

CALLING ALL FOODIES!

The "MCL Spice of the Month Club" is a monthly "take-and-make" kit featuring a variety of unique spices, herbs, or blends. Included in each kit will be information about the featured spice, its history and fun facts, two simple recipe suggestions, and a small packet of the featured spice with enough for two recipes.

Once you have created your culinary masterpiece at home, we'd love you to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice of the month on the Library's

Facebook page using:

@MukwonagoLibrary.

You can always email your pictures and thoughts to us at

info@mukwonagolibrary.org

Spice of the Month Kits are free, but supplies are limited. Please, only one kit per household.



MUKWONAGO
COMMUNITY LIBRARY

511 Division Street
Mukwonago, WI 53149
(262) 363-6411

www.mukwonagolibrary.org



SPICE *Of the Month* CLUB



Turmeric

Turmeric is a member of the ginger family, and though native to India and Southeast Asia, its roots are used both fresh and dried in cuisines all over the world. The signature marigold orange-yellow color of turmeric gives an eye-catching boost to curries, tonics, and baked goods, and can also be used as a clothing dye.

Turmeric powder, a result of boiling then drying and grinding down the root has a warm, bitter, black pepper-like flavor, and earthy, mustard-like aroma.

The health benefits of turmeric and curcumin (the active compound in the turmeric plant) are widely accepted as a cornerstone of Ayurvedic medicine and have been used for centuries. Curcumin has powerful anti-inflammatory effects and is a very strong antioxidant.

FUN FACTS

- From India, turmeric spread to SE Asia along with Hinduism and Buddhism-- the yellow dye is used to color the robes of monks and priests.
- Turmeric was found in a merchant's tomb in Isreal, dating to between 2600 and 2200 BC.
- Turmeric us also used as a coloring agent in cheese, butter and other foods.

Creamy Coconut Butternut Squash Soup w/ Turmeric



Prep time: 20 mins. Cook time: 35 mins.
Servings: 5-6

Turmeric is the star of this creamy fall dish, adding warm, earthy spice to a luxurious butternut squash and coconut milk soup. Green apple and pecans add texture to an easy meal that's sure to be a seasonal favorite.

INGREDIENTS

- 2 tablespoons olive oil
- 3/4 cup chopped onion
- 4 cups peeled butternut squash chunks, (1-inch pieces)
- 1 medium green apple, cored and cut into 1-inch chunks
- 1/2 cup chopped pecans, toasted
- 1/3 cup orange juice
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground nutmeg
- 1 cup chicken stock
- 1 can (13-14 ounces) coconut milk

DIRECTIONS

1. Heat oil in large saucepan on medium-low heat. Add onion; cook and stir 3 minutes or until slightly softened. Add squash, apple and pecans. Cook on medium heat 1 minute, stirring occasionally.
2. Stir in orange juice, turmeric, nutmeg and stock. Bring to boil. Reduce heat to low; cover and simmer 25 minutes or until squash is tender, stirring occasionally. Cool slightly.
3. With center part of cover removed to let steam escape, puree soup in batches in blender on high speed until smooth. Return pureed mixture to saucepan. Stir in coconut milk. Simmer for 5 minutes.
4. Ladle into soup bowls. Garnish with additional turmeric and finely chopped apples, if desired.

Golden Milk (Turmeric Milk)

Prep Time: 5 mins.
Cook Time: 10 mins.
Servings: 2

Golden Milk (turmeric milk) is at the top of the list for a healthy, healing drink. Golden milk is a mix of turmeric and dairy-free milk along with a pinch of pepper, cinnamon and maple syrup. It's a tasty drink with potent anti-inflammatory benefits!



INGREDIENTS

- 2 cups coconut milk, almond milk, or cashew milk
- 1 teaspoon ground turmeric
- 1 pinch black pepper (*black pepper makes the turmeric more bioavailable*)
- 1/4 teaspoon ground cinnamon
- 1 to 2 tablespoons maple syrup

Optional

- 1/2 tablespoon coconut oil
- Ginger
- Cardamom
- Peppercorns
- Vanilla extract or vanilla bean

DIRECTIONS

1. Add all ingredients to a pot over medium heat and bring to a simmer. Simmer for 10 minutes to let the flavors meld.
2. Pour into a cup and enjoy.

Tip: *Adding a little coconut oil will help the turmeric milk froth it up.*

Recipe Sources

Creamy Coconut Butternut Squash Soup

www.mccormick.com/recipes/soups-stews/creamy-coconut-butternut-squash-soup

Golden Milk

www.downshiftology.com/recipes/turmeric-milk-dairy-free/