



Flower

Turmeric Roots

Leaf
Rhizome

Natural Botanicals

FOR THE PROPER-USE HIGH-CURCUMIN TURMERIC

Eggs

Soups

TURMERIC USAGE

Soups	1/4 to 1/2 tsp. per pot
Stews	1/2 to 1 tsp. per pot
Eggs	Pinch to 1/8 tsp.
Roasted Vegetables	1/2 tsp. per pan toss with oil first
Rice & Grain	1/4 tsp. per cup stir into oil first
Mac & Cheese	1/8 to 1/4 tsp.
Salad Dress	1/4 tsp. per cup

Stews

Roasted Vegetables

Roaste Vegetables

Dressings

Purveyors Of Fine Herbs & Spices For The Culinary Artist.

PREMIUM SEASONINGS

Historic Smithfield Va. Home Of The World Famous Smithfield Ham.



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Turmeric Root



Turmeric in Baking



A DOMESTIC GUIDE
for
THE PROPER PREPARATION
OF TURMERIC ROOT

Turmeric in Frying & Saute



Add early to oil or fat.



Catoom

with onions.
bloom with onions, garlic or vegetables.

Turmeric at the Finish



Blend small amounts in milk, yogurt, or coconut milk.



Blend with fats.



Turmeric as a Rub or Sprinkle

Rub into meats with oil, or lightly sprinkle at the finish for aroma.



SODA FOUNTAIN FEATURE

Blend small amounts in milk, yogurt, or coconut milk.



A modern adaptation of old pharmacy tonics.

FRESH ROOT
Stronger & moist.
Peel & grate like ginger.

