

GOLDEN PASTE

Ingredients:

1. ½ cup organic turmeric powder
2. 1 cup filtered water (plus extra if needed while cooking)
3. 1/3 cup raw, cold pressed and unrefined oil (you can use coconut, flaxseed oil or macadamia oil. Extra virgin olive oil will also work, but has a stronger flavour, so depends what you want to pair it with)
4. 3-4 tsp freshly finely ground black pepper



Method:

1. Place turmeric and water in a saucepan, and stirring over gentle heat until you have a thick paste. This should take about 7-10 minutes and you may need to add additional water along the way if the turmeric powder soaks up the water quickly.
2. Add the pepper and oil AT THE END of cooking, remove from heat. Stir well (a whisk is ideal) to incorporate the oil well and then allow to cool.
3. Transfer into a glass jar and store in the fridge.

Golden paste will keep for 2 weeks in the fridge and also freezes well.

The addition of oil and black pepper both serve to enhance the absorption of the active ingredients, but if you are sensitive to the pepper you can reduce or omit, but realise that you won't absorb as much of the active ingredients.

Start with smaller doses and build up as you tolerate it.

Turmeric has a fairly short half life, which means you will benefit from taking a moderate dose 2-3 x daily rather than one big dose, once a day.

How to Use Golden Paste in Cooking:

You can add this spicy golden mix into a range of recipes. It can be added to smoothies, yoghurt, dips, soups, egg dishes and curries.

This paste works well for **Golden Milk** (turmeric latte). Simply add 1 teaspoon of paste to 1 cup of heated milk of your choice (eg. almond, coconut or cows milk), add ½ teaspoon of honey or more to taste and mix until well combined. You can also add other spices such as ginger and cinnamon for a flavour twist.