

The background image shows several pieces of turmeric root and a pile of bright yellow turmeric powder on a dark, textured wooden surface. A small wooden spoon is also visible, containing some of the powder.

eBOOK

COOKING  
WITH  
Turmeric  
PASTE

# TURMERIC SALMON — with CUCUMBER YOGURT & CARROT SALAD

Serves : 2



## INGREDIENTS:

### **SALMON & ASSEMBLY**

2 fillets salmon

Sea salt, freshly ground black pepper

2-3 teaspoons SANITA's Freshly Grounded Turmeric Paste

1 tablespoon olive oil for drizzling

### **CUCUMBER-YOGURT SAUCE**

½ cup plain Greek yogurt

1 small garlic clove, grated

1 teaspoon finely grated lemon zest

1/2 teaspoon fresh lemon juice

1 cucumber, peeled, thinly sliced

Fine sea salt, freshly ground black pepper

### **CARROT SALAD**

1/4 teaspoon cumin seeds

1/4 teaspoon SANITA's turmeric paste

1 large carrot, shredded

1½ tablespoons chopped cilantro

1 tablespoon olive oil

1/2 teaspoon fresh lemon juice

Fine sea salt, freshly ground black pepper

## **PREPARATION**

**CUCUMBER-YOGURT SAUCE:** Combine yogurt, garlic, lemon zest, and lemon juice in a medium bowl. Fold in cucumber and season with fine sea salt and pepper.

**CARROT SALAD:** Toast cumin seeds in a small dry skillet over medium heat, about 1 minute. Add turmeric for the last 15–20 seconds and toast until fragrant. Combine toasted spices, carrot, cilantro, oil, and 1 tbsp. lemon juice in a medium bowl. Toss and season with fine sea salt, pepper, and lemon juice.





# Grilled Spiced Cauliflower with Turmeric Recipe

Fire up your grill / BBQ and get ready for some serious cooking with turmeric! The high heat of the grill gives this cauliflower its crisp exterior, while an earthy spice rub delivers a ton of flavour.

# Grilled Spiced Cauliflower with Turmeric



Serves 4 as a side dish | Total time: 20-30 minutes

## INGREDIENTS

### For the Spice Mixture:

- \* 2 teaspoons SANITA's freshly ground turmeric paste
- \* 2 teaspoons pink salt
- \* 1 teaspoon crushed red pepper
- \* 1/2 teaspoon ground cumin
- \* 1/2 teaspoon ground coriander
- \* 1/2 teaspoon ground ginger
- \* 1/2 teaspoon fresh garlic
- \* 1/2 teaspoon freshly ground black pepper

### For the Cauliflower:

- \* 1 head of cauliflower, trim off green leaves & cut into 3/4 inch slices. ***(When slicing the cauliflower, be sure to cut through it vertically so that the florets on each slice are held together by a portion of the core and/or stalk—you want large pieces of cauliflower so that they don't slip down through the grill grate.)***
- \* 2 tablespoons extra virgin olive oil
- \* 1 tablespoon finely copped fresh coriander leaves & its stems

## PREPARATION

### 1. For the Spice Mixture:

In a small bowl, mix together all of the ingredients.

### 2. For the Cauliflower:

Brush cauliflower all over with oil and season liberally with spice mixture.

3. [Clean](#) and [oil](#) the grilling grate. Place cauliflower on hot side of grill and cook, turning, until it is charred in spots on both sides, about 3 minutes per side. Move cauliflower to cool side of the grill, cover, and continue to cook until tender throughout, 10-15 minutes longer.

4. Transfer cauliflower to a plate, sprinkle with coriander leaves and serve.

Crisp, tender, and complex, this grilled, barbequed spiced cauliflower takes a fall staple and pushes it to the extremes of both flavour and texture.

## Why this recipe works:

- A spice mixture gives the cauliflower an earthy flavour with just a touch of heat.
- Grilling the cauliflower over direct heat first creates a lightly charred, crispy crust.
- Finishing the cauliflower over indirect heat lets it gently cook until tender throughout.

# TURMERIC TOMATO DETOX SOUP

Serves : 2

## INGREDIENTS

- \* 5 oz cherry tomatoes, rinsed and cut in halves
- \* 1 can diced tomatoes with their sauce
- \* ½ cup low-sodium vegetable stock
- \* 1 small onion, finely diced
- \* 2 garlic cloves, minced
- \* 1 tsp coconut oil
- \* 1 tsp dried basil
- \* 2 tsps SANITA's Freshly Grounded Turmeric Paste
- \* ½ tsp sea salt
- \* 1 tbsp apple cider vinegar
- \* Freshly ground black pepper
- \* Mixed seeds, nuts and a pinch of cumin powder to garnish

## INSTRUCTIONS

1. Heat the coconut oil in a sauce pan and fry the onion and garlic for one minute.
2. Add turmeric and cherry tomatoes, and cook until the tomatoes softens and leave their juices.
3. Add the tomato can, vegetable stock, apple cider vinegar and basil, bring to boil, cover with a lid and let simmer for five minutes.
4. Transfer into the blender and pulse to obtain a creamy liquid.
5. Season with salt and pepper and serve garnished with mixed seeds and nuts and sprinkle a pinch of cumin powder.







