

# Turmeric Powder

*This recipe has a volume of 12-15 Cups before freeze drying*



## Ingredients

**Fresh Or Raw** Turmeric Rhizomes

3 lbs of Turmeric Rhizomes will make about 15 Cups of minced turmeric

## Directions:

1. Soak the turmeric in water for 20 minutes to loosen dirt and wash the skins. Alternatively, peel the turmeric or scrub it with a soft-bristle brush.
2. Cut the rhizomes into smaller pieces and place them in a food processor. Pulse until finely minced. The finer the mince, the easier it will be to powder after freeze drying. (Be aware that turmeric can stain surfaces and hands.)
3. Spread the minced turmeric evenly on parchment-lined trays, ensuring a thin, even layer for optimal drying.
4. Freeze dry until completely dry and brittle. (my cycle time was 31 hours)
5. Transfer the freeze-dried turmeric to a food processor or blender and grind it into a fine powder.
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended. Use this powder in recipes as is.

## Notes:

Turmeric is packed with health benefits, thanks to its anti-inflammatory and antioxidant properties, primarily from curcumin. Once freeze-dried and powdered, it can be used in smoothies, teas, soups, or homemade spice blends. You can also make your own turmeric capsules for easy daily supplementation. For better absorption, pair turmeric with black pepper.

## Nutritional Value Per 1 tsp

Calories: 8 Protein: 0.3 g Fat: 0.1 g Carbohydrates: 1.4 g Iron: 3% DV Manganese: 17% DV