Culinary Spices/Herbs

Cha Chi Ming educational series 3/21/2025

Debra G Bell, MD

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

For thousands of years, culinary herbs have been part of societies across the globe not only for flavor but for medicinal purposes

UW Medicine

OSHER CENTER FOR INTEGRATIVE HEALTH

Turmeric Paste

Turmeric paste recipe
½ cup of water
¼ cup of turmeric
Heat stirring constantly for 7-9 minutes
(Heat helps to make it bioavailable to the body.)
Add black pepper to enhance the absorption of turmeric in your body.
. Add more water as necessary for smoothness of paste.to a thick pudding consistency.
Store in a glass container for up to 21 days in the refrigerator.
Use by the teaspoon in soups, yogurt, eggs, anything you choose

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

Golden Milk.

1 teaspoon of turmeric paste
1 cup of heated non dairy milk
1 teaspoon maple syrup or other natural sweetner (optional)
½ teaspoon of sesame oil (can use other healthy oil)(optional)

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH

Turmeric recipes from other cultures

Turmeric Rice: Rice is cooked with turmeric, black pepper, and aromatic spices like cumin in oil or ghee. This staple side dish in South Asian cuisine pairs well with curries and dals.
https://www.youtube.com/watch?v=92XTOdQynO4

Khichdi: A South Asian porridge made with lentils, rice, and turmeric, often tempered with ghee or oil and spices (including ginger and garlic), enhancing the curcumin's absorbability.
https://www.youtube.com/watch?v=b3fOFANHExM

Turmeric Pickles: A tangy condiment made with fermented turmeric and vinegar. Popular in Iraqi and Yemeni cuisines, the fermentation and acid enhance curcumin bioavailability.
https://www.youtube.com/watch?v=d99gN2o1j_s

Credit: Kelly Morrow MS, RDN, FAND

Ways to add Ginger to your Diet

- **Ginger tea**

2 inches of fresh ginger root - score or roughly cut

add to 4 cups water

Bring to boil and simmer for 10 minutes

Can Add lemon and honey to taste if desired

- **Homemade ginger ale**

Once cooled, can add some carbonated water for a homemade ginger ale

- Eat pickled ginger as a condiment
- Add chopped or grated ginger to soup and stir-fried vegetables
- Use fresh or powdered ginger in salad dressings

Ways to include Cinnamon in your diet

Use Ceylon Cinnamon rather than Cassia Cinnamon

Cinnamon Tea - Homemade Simmer 1-2 cinnamon sticks in water covered for 10-15 minutes. Or, can get prepared teabags, also often blended in Chai mixes and other tea for digestion.

Can add ½-1 teaspoon of ground cinnamon to coffee or other tea or a warm cup of milk - preferably plant based or make a latte by blending into frothed milk

Can add cinnamon instead of sweetener :

Incorporate into Breakfast Foods

Season Fruits and Vegetables

Include in Baking or Cooking

- Use **1–2 teaspoons** of cinnamon in recipes for muffins, granola, or energy bites.
- Add to savory dishes like curries, stews, or chili for a warm, aromatic flavor.

UW Medicine
OSHER CENTER FOR INTEGRATIVE HEALTH