



## What Is ?

Turmeric is a tuber with tough, paper brown skin and bright, rusty orange flesh. It is an underground plant, that can grow up to one meter high and flowers at ground level and is a member of the ginger family. Turmeric is a perennial that is native to Indonesia and Southern India. It is commonly used in Indian and Asian cuisines, and is one of the main components of curry. It can be used in both its fresh and dried forms, and is a coloring agent in mustard, baked goods, dairy products, ice cream, juice, cereals, and flavored gelatin.

## Interesting facts

- In ancient times, it was used as a perfume as well as a spice.
- In 2021, India exported approximately 226 billion US dollars of turmeric.
- Research suggests that turmeric can improve mood.
- Turmeric has been used as a fabric dye for hundreds of years.
- Some people use turmeric to color their hair by adding it to shampoo or as a paste, mixing it with water and chamomile tea.
- The use of turmeric dates back nearly 4000 years to the Vedic culture in India, where it was used as a culinary spice and had some religious significance. It probably reached China by 700 ad, East Africa by 800 ad, West Africa by 1200 ad, and Jamaica in the eighteenth century.

“Spice of Life” is a monthly “Take & Make Spice Club Kit” featuring a variety of unique spices, herbs, or blends.

## This kit includes:

- Information on the featured spice
- 2-3 recipes
- A small packet of featured spice - enough for at least 1 of the recipes.

The kits are free, but supplies are limited.  
**Please take only one kit per household.**



## Share your experience with us

Once you have created your culinary masterpiece at home, you're welcome to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice on the library's Facebook page, and may even be featured on our Spice of Life webpage.

**You can view the flyers from past months on our website.**



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# Take & Make Spice Club Kit



## January Turmeric



## Easiest-ever Paella



*(Yields 4 servings)*

### INGREDIENTS

- 1 tablespoon olive oil
- 1 leek or onion, sliced
- 3½ ounces chorizo sausage, chopped
- 1 teaspoon turmeric**
- 1½ cups long grain rice
- 4¼ oz. hot fish or chicken stock
- 1½ cups frozen peas
- 14 ounces frozen seafood mix, defrosted

### INSTRUCTIONS

Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally. Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked. Check for seasoning and serve immediately with lemon wedges.

### Recipe Sources

- <https://www.bbcgoodfood.com/recipes/easiest-ever-paella>
- <https://cookingwithcassandra.com/easy-baked-turmeric-chicken/>
- <https://downshiftology.com/recipes/turmeric-milk-dairy-free/#wprm-recipe-container-32718>

## Honey Turmeric Chicken



*(Yields 3 servings)*

### INGREDIENTS

- 6 chicken thighs boneless, skinless
- ⅓ cup flour
- 1½ teaspoon turmeric**
- ½ teaspoon salt
- 2 tablespoon olive oil divided
- 3 garlic cloves minced
- cilantro for garnish optional

for the sauce:

- ¼ cup soy sauce
- ¼ cup honey
- 2 tablespoon water or more

### INSTRUCTIONS

Pour the flour, turmeric and salt into a shallow bowl and stir to combine. Then, make the sauce: whisk the soy sauce, honey and water together in a glass measuring cup or bowl and set aside. Next, heat 1 tablespoon of oil in a large skillet over medium heat. While the oil is heating up, dip each chicken thigh into the flour mixture, making sure it's completely coated, then transfer it to the skillet smooth side down. Cook the chicken for 3 minutes, then use kitchen tongs to flip it over, then add the remaining oil, along with the garlic, and cook for 1 minute. Pour in the sauce, place a lid on the skillet and continue cooking the chicken for 3 minutes. Then, remove the lid, increase

the heat to high and cook the chicken for 2 minutes, or until it reaches an internal temperature of 165F and the sauce has reduced by at least half. If the sauce seems to be reducing too quickly, add 1-2 tablespoons of water. Sprinkle with cilantro (optional) and enjoy!

## Golden Milk



*(Yields X servings)*

### INGREDIENTS

- 2 cups milk (dairy or dairy-free)
- 1 teaspoon ground turmeric**
- ¼ teaspoon ground cinnamon
- pinch black pepper
- 1 tablespoon maple syrup or honey

### OPTIONAL

- ½ tablespoon coconut oil
- additional spices or flavors such as ginger, cardamom, or vanilla extract.

### INSTRUCTIONS

Add all ingredients to a saucepan over medium heat and bring to a simmer. Simmer for 10 minutes to let the flavors meld.

Fresh or dried, turmeric has an earthy, pleasantly bitter taste that magnifies the flavors of other spices. Its peppery, citrusy notes also make it a delicious spice for seasoning dishes all on its own, though it's wise to always add a sprinkling of black pepper, which provides a spicy kick that counterbalances turmeric's astringent side.