

# November



## History

Native to southern India and Indonesia, turmeric is widely cultivated on the mainland and in the islands of the Indian Ocean. In ancient times it was used as a perfume as well as a spice. The rhizome has a pepperlike aroma and a somewhat bitter warm taste and has a strong staining orange-yellow colour. It is the ingredient that colours and flavours prepared mustard and is used in curry powder, relishes, pickles, and spiced butters for vegetables, in fish and egg dishes, and with poultry, rice, and pork. In parts of Asia turmeric water is applied as a cosmetic to lend a golden glow to the complexion. Reputed to have anti-inflammatory properties, turmeric is sometimes consumed as a tea or in pill form for a variety of ailments, including arthritis and intestinal problems

## Turmeric Roasted Cauliflower

### INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 1 ½ teaspoons ground turmeric
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 2 large cloves garlic, minced
- 8 cups cauliflower florets (1 large head; about 2 pounds)
- 1-2 teaspoons lemon juice

### INSTRUCTIONS

- Preheat oven to 425°F.
- Whisk oil, turmeric, cumin, salt, pepper and garlic in a large bowl. Add cauliflower and toss to coat. Transfer to a large rimmed baking sheet. Roast, stirring once, until browned and tender, 15 to 25 minutes. Drizzle lemon juice over the cauliflower.

Find Online: <https://www.acouplecooks.com/pumpkin-baked-oatmeal/>

## Anti-Inflammatory Golden Tonic

### INGREDIENTS

- 2 cups filtered water
- 2 bags green tea
- 5 sprigs fresh thyme, lightly bruised with the side of a knife
- 1 (2 inch) piece peeled ginger, finely grated
- 1 (2 inch) piece peeled turmeric, finely grated
- 1 tablespoon honey, preferably manuka
- 1 tablespoon raw unfiltered cider vinegar
- Ice cubes
- 2 cups chilled sparkling water
- Lime wedges for serving

### INSTRUCTIONS

- Bring filtered water to a gentle simmer in a small saucepan over medium-high heat. Add tea bags, thyme, ginger, turmeric, honey and vinegar, stirring to dissolve the honey. Reduce heat to low and let the mixture steep for 15 minutes. Strain through a fine-mesh sieve into a mason jar. Refrigerate for 1 hour.
- Fill 4 glasses half full of ice. Divide the tonic mixture evenly among the glasses (about 1/2 cup tonic per glass). Top each with 1/2 cup sparkling water. Serve with a lime wedge, if desired.

# Spiced Papaya-Cranberry Granola

## INGREDIENTS

- 2 cup regular rolled oats
- ½ cup dried cranberries
- ½ cup dried papaya
- ½ cup chopped pistachios
- ½ cup chopped walnuts or cashews
- 1 ½ teaspoon ground ginger
- 1 teaspoon ground turmeric
- ½ teaspoon fine sea salt
- ½ cup maple syrup
- ¼ cup olive oil
- 1 tablespoon apple cider vinegar



## INSTRUCTIONS

1. Line a baking sheet with parchment paper. In a large bowl mix together oats, cranberries, papaya, pistachios, walnuts, ginger, turmeric, and salt. In a small bowl whisk together maple syrup, oil, and vinegar. Drizzle over oat mixture; stir to coat.
2. Spread mixture on the baking sheet in a single layer. Let stand 20 minutes. Preheat oven to 300°F. Bake 45 minutes or until toasted, stirring every 10 minutes.
3. Let cool. Store in an airtight container up to 2 weeks. Serves 16.

# Turmeric Chicken

## INGREDIENTS

- 2 teaspoons extra-virgin olive oil
- 1 ½ lbs. boneless, skinless chicken breasts, cut in about ½ inch cubes
- 1 ¼ teaspoons turmeric
- ¾ teaspoon ground cumin
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- ⅛ teaspoon cayenne pepper (optional)
- Juice of ½ lemon



## INSTRUCTIONS

1. Heat a large skillet over medium heat and add olive oil.
2. Season chicken pieces with turmeric, cumin, salt, pepper and cayenne, if using.
3. Add chicken to the pan and cook until cooked through, 8-10 minutes, stirring occasionally.
4. Squeeze lemon juice over cooked chicken, serve warm and enjoy!

Find online: <https://www.familyfoodonthetable.com/easy-turmeric-chicken-15-minutes/#mv-creation-135-jtr>

