



turmeric, ginger and cinnamon

Spices that can help benefit your health.

Steamed PEI Mussels in Coconut Turmeric Sauce

Yields: 2 Entrees or 4 Appetizers

Ingredients

4 lbs of farm fresh Mussels*	2 Tablespoons Turmeric
1 Small Leek, – sliced thinly	½ Teaspoon Honey
2-3 Thai Chilies – crushed and chopped	1 Cup Roasted Diced Sweet Potato
1 Can coconut milk	1/2 Lime
1 Bay Leaf	1 Cup Water
1 tablespoon Garlic – grated	Cilantro for Garnish, chopped
1 Tablespoon Fish Sauce	Salt & Pepper to taste
1 Teaspoon Sesame Oil	

**Mussels will come with a “beard”, a bristle like string attached to each mussel. Remove the beard before cooking by holding the shell firmly and pulling the beard back towards you.*

Directions

- In a saucepan put the garlic, Thai chilies onions, and sesame oil on medium heat and cook until onions are clear.
- Add the can of coconut milk along with the water, bay leaf, turmeric, honey and fish sauce to the pan and bring the heat up to high.
- Once the sauce is near a boil, add the mussels and put a lid on the pan.
- It should take about 8-10mins to fully steam the mussels.
- To finish off remove the bay leaf and squeeze the lime over the opened mussels.
- Toss in the sweet potato and top with cilantro.



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ANTI-INFLAMMATORY TURMERIC TAHINI DRESSING

(AKA: Yummy Good for You Dressing)

Ingredients

¼ Cup Tahini

1 Tablespoon Apple Cider Vinegar

1 Tablespoon freshly squeezed Lemon Juice

1 Tablespoon Tamari

1 teaspoon fresh Ginger, grated finely on a micro-plane, or ½ teaspoon ground ginger

1 teaspoon Turmeric

2 small cloves Garlic, grated on a micro-plane or finely minced (optional)

½ teaspoon Maple Syrup

⅓ Cup Water

Directions

- Whisk or blend all ingredients together.
- Dressing will keep for up to 5 days in an airtight container in the fridge.
- This is also a great dip for veggies, as a snack!



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ORANGE CINNAMON BEEF STEW

Yields: 4-6 servings

Ingredients

2 lbs grass-fed Beef stew meat (cut into 1" cubes and patted dry)

Salt & Pepper to lightly season the beef

2-3 Tablespoons Coconut Oil, for cooking

1 medium Onion, diced

1 Carrot, diced

1 Celery stalk, diced

2 cloves Garlic, Grated

1 Orange: Juice and Zest (about ½ cup of juice)

¼ Cup Balsamic Vinegar

4 Cups Water

1 teaspoon Salt

1 teaspoon Black Pepper

2 teaspoons Ground Cinnamon

2-3 Bay Leaves

1 Tablespoon fresh Rosemary, finely chopped

1 Tablespoon fresh Thyme, finely chopped

2 teaspoons fresh sage, finely chopped

Directions

- Preheat oven to 350F
- Heat the coconut oil in a large Dutch Oven set over medium-high heat. Add the pieces of meat in a single layer, taking extra care to leave a good amount of space between them. Sprinkle with salt and pepper and sear the pieces of meat until they get nice and golden brown on all sides. Remove to a plate.
- Once all the pieces of meat have been browned and removed to a plate, add the onions, carrot, celery and garlic to the Dutch oven and cook until fragrant.
- Deglaze well with the orange juice then add zest, balsamic vinegar, water, salt, pepper, cinnamon and Bay leaves.
- Place in the oven and bake for about 2 hours to 2½ hours, until the meat is super tender and almost falls apart.
- Stir in rosemary, thyme and sage and cook for an additional 10-15 minutes.
- Serve over Spaghetti Squash.
- Serve immediately (add a little drizzle of extra-virgin olive oil for a yummy boost of healthy fat)



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Ginger Crème Brûlée

Ingredients

For Custard:

2 cups whipping cream

½ cup sugar

2 tablespoons gingerroot: chopped, peeled

1 vanilla bean, split lengthwise

5 large egg yolks

For Crème Brûlée:

12 teaspoons sugar

Directions

Make custard:

- Preheat oven to 325°F Place six ¾-cup ramekins in 13 x 9 baking pan.
- Mix cream, sugar and ginger in heavy medium saucepan. Using small sharp knife, scrape seeds from vanilla bean. Add seeds and bean to saucepan. Stir over medium heat until sugar dissolves and mixture comes to simmer. Cover pan, reduce heat to very low and simmer gently 10 minutes to infuse flavors.
- Strain into large measuring cup. Whisk yolks in medium bowl until well blended. Gradually whisk in hot cream mixture just to blend. Return custard to measuring cup; divide among dishes. Pour enough hot water into pans to come halfway up sides of dishes. Carefully transfer pans to oven.
- Bake custards until almost set in center when pans are gently shaken, 35 minutes. Using metal spatula, transfer custards in dishes to work surface; cool 30 minutes. Chill at least 3 hours and up to 2 days.

Make Crème Brûlée:

- Sprinkle 2 teaspoons sugar evenly over each custard. Working with 1 custard at a time, hold blowtorch so that flame is 2 inches above surface. Direct flame so that sugar melts and browns, about 2 minutes.
- Garnish crème brûlees with fruit (kiwi, strawberries, raspberries, blueberries).



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Golden Milk

Ingredients

1 ½ Cup non-dairy milk of choice, try coconut or almond milk

1 teaspoon turmeric powder (or 1 inch piece fresh turmeric root, peeled and grated)

1 teaspoon Cinnamon

¼ teaspoon ground Ginger (*or ½ inch piece fresh ginger root, peeled and grated*)

pinch of freshly-ground peppercorns

sweetener to taste, try 1 tsp of maple syrup, raw honey, agave or some organic stevia drops

optional: 1 tsp coconut oil

Directions

- Blend all ingredients until smooth and frothy.
- Gently simmer in a small pot for 5-10 minutes.
- If using fresh turmeric and ginger, strain before drinking.



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Golden Paste

Golden paste is a turmeric-based paste that taken orally provides health benefits to humans as well as animals (dogs and horses). Turmeric, known for its anti-inflammatory properties and used medicinally for over 4,000 years, is excellent for arthritis, skin health, digestion, immune system, and even cancer.

This recipe may be used for humans as well as animals.

Ingredients

½ Cup Turmeric powder

1 Cup water PLUS 1 cup water in reserve, if needed

½ Cup one of the following oils: Raw (unrefined) Cold Pressed Coconut Oil, Linseed (flaxseed) oil or Virgin/Extra Virgin Olive Oil

2-3 teaspoons freshly ground black pepper

Directions

- Bring the turmeric and water to a boil, then lower the heat and simmer until you have a thick paste. This should take about 7-10 minutes and you may need to add additional water along the way.
- Add the freshly ground pepper and oil at the end of cooking, when the turmeric and water mixture has cooled down to just warm. Stir well to incorporate the oil and allow to cool.
- Omit pepper if you cannot tolerate it. The absorption of turmeric will still be improved by cooking the paste AND by the inclusion of oil, BUT remember it will be less effective without the pepper.
- The Golden Paste will keep for 2 weeks, refrigerated
- Freeze a portion if you think you have too much to use within two weeks.
- Use for Golden Milk, Smoothies, stir into Yogurt, add to your dinner plate as a condiment.