



# Spice Library

August - Turmeric

## Turmeric-Spiced Coconut Rice

### Ingredients:

- 1 cup basmati rice
- 1 cup water
- 1/2 tsp turmeric
- a dash of salt.
- 1 cup coconut milk

Instructions: Combine rice (rinsed), turmeric, coconut milk, water, and salt in a pot. Bring to a boil, then simmer covered for 15 minutes.

Serve: Add in veggies, beans, or lentils! Pair it with Indian-style chicken, lamb, or beef kababs!

Level Up: Try toasting the rice before cooking or adding a dash of lime juice to bring out the flavor!



# August - Turmeric



Turmeric is overwhelmingly earthy and bitter, almost musky, with a bit of peppery spice.

## Worldly Uses:

- The Haldi ceremony or gaye holud—meaning yellow on the body—is a wedding tradition in Indian culture where friends and family apply turmeric paste onto the face and hands of the bride and groom. This ceremony symbolizes giving blessings, good luck, and purity.

## Golden Spice

- Indian turmeric, also known as the “Golden Spice” is prized globally for its high curcumin content, offering anti-inflammatory and antioxidant benefits that support joint health, skin, and immunity.

## Sub-In For Saffron

- Turmeric is an affordable substitute for saffron’s golden color. Combined with paprika, it can better replicate saffron’s color and flavor in some dishes.



# What is the Spice Library?

Visit the Pittsburg Public Library each month to pick up the Spice of the Month and a featured recipe by Heather Horton, chef and owner of TOAST in downtown Pittsburg. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at the Patron Services Desk at the Library, with one per family per month, while supplies last. For more information, please call the Pittsburg Public Library at 620-231-8110.

Special thanks to Chef Heather Horton and our friends at TOAST Restaurant!

