

MENASHA PUBLIC LIBRARY: SPICE OF THE MONTH CLUB



WHAT IS TURMERIC?

Turmeric is a perennial member of the ginger (*zingiberaceae*) family that is native to southwest India. The spice actually comes from the root, or rhizome, of the plant. Considered mildly aromatic, turmeric gives off scents of both ginger and orange. Its flavor is also subtle and most often described as earthy, bitter or warm.

Turmeric is a resident ingredient in curry powder and also flavors: relishes, pickles, and spiced butters. The spice also works great on root vegetables, broths and hearty stews.

Turmeric was first used as a perfume and a dye. It is still today used for certain clothing items. Turmeric's signature bright orange hue also provides the coloring for food items such as: American mustard, non-dairy cheese and baked goods. Turmeric has always played a major role in Asian Siddha medicine, where it has been utilized for thousands of years. Even today, the drink called golden milk—really turmeric mixed into white milk—is consumed regularly to combat a myriad of ailments.

JANUARY

TURMERIC



8 TIPS FOR TURMERIC

- Turmeric can help reduce redness, calm irritation, and promote a natural glow when applied to the skin as a cleanser or toner.
- If you have fresh turmeric root, you can peel and grate it to flavor a dish. Fresh turmeric will stain your hands, so use kitchen gloves when handling it. You can store leftover fresh turmeric in the refrigerator for several weeks, but it will gradually deteriorate in flavor and quality.
- The key piece that makes turmeric so beneficial is a chemical called curcumin. Curcumin is a very powerful antioxidant with effective anti-inflammatory properties and turmeric contains relatively high doses of it.
- Curcumin also stimulates the gallbladder to produce bile, which some think may help aid digestion.
- To make a stomach-soothing ginger-turmeric tea: 2 cups water; ½ teaspoon ground turmeric; ½ teaspoon chopped fresh ginger; and ½ teaspoon ground cinnamon. Bring water to a boil in a small saucepan; add turmeric, ginger, and cinnamon. Reduce heat to medium-low and simmer for 10 minutes.
- Turmeric is best absorbed when it is taken or combined with food. Fatty foods, such as eggs and vegetable oils (like coconut oil or olive oil), are the best to combine with turmeric. This is because they contain a compound called lecithin which helps the body absorb turmeric.
- Blend turmeric into your healthy smoothies. Use just 1 teaspoon for a subtle flavor. Add up to 2 teaspoons for a more intense hit. Include coconut oil in your smoothie to aid turmeric absorption.
- Turmeric is a natural preservative. A study published in the American Journal of Food Science and Technology revealed an extract from turmeric reduced bacteria count and mold.



Add Turmeric to:

- Lentil Dishes
- Smoothies
- Egg Scrambles and Bakes



Note: This information is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

Sources Consulted: Encyclopedia Britannica; Consumer Health Complete; spiceography.com; Gale Health and Wellness; MasterClass

Crispy Baked Moroccan Chicken Wings with Yogurt Dip

Courtesy of: allrecipes

INGREDIENTS:

Chicken Wings:

- 2 ½ pounds chicken wings
- 1 ½ tablespoons vegetable oil
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground black pepper

Yogurt Dip:

- 1 cup plain Greek yogurt
- 2 tablespoons fresh lemon juice
- 1 ½ tablespoons honey
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh cilantro
- ½ teaspoon salt, or more to taste
- ¼ teaspoon ground black pepper, or more to taste



Directions:

1. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with nonstick aluminum foil.
2. Place chicken wings into a large bowl, drizzle with oil, and toss until thoroughly coated.
3. Stir paprika, cumin, salt, cinnamon, ginger, cayenne pepper, turmeric, and black pepper together in a small bowl. Sprinkle spice mixture over wings and toss to coat.
4. Arrange wings in a single layer on the prepared baking sheet, spacing them apart so they aren't touching.
5. Bake in the preheated oven until no longer pink at the bone and the juices run clear, 40 to 45 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
6. Meanwhile, make the yogurt dip: Stir yogurt, lemon juice, honey, mint, cilantro, salt, and pepper together in a small bowl. Taste dip and season with additional salt and pepper as desired.
7. Remove wings from the oven and transfer to a serving platter. Serve with yogurt dip.

Nutritional Information (Per Serving): Calories: 347 Fat: 24g Carbs: 10g Protein: 33g

Popcorn Cauliflower

Courtesy of: TeacherLena



Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 1 hr

Servings: 4

Ingredients:

- 4 teaspoons white sugar
- 2 teaspoons salt
- 1 teaspoon paprika
- 1 teaspoon ground turmeric
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 heads cauliflower, cut into bite-size pieces
- cooking spray

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
2. Whisk sugar, salt, paprika, turmeric, onion powder, and garlic powder together in a bowl.
3. Spread cauliflower onto the prepared baking sheet; spray liberally with cooking spray. Season cauliflower with spice mixture.
4. Roast in the preheated oven until cauliflower is tender, 30 to 35 minutes.

Nutritional Information (Per Serving): Calories: 94 Fat: 1g Carbs: 21g Protein: 6g