

Turmeric Powder

3 lbs will fill 3 small trays*

[Live.Life.Simple's: Make Your Own Turmeric Capsules with Freeze Dried Turmeric Powder](#)

Ingredients:

Fresh or Raw
Turmeric Rhizomes



Directions:

1. Soak Turmeric for 20 minutes to help wash the skins, or you can skin, use a soft bristle brush to scrub the dirt off.
2. Place rhizomes in food processor and pulse until finely minced (the finer the better it will powder after freeze drying) (turmeric will stain)
3. Spread evenly across parchment lined trays
4. Freeze Dry
5. Powder in a food processor
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 31 hours

Rehydration: Not intended. Use in recipes or capsules



www.freezedryingcookbook.com

Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray