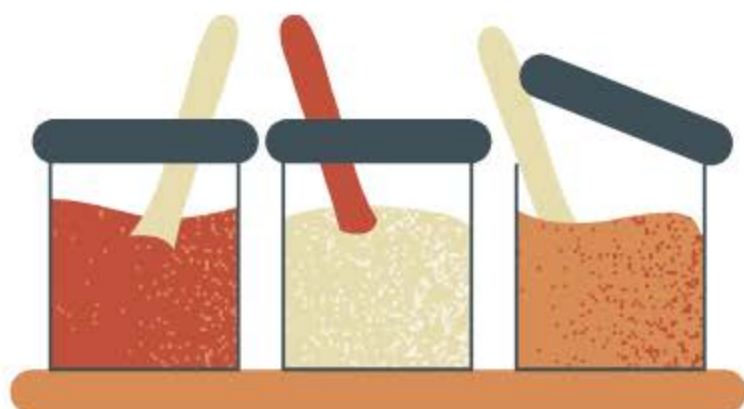


SPICE OF THE MONTH CLUB:  
TURMERIC

# TURMERIC PASTA

SERVINGS: 1  
TOTAL TIME: 8 MINS



## INGREDIENTS

- 1 pound spaghetti
- 2 tablespoons unsalted butter
- 1 large shallot, thinly sliced
- 2 garlic cloves, thinly sliced
- Kosher salt and black pepper
- 1 ½ teaspoons ground turmeric
- 1 cup half-and-half
- 2 cups lightly packed grated Parmesan (about 4 ounces)
- 4 tablespoons finely chopped fresh parsley or chives

## DIRECTIONS

1. Cook spaghetti according to package instructions. Reserve 1 cup pasta cooking water and drain.
2. Meanwhile, melt butter in a large saucepan over medium heat. Add shallot and garlic, season with salt and pepper and cook, stirring, until golden-brown, 3 to 4 minutes. Add turmeric and stir to toast, about 30 seconds. Slowly whisk in the half-and-half then bring to a simmer.
3. Whisk in the 2 cups Parmesan, then add the cooked spaghetti and all of the reserved pasta cooking liquid and toss to coat. Serve with chopped parsley and more Parmesan.

# HISTORY OF TURMERIC



The yellow color in many Indian, Thai, and Asian dishes and spice blends is often a result of the turmeric spice. It is also known as "Indian saffron" since the spice is native to India and imparts the same color as saffron. Both fresh turmeric root and dried, ground turmeric powder are used in cooking. In addition to being used across Asia, it is also found in Middle Eastern cooking. Turmeric roots and powder are available year-round.

Turmeric is a spice that comes from the root of the turmeric plant. This flowering plant is part of the ginger family and is native to Southeast Asia and the Indian subcontinent. The roots of the plant are used in cooking. The fresh root is oblong and knobby, similar to ginger root. Dried, ground turmeric is a yellow powder that can vary widely from deep yellow-orange to bright yellow, depending on the variety. Turmeric is a typical ingredient in curries and a component of curry powder. It is suitable for gluten-free, vegan, vegetarian, and paleo diets.

Turmeric has an earthy aroma and pungent, slightly bitter flavor that has a hint of mustard or horseradish. It's not a particularly distinct or pleasant taste. Cooks say that it brings out the overall flavors of the dishes it is added to, as well as giving them a yellow color. A touch of bitterness adds a dimension to dishes. This may be why it is often included in spice blends (like curry powder) or only used in combination with other spices.