

Cooking with Conshy Spice Packet



Turmeric

Turmeric is a deep, golden-orange spice known for adding color, flavor, and nutrition to foods. A relative of ginger, turmeric comes from the root of a native Asian plant and has been used in cooking for hundreds of years. The spice's sharp, slightly bitter flavor is fairly intense, so start with a small amount and increase it once you get used to it. Also, make sure not to spill it on your good linens — it definitely stains.

There are many different ways to use Turmeric in your cooking:

- Blend Turmeric into smoothies or juices, such as orange or carrot.
- Add 1-2 teaspoons of Turmeric to any soup recipe.
- Sprinkle Turmeric onto roasted vegetables, including potatoes, cauliflower, turnips, carrots, and sweet potatoes.
- Use a dash of turmeric in scrambled eggs, a frittata, or tofu scramble.
- Stir ½ teaspoon of Turmeric into the water when cooking rice.
- Toss in a pinch of Turmeric to your favorite salad dressing, whether it's a creamy ranch or a classic vinaigrette.
- For a sweet application, add just a little bit of Turmeric into frosting (on cakes or cookies) for a pop of color.

Recipe SUGGESTIONS:

Golden Sun-Dried Tomato Red Lentil Pasta

Author: Tieghan Gerard **Prep:** 10 min **Cook:** 30 min **Total Time:** 40 min **Yield:** 6 servings

Ingredients

- ¼ cup extra virgin olive oil
- 1 sweet onion, chopped
- 6 cloves garlic, minced or grated
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 2 teaspoons ground turmeric
- Kosher salt and pepper
- 1 (28 oz) can fire roasted tomatoes
- ½ cup oil packed sun-dried tomatoes, oil drained and chopped
- 1 tablespoon apple cider vinegar
- 1 (8 oz) box red lentil pasta or other short cut pasta
- 2 large handfuls baby spinach or kale
- Grated parmesan, nutritional yeast, toasted pine nuts and/or seeds, for topping



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Instructions

1. Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the onion and cook until soft and caramelized, about 5-10 minutes. Add the garlic, basil, oregano, turmeric, salt and pepper. Cook for 1 minute or until fragrant. Slowly add the tomatoes and the juices from the can, crushing the tomatoes with the back of a wooden spoon. Add the sun-dried tomatoes and vinegar. Simmer the sauce for 10-15 minutes or until reduced slightly. If desired, you can puree the sauce in a blender.
2. Stir in the spinach and cook five minutes longer.
3. Meanwhile, bring a large pot of salted water to a boil and boil the pasta to al dente according to package directions. Drain.
4. Divide the pasta among bowls and top with a generous amount of sauce. Top as desired with cheese, nuts and herbs.

<https://www.halfbakedharvest.com/golden-sun-dried-tomato-red-lentil-pasta/>

Turmeric Black Pepper Chicken with Asparagus

Author: Ali Slagle, NYT Cooking

Servings: 4

Total time: 15 minutes

Ingredients

- 3 tablespoons (45 ml) honey
- $\frac{3}{4}$ teaspoon (3.75 ml) black pepper, plus more to taste
- Kosher salt
- 2 tablespoons (30 ml) all-purpose flour
- $1\frac{1}{2}$ teaspoons (7.5 ml) ground turmeric
- 1 pound (454 g) boneless, skinless chicken thighs, cut into 1-inch (2.54-cm) pieces
- 1 tablespoon (15 ml) canola oil
- 12 ounces (340 g) asparagus, trimmed and thinly sliced on an angle
- 1 teaspoon (5 ml) unseasoned rice vinegar or soy sauce
- 1 lime, cut into wedges (optional)



Directions

1. In a small bowl or measuring cup, stir together $\frac{1}{4}$ (60 ml) cup water with the honey, pepper and $\frac{1}{2}$ (2.5 ml) teaspoon salt; set honey mixture aside.
2. In a medium bowl, stir together the flour, turmeric and 1 teaspoon (5 ml) salt. Add the chicken and toss until coated.

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3. In a medium (10-inch/25-cm) non-stick skillet, heat the oil over medium-high. Add the chicken and cook until the turmeric is fragrant and the chicken is golden brown on both sides, 2 to 3 minutes per side. Add the asparagus, season with salt, stir to combine and cook until crisp-tender, 1 to 2 minutes.
4. Add the honey mixture and cook, stirring, until the chicken is cooked through and the sauce has thickened, 2 to 3 minutes.
5. Remove from heat and stir in the vinegar, if using. Season to taste with salt and pepper. Serve with lime squeezed over top, if you like.

<https://cooking.nytimes.com/recipes/1020970-turmeric-black-pepper-chicken-with-asparagus>

Popcorn Cauliflower

Author: Allrecipes **Prep Time:** 10 min **Cook Time:** 30 min **Total Time:** 40 min **Yield:** 4 servings

Yummy cauliflower roasted at a high temp. Slightly sweet and very addicting! I like to soak the cauliflower in veggie wash for about 10 minutes before coating in seasoning.

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



Instructions

1. Preheat oven to 400°F. 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.

<https://www.allrecipes.com/recipe/235545/popcorn-cauliflower/>

What did you make with your turmeric?

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HAPPY COOKING!