



The Etna Library's



Spice
of the
Month
Program

Spice for March, 2024: **TURMERIC**

- **Flavor Profile:** Bitter, Spicy with notes of ginger and woody aroma

Turmeric is the dried knobby shaped rhizome of the plant *Curcuma longa*. Noted for its bright yellow color, it is related to and similar in appearance to ginger. The origin of the Latin name *Curcuma* stems from the Arabic word *al-kurkum* which was the original word for saffron. This is most likely since both saffron and turmeric are used to make yellow colored dyes.

The use of turmeric dates back 4,000 years to the Vedic culture in India, where it was used as a culinary spice and also had religious and medicinal significance. Marco Polo, in AD 1280, mentioned turmeric in notes of his travels in China: "There is also a vegetable that has all the properties of true saffron, as well as the smell and the color, and yet it is not really saffron."

In medieval Europe, turmeric was known as "Indian saffron." Since then, turmeric has been used as an inexpensive substitute for saffron. Turmeric is sacred in the Hindu religion and a turmeric dyed string known as the mangala sutra is worn by brides to signify readiness to marry and manage a household. Turmeric is also used to dye clothing and has been used for centuries to create the bright yellow hue of Buddhist robes.



The Etna Library
130 Etna Road
Etna, NH 03750

www.etna-library.org
(603) 643-3116

Easy Yellow Rice



Prep Time: 5 min
Cook Time: 15 min
Servings: 8

The turmeric and cumin give this rice a lovely exotic taste and a brilliant golden color.

Ingredients:

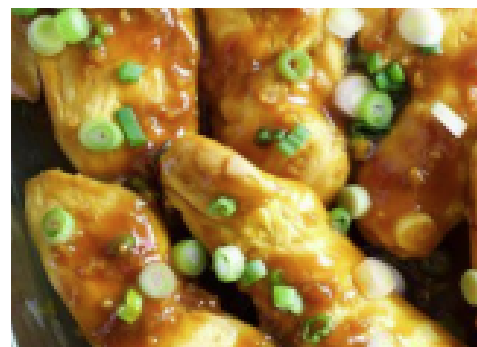
1 tsp. ground turmeric
½ tsp. ground cumin
1 to 2 tablespoons butter
2 cups long grain basmati rice
4 cups water
1 tsp. salt

Chopped chives or green onions for garnish

Directions:

1. In a medium saucepan combine butter, turmeric and cumin. Saute on medium heat until butter is melted and lightly foaming, while stirring it with the spices. Add rice and stir until the rice is completely coated with the spice mixture.
2. Add water and salt and bring to a boil over high heat. Reduce heat to low, cover and simmer until water is completely absorbed about 15 minutes. Turn off heat and let sit for 5 minutes.
3. Serve warm with chives or scallions.

Honey Roasted Turmeric Chicken



Prep Time: 15 min
Cook Time: 15 min
Servings: 8

This honey roasted turmeric chicken is flavorful and easy to make!

Ingredients:

2 pound chicken breast
1/4 cup honey
1/4 cup soy sauce, low sodium
1/2 teaspoon ground turmeric
4 cloves garlic
1 tablespoon cornstarch
1 tablespoon oil, vegetable
3 stalks green onion

Directions:

1. Preheat oven to 350 F. Cut chicken into strips (about 1/2-1 inch wide).
2. Make glaze: whisk together honey, soy sauce, turmeric, minced garlic, and corn starch until fully combined. Set aside.
3. Heat a large skillet over medium-high heat. Add oil and sear chicken for 1-2 minutes on each side, until top and bottom are white (the middle will still be pink).
4. Place chicken strips in a medium-large baking dish and pour glaze over them. Flip chicken strips until coated.
5. Bake for 10 minutes. Take baking dish out of the oven and spoon glaze from the bottom of the dish on top of the chicken once more. Place back in the oven and bake for 10 more minutes, until chicken is cooked through.
6. Serve with chopped green onions.