

TURMERIC GOLDEN MILK (DOODH HALDI)

BY MANEET CHAUHAN

SERVES: 2

TOTAL TIME: 25 MIN PLUS COOLING

- 20 ounces whole milk (2 ¼ cups)
- ¾ teaspoon ground turmeric, preferably organic
- ¼ cup jaggery
- 1 (½ inch) knob of fresh ginger, smashed
- ½ teaspoon fennel seeds
- 6 black peppercorns, lightly crushed
- 4 green cardamom pods, lightly crushed
- 2 whole cloves, lightly crushed
- 1 (1-inch) cinnamon stick
- 1 star anise pod
- Ground cinnamon or cardamom (optional), for garnish

In a medium saucepan, cook the milk over medium heat until warm but not simmering, 4 to 5 minutes. Whisk in the turmeric until combined. Stir in the remaining ingredients and bring just to a simmer over medium heat, then cook over low for 5 minutes. Remove from the heat, cover, and let stand for 5 minutes. Strain into serving mugs and garnish with ground cinnamon or cardamom, if desired. Serve.

NOTE

To transform the doodh haldi into a cocktail, combine 2 cups chilled doodh haldi with 2 ounces spiced rum and 1 tablespoon honey. Pour half the mixture into a cocktail shaker. Fill the shaker with ice, close the lid, and shake until well-chilled. Strain into an ice-filled glass and garnish with crushed peppercorns, Marigold flowers, and candied turmeric. Repeat to make one more cocktail. Serve.

TURMERIC COCONUT SHRIMP CURRY

BY MANEET CHAUHAN

SERVES: 4 TO 6

TOTAL TIME: 1 HOUR PLUS 1 HOUR MARINATING

MARINADE

- 2 tablespoons mustard oil
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon minced fresh turmeric
- 1 tablespoon minced garlic
- 5 fresh curry leaves, cut into chiffonade
- 1 green Thai chile
- Kosher salt
- 2 pounds shelled and deveined extra-large or jumbo shrimp

CURRY

- 4 tablespoons mustard oil
- ½ teaspoon black mustard seeds
- 2 whole dried Kashmiri chiles
- ½ teaspoon ground asafoetida (hing powder)
- 8 fresh curry leaves
- 1 large red onion, finely chopped
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon grated fresh turmeric
- 1 teaspoon Kashmiri chile powder
- 1 teaspoon turmeric powder
- 1 teaspoon sambar powder, preferably MTR brand
- 2 (14-ounce) cans coconut milk, preferably Chaokoh brand
- Steamed rice, for serving

1. Marinate the shrimp: In a mini food processor, combine everything but the shrimp and puree until nearly smooth. Season the marinade generously with salt. Transfer to a large bowl, add the shrimp, and toss well. Cover and marinate in the refrigerator for 1 hour.
2. Make the curry: In a large skillet, heat 2 tablespoons of the mustard oil over medium heat. Add the mustard seeds, whole Kashmiri chiles, and ground asafoetida. Cook, swirling, until they sputter, about 2 minutes. Add the curry leaves, onion, ginger, and fresh turmeric. Cook over medium heat, stirring occasionally, until the onion is golden, 6 to 8 minutes. Add the Kashmiri chile powder, turmeric powder, and sambar powder; season with salt. Cook over medium-low, stirring, until fragrant, about 1 minute. Stir in the coconut milk and simmer, stirring occasionally, until the mixture thickens slightly and deepens in color, about 5 minutes; season to taste with salt.
3. In another large skillet, heat the remaining 2 tablespoons of mustard oil over high. In batches if necessary, cook the shrimp, turning once, until just pink on the outside but not cooked through, 2 to 3 minutes total. Add the shrimp to the curry and cook over medium-low, turning a few times, until coated and just cooked through, about 2 minutes. Serve with steamed rice.

TURMERIC LADOO (COCONUT & TURMERIC TRUFFLES)

BY MANEET CHAUHAN

MAKES: ABOUT 28

TOTAL TIME: 30 MINUTES PLUS 3 HOURS COOLING AND CHILLING

½ cup ghee
1 (14-ounce) can sweetened condensed milk
1 cup unsweetened desiccated coconut (2½ ounces)
1 cup almond meal
1 tablespoon fresh turmeric juice (see Note)
1 teaspoon turmeric powder, preferably organic
½ teaspoon freshly grated nutmeg
¼ teaspoon vanilla bean paste
Fine sea salt
Dried rose petals, desiccated coconut, ground pistachios, and gold leaves, for garnish

1. In a medium saucepan, melt the ghee over medium heat. Stir in the sweetened condensed milk, coconut, almond meal, turmeric juice, turmeric powder, nutmeg, vanilla bean paste, and a pinch of salt. Cook over low heat, stirring, until the mixture begins to come together and form a ball, about 12 minutes. Transfer to a bowl and let cool completely, about 2 hours.
2. Line a baking sheet with parchment or wax paper. Spread the garnishes in separate small shallow bowls. Using a 1-tablespoon scoop, scoop 1-inch mounds onto the prepared baking sheet. Using gloved hands, roll the mounds into balls, then roll in the desired garnishes and return to the baking sheet. Refrigerate until chilled. Serve.

NOTE

To make fresh turmeric juice, scrub fresh turmeric knobs under cool water, then pureed them in a mini processor. Press the pulp through a fine sieve; discard the solids. For every 3 ounces of fresh turmeric, you should get 1 tablespoon of juice. As a substitute, you can also purchase a turmeric shot from the refrigerated section of the grocery store.