Poplar Creek Public Library District's

SPICE CLUB

TURMERIC RECIPES

October 2025

If you think of my usual turmeric milk recipe as a latte, this is more of a macchiato. Stronger medicine, smaller volume. Sometimes I drink it down like a shot rather than sipping. I find that less liquid digests easier after having eaten. In the morning, I go latte style and add a little sweetener. This tonic is well known in the yoga and Ayurveda traditions for a long list of benefits, namely as an anti-inflammatory, bone nourisher, and immunity booster. The synergistic combination of turmeric, coconut, ginger, and pepper nourishes as well as heals deep tissue cells.

Excerpt and recipe from the following cookbook

THE EVERYDAY AYURVEDA GUIDE TO SELF-CARE

by Kate O'Donnell

Call #: 615.538 Odo

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TURMERIC MILK MACCHIATO

Makes 1 Serving

½ cup milk of choice (whole cow's, almond, or coconut)

1 tsp ground turmeric

½ tsp ground ginger

1 tsp coconut oil

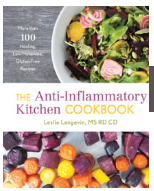
Pinch of ground black pepper

Honey, for serving (optional)

1. In a small saucepan over medium-high heat, combine the milk, turmeric, ginger, coconut oil, and pepper and heat, uncovered, for 2–4 minutes, or until steaming.
2. Remove from the heat and whisk by hand or with an electric milk frother until combined.
3. Pour the drink into a mug, sweeten with honey, if using, and drink immediately.

This veggie-rich coconut curry has lots of anti-inflammatory ingredients, including turmeric, ginger, onions, peppers, and broccoli. Again, you can freeze this recipe in batches to thaw for quick meals. The vegetables provide lots of vitamin C and phytochemicals.

Excerpt and recipe from the following cookbook



THE ANTI-INFLAMMATORY KITCHEN COOKBOOK

by Leslie Langevin

Call #: 641.56318 Lan

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VEGETABLE COCONUT CURRY

Makes 4 Servings

1 cup dry basmati rice

1 cup dry quinoa

4 cups water

1 head broccoli

1 zucchini

1 red bell pepper

1 cup fresh snap peas

2 scallions

1 sweet onion

1 tablespoon grated ginger

½ teaspoon turmeric

1 (13½-ounce) can coconut milk

salt

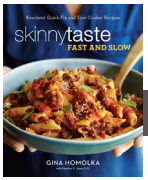
1. First make the rice and quinoa. In a medium pot, add 4 cups of water. Add the rice and quinoa. Bring to a boil, reduce heat to low, and simmer for 20 minutes. Alternately, if you batched the ingredients ahead of time, defrost 2 servings of rice and 2 of quinoa in the microwave.
2. Cut the broccoli into florets and slice the zucchini and bell pepper into 1/4-inch pieces.
3. Destem and destring the snap peas and chop the scallions.
4. Slice the onion (last to avoid kitchen tears).
5. In a skillet over medium heat, add all of the vegetables and simmer with the ginger, turmeric, coconut milk, and salt to taste for about 15 minutes or until the sauce thickens and all of the vegetables become tender.
6. Serve over quinoa and rice.

NOTE
Drink a cup of holy basil tea, which goes great with curry dishes, for some extra anti-inflammatory power.

TIP
Freeze any extra rice-quinoa mixture or vegetable curry in resealable freezer bags for up to 3 months.

Split pea soup—one of my favorite cold-weather soups—is so easy to make in a slow cooker. Yellow split peas are often used in an Indian dish called dal, which inspired the flavors in this soup. I added turmeric to enhance the golden color of the dish, which turns out velvety, satisfying, and warming with just a hint of fragrant spices. You can refrigerate it for about a week, but note that it will thicken up. To loosen, simply reheat with a touch more liquid.

Excerpt and recipe from the following cookbook



SKINNYTASTE FAST AND SLOW : KNOCKOUT QUICK-FIX AND SLOW COOKER RECIPES

by Gina Homolka

Call #: 641.5635 Hom

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SLOW COOKER VEGETABLE YELLOW SPLIT PEA SOUP

Makes 8 Servings

16 ounces yellow split peas, rinsed well

1 cup diced peeled butternut squash, fresh or frozen

1 cup sliced carrots

1 cup chopped celery

6 cups reduced-sodium vegetable or chicken broth*

1 tablespoon unsalted butter

1 cup chopped yellow onion

6 garlic cloves, crushed

½ tablespoon grated fresh ginger

1 teaspoon ground cumin

1½ teaspoons ground turmeric

¾ teaspoon kosher salt

4 cups coarsely chopped baby spinach

1. Combine the split peas, butternut squash, carrots, celery, and broth in a slow cooker. Cover and cook on high for 4 hours or on low for 9 to 10 hours, until the peas are very soft.

2. In a medium skillet, melt the butter over medium heat. Add the onion, garlic, ginger, cumin, turmeric, and ¼ teaspoon of the salt and cook, stirring occasionally, until the vegetables are soft and fragrant, 3 to 4 minutes. Transfer to the slow cooker with the remaining ½ teaspoon salt and the spinach. Stir well and cook until the spinach wilts, 15 minutes. Serve hot.

TIME-SAVING TIP
For easy prep, there's nothing better than precut diced vegetables, which are available in most supermarkets. Frozen diced butternut squash works extremely well in this dish, too.

**Read the label to be sure this product is gluten-free.*

Did You Know?

- Turmeric is a leafy tropical plant in the ginger family and grows as a perennial in the wild
- To harvest Turmeric, whole clumps of the plants rhizomes are dug from the earth, then dried and ground into a powder
- Turmeric is native to India but is also grown in Indonesia and in South America and the Caribbean
- There are two main types of turmeric: Madras and Alleppey

Sources:
The Science of Spice: Understand Flavor Connections and Revolutionize your Cooking, Dr. Stuart Farrimond, 641.3383 Far

The Encyclopedia of Spices & Herbs: An essential Guide to the Flavors of the World, Padma Lakshmi

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