmeric spice (1 teaspoon)

Egg whites (2 pieces)

Egg yolks (2 pieces)

Water, filtered (1/2 cup)

Nutmeg (1 teaspoon)

Sea salt (1/2 teaspoon)

Black pepper, freshly ground (1/4 teaspoon)

Directions:

1. Place all ingredients (except the egg whites) in the blender. Process until well-combined and smooth.

2. Meanwhile, beat the egg whites with an immersion blender. Once they form soft peaks, pour the egg whites into the blender. Process until evenly mixed with the other ingredients.

3. Allow the turmeric eggnog to chill for one hour.

4. Serve sprinkled with nutmeg and cinnamon.

5. Enjoy.

Scrumptious Granola

Ingredients:

Onion, medium, diced finely (1/2 piece)

Coriander (1/2 teaspoon)

Coconut flakes (3/4 cup)

Ginger, powdered (1/2 teaspoon)

Turmeric (1/2 teaspoon)

Cashews, dry roasted (1/3 cup)

Coconut oil (1/2 tablespoon)

Garlic clove, crushed (1 piece)

Cumin (1/2 teaspoon)

Salt (1/2 teaspoon)

Lemon juice, freshly squeezed (1/2 tablespoon)

Almonds, dry roasted (1/2 cup)

Directions:

1. Set the oven at 300 degrees Fahrenheit to preheat.

2. Use parchment paper to line a baking sheet.

3. Heat a large skillet on medium after filling with the coconut oil. Once the oil is hot, stir in the garlic, ginger, and onion. Let the mixture cook for two to three minutes or until fragrant and softened.

4. Fill a small bowl with the turmeric, coriander, salt, and cumin. Stir to combine before adding to the onion mixture in the pan. Let everything cook for another five to seven minutes.

5. Stir in the lemon juice. Continue cooking for two minutes or until the mixture is thickened into a paste. Toss in the coconut chips, making sure they are evenly coated with the onion mixture.

6. Pour the granola mixture into the prepped baking sheet. Cook in the oven for thirty minutes before giving it a good stir. Add the almonds and bake for another ten to fifteen minutes.

7. Set the granola on a wire rack to cool.

8. Stir and serve right away.

Tofu Salad with Lemon Dressing

Ingredients:

Salad:

Almonds, slivered (1/4 cup)

Chives, chopped (1/4 cup)

Salt (1/4 teaspoon)

Pepper, freshly cracked (1/4 teaspoon)

Tofu, extra firm (20 ounces)

Capers (4 teaspoons)

Thyme, fresh (1 teaspoon)

Dressing:

Mustard (2 tablespoons)

Olive oil, extra virgin (1 tablespoon)

Lemon zest, freshly grated (1/2 teaspoon)

Mayonnaise, vegan (4 tablespoons)

Red wine vinegar (2 tablespoons)

Turmeric (1/2 teaspoon)

To serve:

Salad greens

Sandwich rolls

Directions:

1. Place the ingredients for the dressing inside a large bowl. Whisk until well-combined, then add the capers, thyme, chives, and almonds.

2. With clean hands, crumble the tofu into half-inch chunks. Add to the dressing bowl and gently to combine.

3. Season the tofu mixture with pepper and salt before serving with the salad greens and sandwich rolls.

Tasty Turmeric Chocolate Balls

Ingredients:

Honey, raw, softened (1/2 cup)

Turmeric, ground (1 teaspoon)

Sea salt (1/4 teaspoon)

Coconut, shredded, unsweetened (1 cup)

Coconut oil, melted (1 tablespoon)

Chocolate chips, dark (1/4 cup)

Directions:

1. Fill a large bowl with the coconut, turmeric, and sea salt. Mix well, seeing to it that the coconut lumps are broken up.

2. Add the honey and coconut oil and stir to combine with the coconut

mixture.

3. Mold the mixture into balls. Arrange on a baking sheet lined with parchment and freeze for ten minutes or until set.

4. Place the dark chocolate chips in a small bowl. Heat in the microwave for one minute or until the chocolate melts.

5. Remove the chilled balls from the freezer and drizzle with the melted chocolate. Refrigerate for ten minutes before serving.

Turmeric Plantain Chips

Ingredients:

Coconut oil, melted (1 tablespoon)

Cumin, ground (1/4 teaspoon)

Sea salt (1/2 teaspoon)

Green plantains, peeled (1/2 pound)

Turmeric, ground (1/2 teaspoon)

Coriander, ground (1/4 teaspoon)

Directions:

1. Set the oven at 350 degrees Fahrenheit to preheat. Meanwhile, line a baking sheet with parchment and set aside.

2. After peeling the plantains, chop at an angle into ¼-inch-thick slices.

3. Place the plantain slices inside a large bowl filled with melted coconut oil. Toss to evenly coat the plantain on all sides.

4. Mix the spices in a small bowl. Add to the oil-coated plantain slices and toss until well-combined.

5. Transfer the plantain slices in the lined baking sheet. Bake in the oven

for fifteen to twenty minutes on one side. Flip over each plantain slice to cook for an addition ten to fifteen minutes. Once all the plantain pieces are nicely crisped, set on a wire rack and allow to completely cool.

6. Serve right away.

Turmeric Tortilla Chips with Sweet Potato Dip

Ingredients:

Chips:

Almond flour (1/2 cup)

Salt (1/2 teaspoon)

Coconut milk (1 cup)

Tapioca flour (1/2 cup)

Turmeric (1/4 teaspoon)

Dip:

Water, filtered (1 ½ cups)

Salt (1 teaspoon)

Cayenne (1/8 teaspoon)

Tapioca flour (1 tablespoon)

Garlic powder (1/4 teaspoon)

Red pepper flakes, crushed (a pinch)

Sweet potato, diced (3 cups)

Nutritional yeast (1/2 cup)

Apple cider vinegar (1 teaspoon)

Onion powder (1/4 teaspoon)

Paprika (1/4 teaspoon)

Mustard powder (1/8 teaspoon)

Directions:

1. Preheat a large nonstick skillet on medium.

2. Meanwhile, stir the almond and tapioca flours together with the turmeric, salt, and coconut milk in a large bowl.

3. Scoop up some batter (1/4 cup) and place on the hot skillet. Cook for one minute before flipping it over to cook on the other side for one minute. Once done, allow to cool on the prepped baking sheet. Repeat until all the batter is used up.

4. Cut the cooled tortillas into tiny triangular shapes and arrange on the sheet. Place in the oven to bake for ten to twelve minutes at 400 degrees Fahrenheit. Set the crispy tortilla chips aside to cool while you prepare the dip.

5. Fill a saucepan with the water and sweet potatoes. Heat to boiling, then cover and allow the mixture to cook on simmer for ten minutes or until you have softened the sweet potatoes. Set aside to cool before transferring into the blender. Add the rest of the dip ingredients and process until well-combined and smooth. Return to the saucepan and, stirring continuously, cook on medium for three to four minutes or until heated through.

6. Serve your chips and dip immediately.

Conclusion

Thank you again for purchasing this book!

I hope this book was able to help you be convinced that turmeric is more than just a fancy, yellow-colored exotic spice sitting in your pantry. Don't miss out on the health benefits – not to mention the great-tasting dishes – that turmeric is capable of providing you and your family.

The next step is to make use of every recipe featured in this book. Enjoy the unique taste and anti-inflammatory effect the turmeric can give the body.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!