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Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at
Bins and Bins
at 107 Shirreff Ave.,
North Bay, ON.

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Spice Club

SEPTEMBER
2022:
TURMERIC



THIS MONTH'S SPICE: TURMERIC

GARLIC TURMERIC RICE

INGREDIENTS

- 2 tbsp unsalted butter or coconut oil
- 1/2 medium onion finely diced
- 4 cloves garlic minced
- 1 tsp turmeric ground
- 2 cups basmati rice or your choice of long-grain rice, rinsed and drained
- 3 cups chicken stock or vegetable stock
- 1/2 tsp salt or to taste
- 1/4 tsp black pepper or to taste

INSTRUCTIONS

1. Heat butter over medium heat, until completely melted and bubbling. Add onion and garlic and sauté for about 2 minutes, or until fragrant. Add turmeric and stir to incorporate. Mix in the rice until the grains are evenly coated.
2. Add stock, salt, and pepper over the mixture and stir to combine. Bring to a boil, cover, then reduce the heat and simmer for 15 minutes. Remove from heat, and set aside for at least 5 minutes before fluffing the rice with a fork. Enjoy!

This recipe came from Cookeru
(<https://www.cookerru.com/>)

DID YOU KNOW?

Turmeric is a rhizome (the part of the root system that grows off the primary tuber) and is a member of the ginger family.

Turmeric has antiseptic and preserving qualities and has been used as a colouring agent since 600 BCE.

Turmeric combines well with many other spices and herbs and is often found in traditional spice blends such as curry powders and masalas.

(from The Spice Bible by Jane Lawson and The Spice and Herb Bible 3rd Ed. by Ian Hemphill)