

Orange Turmeric



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Description/Taste

Turmeric is the rhizome, or root stem, of a tropical blade-leafed plant. The rhizome has an abstract finger-like shape with a rough skin marked with knobs and rings. Turmeric rhizomes often grow up to 3-4 inches long and one-half to one inch in diameter. Its skin's color is a combination of pale earth and orange. The flesh is a vibrant carrot orange color and its flavor warm and peppery with very distinct bitter undertones. It is most often boiled and then dried for powdered form, in which it turns its trademark color.

Current Facts

Turmeric, scientifically known as *Curcuma longa*, is a tropical flowering perennial that falls within the same family as ginger and is one of two rhizomes with an appearance similar to the spicy root. It's cultivated and harvested for its roots, though its leaves are also used in some cultures.

Nutritional Value

Turmeric root has both culinary and medicinal benefits that can be attributed to curcumin, the primary active ingredient in turmeric. It is a powerful antioxidant and anti-inflammatory compound that is used throughout Ayurvedic and Chinese medicines.

Applications

Fresh Turmeric's gentle carrot/ginger-like flavor lends itself well to both sweet and savory applications. It adds freshness to curries and soups and can be pickled or fried. Its vibrant color is a wonderful addition to any dish but can also stain clothing and porous surfaces.

Turmeric Broth Detox Soup

Turmeric Broth Detox Soup – a naturally healing, soothing and comforting, Ayurvedic soup that is very customizable to your needs. Vegan and GF adaptable!

Prep Time: 15 mins
Cook Time: 15 mins
Total Time: 30 mins

Course: Soups
Cuisine: Vegan, Soup, detox, Gluten Free

Servings: 6
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Ingredients:

- 1–2 tablespoons olive oil (or ghee)
- 1 onion- diced
- 1 tablespoon fresh ginger, grated or finely minced
- 4–5 garlic cloves- grated or finely minced
- 1–2 teaspoons turmeric powder (or 2–3 teaspoons fresh turmeric, finely grated – or a little of both, see notes)
- ¼ teaspoon mustard seed (optional)
- 1 teaspoon cumin
- 1 teaspoon coriander
- ¾ – 1 teaspoon salt
- 4 cups water
- 4 cups veggie or chicken stock
- ¼ teaspoon cayenne, or more to taste
- Squeeze of lime juice or lemon juice (to taste) or 1-2 teaspoons apple cider vinegar (to taste)

Instructions:

1. In a large heavy bottom pot or dutch oven, sauté onion in 1-2 T olive oil over medium heat for 5 minutes until fragrant and golden. Add ginger, garlic, and fresh turmeric and sauté 2-3 minutes until the garlic is fragrant and golden. Add the mustard seeds, cumin, coriander, and optional turmeric powder and sauté 1-2 more minutes.
2. Add water, stock and salt. Bring to a simmer. Add vinegar or citrus. (I like a squeeze of lime) Taste. Adjust salt, lime and spice level to your liking. At this point you will have a flavorful base to add what you like. You can also refrigerate or freeze this in batches for later use.
3. Remember uncooked pasta and beans will double or triple in size, so add moderately (4 ounces dry pasta)
4. Remember to think and be sensible about cooking times for each ingredient you add. (see notes in post)

Notes:

NOTES: If you are cooking the broth for any length of time, uncovered, remember it will reduce – intensifying the flavor and salt –so you may need to add more water, to dilute the intensity. Dilute the broth to your own taste.

1. Using ground turmeric gives the soup this lighter golden color you see in the photographs. Fresh grated turmeric gives the broth a deeper color, but incredible flavor. Often, I'll use a little of both (because I like color AND flavor!). Up to you. 😊 If you are new to turmeric, start conservatively, it has a very distinct flavor, that may be an acquired taste for some.
2. A small drizzle of olive oil (melted ghee or coconut oil) over the soup helps the nutrients in turmeric to bind and more easily absorb into the body. You can also add coconut milk for a creamy version.

