

FIND MORE RECIPES AT THE NBPL!

Check out these resources for more recipes and information about spices!

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.

bins & bins

Tell them the NBPL sent you! Receive 10% off your purchase at Bins and Bins when you mention our Spice Club!

SHOW US WHAT YOU'VE MADE!

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Spice Club

OCTOBER 2026: TURMERIC



THIS MONTH'S SPICE: TURMERIC

CAULIFLOWER CURRIED NOODLE SOUP

INGREDIENTS

- 1 large white onion finely diced
- 1 red chilli
- Thumb sized piece ginger finely chopped
- 4 cloves garlic minced
- 400 ml tinned coconut milk full fat works best
- 400 ml veg stock made with boiling water and stock cube
- 1/2 tsp salt
- 1 tbsp tamari optional

For the filling:

- 1 large cauliflower
- 300 g noodles I used amoy medium noodle, swap for udon
- 100 g Tenderstem around 6-7 stems

Spices:

- 1 tsp turmeric
- 1 tbsp cumin
- 1/2 tsp ground coriander
- 1 tsp paprika
- 1 tsp chilli flakes to garnish
- 1/2 lime juice squeezed

INSTRUCTIONS

- Add a drizzle of olive oil to a deep frying pan and add the finely chopped onion, ginger and chilli and fry for 4 minutes
- Add the minced garlic and fry for a further minute
- Toss in the chopped cauliflower florets, squeeze in the lime juice then add the spices and stir through for 3-4 minutes (add the tamari if using)
- Pour in the stock and coconut milk and leave to simmer for around 10 minutes
- Add the medium noodles (or udon depending on what you're using) and tenderstem, leave for heat for a further 4 minutes before serving up
- Season generously, give a taste test adding any more spices if necessary (you might need a little more paprika for colour)
- Sprinkle with chilli flakes and enjoy!

This month's recipe is from https://lucyandlentils.co.uk/

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)

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