# Turmeric Spiced Kale

This spiced kale scramble is a tasty, nutritious and easy breakfast. It's spiced with turmeric which has many health benefits including reducing inflammation! You could probably whip this up in about 5 minutes!

Serves : 1

## INGREDIENTS

- \* 2 organic eggs
- \* 1 cup chopped kale
- \* 1.5 tsp Sanita's Freshly Grounded Turmeric Paste
- \* 1 tsp garlic powder
- \* 1 tbsp butter
- \* salt and pepper to taste

## PREPARATION

1. Heat the butter in a skillet. In a separate bowl whisk eggs.

2. Add chopped kale to the skillet and cook until slightly wilted. Then add whisked eggs.

3. Add turmeric, garlic powder, salt and pepper and cook.

That's about it! Pretty easy! Serve with toast if you want.



# Turmeric Marinated Lamb Chops with Garlic Hinted Yogurt

Serves 4

These quick-cooking lamb chops make dinner feel instantly fancy.

## INGREDIENTS

- \*  $\frac{3}{4}$  teaspoon SANITA's Freshly Grounded Turmeric Paste
- \*  $1\frac{1}{2}$  cups whole-milk plain Greek yogurt
- \* 2 tablespoons fresh lemon juice
- \* 2 garlic cloves, finely grated
- \* Kosher salt, freshly ground pepper
- \* 2 teaspoons ground cumin
- \* 1 teaspoon ground coriander
- \*
- \*  $\frac{1}{4}$  teaspoon ground allspice
- \* 2 pounds rib, shoulder, or loin lamb chops, frenched if desired
- \* 2 tablespoons vegetable oil, divided

## PREPARATION

Combine yogurt, lemon juice, and garlic in a medium bowl; season with salt and pepper. Transfer  $\frac{1}{2}$  cup yogurt mixture to a small bowl and set aside for serving. Stir cumin, coriander, organic turmeric paste, and allspice into remaining yogurt mixture.

Season lamb chops with salt and pepper. Using your hands, evenly coat all sides of chops with spiced yogurt mixture (avoiding the bone if they are frenched). Let chops sit at room temperature 30 minutes, or cover and chill up to 12 hours.

Heat 1 Tbsp. oil in a large skillet over medium-high. Wipe off excess marinade from lamb chops and cook half until nicely browned, about 3 minutes per side (the yogurt in the marinade will help them take on color quickly). Remove chops from skillet and pour off fat (no need to wipe it out). Repeat with remaining 1 Tbsp. oil and remaining chops

Serve lamb chops with reserved yogurt mixture alongside.





## Turmeric—Honey Pork with Beet and Carrot Salad

4 servings

A little honey in the marinade helps these cutlets caramelize, guaranteeing they'll be nicely browned despite the super-short cooking time.

### INGREDIENTS

- \* 1¼ pounds boneless pork shoulder, fat trimmed to ¼ inch, cut into 4 pieces
- \* Kosher salt and freshly ground black pepper
- \* 2 garlic cloves, finely grated
- \* 1½ teaspoons SANITA's Freshly Grounded Turmeric Paste
- \* ½ cup plain whole-milk yogurt
- \* ¼ cup honey
- \* 2 tablespoons (or more) fresh lemon juice, divided
- \* 2 tablespoons vegetable oil
- \* 3 small beets, scrubbed, thinly sliced
- \* 3 small carrots, preferably with tops, tops reserved, carrots scrubbed, cut on a diagonal
- \* 2 tablespoons finely chopped fresh chives
- \* 2 tablespoons olive oil
- \* Flaky sea salt

### PREPARATION

Pound pork between 2 sheets of plastic wrap to ¼" thick; season with kosher salt and pepper. Whisk garlic, turmeric, yogurt, honey, and 1 Tbsp. lemon juice in a small bowl; season with kosher salt and pepper. Place cutlets in a large resealable bag. Add yogurt mixture, seal bag, and toss to coat. Let sit at least 10 minutes.

Remove cutlets from marinade, letting excess drip off. Heat 1 Tbsp. vegetable oil in a large skillet over medium-high; cook 2 cutlets until browned and cooked through, about 2 minutes per side. Transfer pork to a platter. Wipe out skillet; repeat with remaining cutlets and 1 Tbsp. vegetable oil.

Toss beets, carrots, carrot tops (if using), chives, olive oil, and remaining 1 Tbsp. lemon juice in a small bowl. Season with kosher salt, pepper, and more lemon juice, if desired. Serve pork topped with salad and sprinkled with sea salt.

**NOTE:** Pork can be marinated 12 hours ahead. Chill.