

## Did you know...

A relative of ginger, turmeric is common in Indian, Middle Eastern and South Asian cuisines. It's golden yellow colour has also made turmeric popular for dyes, as well as cosmetic uses.

Turmeric is also known for its anti-inflammatory properties. Turmeric appears in many curry, soup, and marinade recipes.

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## Spices are purchased locally from The Bulk Zone

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# TBPL Spice Club



## Spice of the Month: Turmeric

# Red Lentil Soup

## Ingredients

- 2-3 hot Italian sausages (can be omitted to be vegetarian)
- 1 onion, chopped
- 2-3 carrots, chopped
- 3 garlic cloves, minced
- 2 tsp turmeric
- 2 tsp cumin
- 1/4 tsp cayenne pepper (optional)
- 8 cups vegetable broth
- 2 cups water
- 2 cups red lentils
- Kale, chopped (as desired)
- 1/4 cup parsley, chopped

## Directions:

- If using sausages, remove from casing and fry until cooked
- Add olive oil to the pot, fry onion, carrots and garlic for 3-5 min.
- Add spices, cook 1 min.
- Add broth and water and bring to a boil, simmer for 30-45 min.
- Add lentils and bring back to a boil, simmer for another 20 min.
- Add kale, allow to cook/wilt. Add parsley and serve.



## Golden Milk

In a saucepan, warm up 2 cups of milk over medium heat. Add 1 tsp turmeric, 1 tsp ginger, and a dash of black pepper. Whisk well. Bring to a simmer and continue to stir. Turn off heat and cover for 10 min.

Enjoy!



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