



MENU
TUMERIC





#1 MENU TUMERIC

TURMERIC ROASTED CAULIFLOWER SALAD

Ingredients:

1 medium cauliflower, cut into florets
2 tsp ground turmeric
2 tbsp olive oil
Salt and pepper to taste Mixed greens for serving

Instructions:

Preheat oven to 400°F (200°C).
Toss cauliflower florets with turmeric, olive oil, salt, and pepper.
Spread on a baking sheet and roast for 25-30 minutes until golden and tender.
Serve over mixed greens with your favorite dressing.

Color Notes: *The turmeric gives the cauliflower a vibrant golden-yellow hue, making it visually appealing.*



#2 MENU TUMERIC

POTATO & TURMERIC FOCACCIA

Ingredients:

500g bread flour
1 tsp ground turmeric
300ml warm water
7g yeast
1 tsp salt
Thinly sliced potatoes and rosemary for topping

Instructions:

Mix flour, turmeric, yeast, and salt in a bowl.
Gradually add water to form a dough; knead for 10 minutes.
Let rise for 1 hour.
Spread dough onto a baking tray, top with potatoes and rosemary.
Bake at 375°F (190°C) for 25-30 minutes.

Color Notes: *Turmeric adds a subtle golden tint to the bread, enhancing its rustic appearance.*



#3 MENU TUMERIC

VIETNAMESE TURMERIC AND DILL FISH

Ingredients:

4 fillets of white fish (e.g., cod or tilapia)

2 tsp ground turmeric

Juice of 1 lime

1 tbsp fish sauce

Fresh dill for garnish

Instructions:

Marinate fish with turmeric, lime juice, and fish sauce for 30 minutes.

Pan-fry fish in oil until cooked through.

Garnish with fresh dill and serve with rice noodles.

Color Notes: *The turmeric creates a sunshine-yellow coating on the fish, complemented by the green dill garnish.*



#4 MENU TUMERIC

TURMERIC BANANA PANCAKES (VEGAN)

Ingredients:

2 large ripe bananas
1 cup plain flour
1 tsp baking powder
¼ tsp salt
2 tbsp flaxseeds
½ cup plant-based milk (e.g., almond, oat)
3 tsp ground turmeric
1 tsp cinnamon
1 tsp coconut oil (for frying)

Instructions:

In a blender, combine bananas, plant-based milk, flaxseeds, turmeric, salt, and cinnamon. Blend until smooth.

In a large bowl, whisk together the flour and baking powder. Slowly pour in the blended liquid mixture and fold together with a spatula until a smooth batter forms.

Heat coconut oil in a large frying pan over low-medium heat. Add heaped tablespoons of batter to the pan and cook until small bubbles form on the surface. Flip the pancakes and cook for another minute until golden brown. Repeat until all batter is used.

Stack the pancakes on plates and top with plant-based yogurt, fresh blueberries, and a drizzle of maple syrup.

Color Notes: *These pancakes have a stunning golden-yellow hue from the turmeric, making them visually appealing and perfect for a vibrant breakfast.*



#5 MENU TUMERIC

TURMERIC LATTE

Ingredients:

2 cups milk (dairy or plant-based)

1 tsp ground turmeric

½ tsp cinnamon powder

Sweetener of choice (e.g., honey or maple syrup)

Instructions:

Heat milk in a saucepan over medium heat.

Whisk in turmeric and cinnamon until well combined.

Sweeten to taste and serve warm.

Color Notes: *A golden drink with rich yellow tones that evoke warmth and comfort.*



#6 MENU TUMERIC

TURMERIC TAHINI SLAW

Ingredients:

½ cup tahini

Juice of 1 lemon

1 tsp ground turmeric

Shredded cabbage and carrots

Instructions:

Mix tahini, lemon juice, turmeric, and water to form a dressing.

Toss with shredded cabbage and carrots.

Chill before serving.

Color Notes: *A vibrant yellow dressing contrasts beautifully with colorful veggies.*



#7 MENU TUMERIC

SPICED RED LENTIL SOUP

Ingredients:

1 cup red lentils
1 tsp ground turmeric
2 cups vegetable broth
Coconut milk (optional)
Chopped spinach

Instructions:

Simmer lentils in broth with turmeric until soft.
Stir in coconut milk and spinach; cook until wilted.
Serve warm.

Color Notes: *A creamy orange-yellow soup with flecks of green from spinach.*



#8 MENU TUMERIC

INDIAN LAMB CHOPS WITH TURMERIC MARINADE

Ingredients:

Lamb chops (4 pieces)
2 tsp ground turmeric
Juice of one lime
Garlic paste (optional)

Instructions:

Marinate lamb chops with turmeric, lime juice, and garlic paste for at least one hour.

Grill or pan-sear until cooked to your liking.

Color Notes: *The marinade gives the lamb chops a striking yellow crust when cooked.*

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