

Creative Cooking

DR. HELEN STODDART DDCC000025

SEASON 3
EPISODE 1
TURMERIC TIME!



GOLDEN MILK

INGREDIENTS

- 1 ½ cups coconut milk (canned is best, but carton or homemade works too)
- 1 ½ cups unsweetened plain oat milk
- 1 ½ tsp ground turmeric
- 1 tsp freshly grated ginger
- 2 tsp vanilla
- 1 whole cinnamon stick (or ¼ tsp ground cinnamon)
- 2 Tbsp coconut cream
- 2 Tbsp maple syrup, coconut sugar, or stevia to taste

INSTRUCTIONS

Add coconut milk, oat milk, turmeric, ginger, vanilla, cinnamon, coconut cream, and maple syrup in a small saucepan.

Whisk to combine over medium heat. Heat through, but not to boiling – about 4 minutes – whisking frequently.

Turn off the heat and taste to adjust the flavor. Add more sweetener to taste or more turmeric or ginger for intense spice and flavor.

Serve immediately. You can use a fine mesh strainer when serving to strain out the ginger for a creamy texture, dividing between cups and leaving the cinnamon stick behind.

Best when fresh, but leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on stovetop.

TOFU SCRAMBLE

INGREDIENTS

- 1 pkg of organic, extra-firm-tofu, drained and crumbled
- 2 large garlic bulbs, minced
- ½ chopped yellow onion
- ½ tsp turmeric
- ½ tsp salt
- 2 Tbsp nutritional yeast flakes
- ½ tsp ground garlic
- 2 small tomatoes, chopped including skin and seeds
- ½ tsp black salt
- 2 cup fresh spinach
- water, as needed
- 4 large leaves of fresh basil

INSTRUCTIONS

In a nonstick pan, dry sauté garlic and onions until translucent, about 2-3 minutes, being careful not to burn the garlic, adding 1-2 tsp of water to prevent scorching.

Add crumbled tofu, turmeric, salt, nutritional yeast, and ground garlic. Sauté for about 5 minutes.

Add tomatoes and continue to sauté for 1-2 minutes.

Sprinkle with black salt and toss to mix.

Add spinach and toss to wilt.

Lastly, add fresh basil and toss to infuse its flavor for 1 minute.

Serve hot!

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JACOB'S STEW

INGREDIENTS

- 2 cups red lentils
- 3 ¾ cups water
- 3 garlic cloves, grated
- ¼ tsp fennel seeds
- ¼ tsp cumin seeds
- 5 fenugreek seeds
- 1 vegan chicken bouillon cube
- 2 carrots, coarsely chopped
- 1 tsp turmeric
- 1 tsp lemon juice
- salt to taste

INSTRUCTIONS

Sauté garlic, seeds, and vegan chicken bouillon cube in 1-2 Tbsp of water until fragrant.

Add the carrots and sauté for 2 minutes.

Add lentils and water and boil for 5 minutes.

Add turmeric. Reduce heat and simmer for 25 minutes.

Add lemon juice and salt to taste.

Add a little more water for a thinner stew, or cook longer if desired, for a thicker stew.