



Everything Herbal

by Cheryl Jabz

Turmeric Flavor & Common Uses

The Golden Spice

Turmeric has a warm, earthy, slightly bitter flavor with mild peppery and mustard-like notes. It adds a rich golden color to foods and drinks, along with a distinctive, grounding taste that pairs beautifully with both savory and sweet ingredients.



1. Curries and rice dishes



2. Soups and stews



3. Golden milk and herbal tea



4. Smoothies and wellness drinks



5. Roasted vegetables



6. Marinades, dressings,
and spice blends



7. Egg dishes and
savory breakfasts



8. Baking and
wellness tonics



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Turmeric is commonly used in cooking and wellness routines.
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