

हलदी (Haldee, Hindi), Safran
des Indes (French), ቆላፎን
(Haḷadara, Gujrati), Manjano (Swahili),
Huruud (Somali),
姜黄 (jiānghuáng, Mandarin)



Turmeric

a taste of Asia on the Floridian table

Turmeric is a type of ginger native to India and Southeast Asia. The root has been used for food, medicine, and ritual for nearly 5000 years. It spread to Europe through ancient trade routes, and Europeans brought it to the Americas during the colonial period. Yet, turmeric did not gain significant popularity in the U.S. until the 20th century when increased immigration from Asia called attention to its nutritional and medicinal qualities. Today turmeric is not only grown commercially throughout the United States, gardeners in Florida are growing turmeric to shady areas in home gardens and as a flowering ornamental in edible landscapes.

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culinary history, visit
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**Women preparing for pasting
turmeric oil mixed with milk on
bride's feet and body**



MAHARANI CURRY

70
MINUTES
TOTAL

4
TOTAL
SERVINGS



INGREDIENTS

2 1/2-pound chicken or tofu cut up
1/4 cup butter or margarine
1 1/2 cup minced onion
1/2 clove garlic, peeled and minced
1 1/2 teaspoons ground ginger
1 cup diced fresh tomato
1 teaspoon salt
2-inch cinnamon stick

3-4 dashes medium or hot
curry powder
Seeds from 1 small cardamom pod
1 teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon paprika
1/3 cup plain yogurt

1 teaspoon crushed red
pepper flakes
1 cup coconut flakes, fresh
or dried
1/2 cup currants
1/2 cup yellow raisins

DIRECTIONS

1. Melt the butter or margarine in a large skillet with a tight-fitting lid.
2. Sauté the chicken until nicely browned all over - 10 to 15 minutes, and remove.
3. Add the onion, garlic, and ginger and sauté until golden; about 10 minutes.
4. Add the tomato, salt, curry powder, cinnamon stick, cardamom seeds, turmeric, cumin, paprika, and red pepper flakes; cover and cook over low heat 3 minutes.
5. Stir in the yogurt until well blended.
6. Add the chicken or tofu and simmer, covered, turning occasionally, 30 to 40 minutes.
7. Arrange on a platter and spoon on sauce. Garnish with cilantro or parsley.

Recipe adapted from Phelts, Marsha Dean. 2008. *The American Beach Cookbook*. University of Florida Press. pg. 170-172

FACTS

Turmeric has been used as food and medicine in India and Indonesia for 5000 years. It spread out of India and east into Asia with the expansion of Hinduism and Buddhism. Turmeric made its way to the Middle East, Europe and North Africa through ancient trade. It is mentioned in Assyrian cuneiform medical texts from the 7th century BC, and it was found in a 2000 year old tomb in Israel. Turmeric was referred to as 'Indian saffron' in medieval Europe because it colored food yellow. It was brought to Jamaica by Europeans in 1700.

Turmeric is rich in calcium, magnesium, and potassium.

SF SANTA FE
COLLEGE

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