



Fact Sheet Turmeric Paste

The best way to get the health benefits of turmeric is to use it regularly in your cooking. Pure Food Essentials Turmeric Paste is *the* convenient, mess-free way to cook with whole turmeric. Fresh, whole turmeric roots are peeled, pureed, pickled and bottled. Use Turmeric Paste in your marinades, stir-fries, stews, curries, meat rubs and soups. The sharp tones of vinegar and citric acid are cooked off in the heating, and what remains is the earthy, characteristic flavour of turmeric. For ways to use turmeric in your cooking, go to the Blog and Recipes pages on the Pure Food Essentials website.



- Developed by Pure Food Essentials as an answer to 'The Mess of the Fresh'. The characteristic oily pigment in turmeric has a habit of sticking to everything it touches....fingers, chopping board, knife, peeler and grater.
- The same convenience as garlic and ginger in a jar.
- Available in 275 g and 700 g jars
- Having Turmeric Paste available means that you can give your family a healthy dose of turmeric daily. It's by far the cheapest and easiest way to gain the health benefits and earthy flavour of turmeric.
- The health benefits of turmeric (*Curcuma Longa*) are undeniable. (Refer to Turmeric Fact sheet)
- Including turmeric in the regular daily diet is by far the cheapest and most effective way to gain from turmeric's fantastic health benefits.
- The people of India, Sri Lanka, the Middle East, African nations and Pacific islands use turmeric in their diet regularly.
- Fresh turmeric is traditionally grown in tropical climates and used fresh when it's in season or pickled or powdered to ensure availability throughout the year.
- Our Turmeric Paste is produced under licence in India. The freshly harvested turmeric rhizomes have been peeled, pureed, pickled and bottled.
- Turmeric Paste has a long shelf-life, but should be refrigerated once opened.
- Our paste is a blend of turmeric rhizomes (90.5%), with vinegar, sunflower oil, citric acid and salt (Added for stability without the need for chemical additives and stabilisers).
- Turmeric thrives in a wet, humid environment. However, fresh turmeric is not always available, and it's a messy spice to use.

- Substitute Turmeric Paste (1:1) in any recipe that calls for either fresh turmeric or turmeric powder.
- The sharp tones of vinegar and citric acid are cooked off in the heating, and what remains is the earthy, characteristic flavour of turmeric.

Cooking with Turmeric Paste

- We recommend adding Turmeric Paste in the beginning stages of your dish for the fullest flavour.
- For soups, add the Turmeric Paste as you prepare the base, after sautéing the basic vegetables or meats.
- Toss a generous spoonful of Turmeric Paste to stews and stir fries.
- The earthy taste of turmeric goes really well with pork, fish and chicken.
- Add Turmeric Paste to your marinades.
- Add Turmeric Paste to the beginnings of stir fries, after onions and garlic and ginger have softened a little and before adding the main ingredients.
- Curries traditionally begin with whole spices, then chopped ginger, (and chopped turmeric), garlic and onions, followed by dried spices. Add the Turmeric Paste just before the dried spices to ensure a well-rounded base for the main ingredients.

Recipes using Turmeric Paste developed for us by local chef, Matt Yurko

- Sweet Potato, Coconut and Turmeric Soup (Courtesy of Matt Yurko)
<https://www.purefoodessentials.com/recipes/our-recipes/vegan-recipes/sweet-potato-coconut-and-turmeric-soup/>
- Hervey Bay Scallops with Turmeric Citrus Butter (Courtesy of Matt Yurko)
<https://www.purefoodessentials.com/recipes/our-recipes/meat-seafood/hervey-bay-scallops-with-turmeric-citrus-butter/>
- Mango Jam (courtesy of Matt Yurko)
<https://www.purefoodessentials.com/recipes/our-recipes/vegan-recipes/mango-jam/>