

About Turmeric Superghee

A unique fat-soluble turmeric preparation with the synergy of ginger and black pepper.

Each serving is made from 800 mg of organic turmeric powder. The turmeric powder used is naturally rich in curcumin.

100% pure and USDA Certified Organic.

Non-GMO, No Additives, No Preservatives, No Fillers. Non-Irradiated.

This product is batch-tested to contain not more than 0.5% lactose, 5 ppm casein/whey. It is batch-tested Gluten-Free.

"Throughout my life, I've been lucky to witness both my mother, and then my wife cook **the most delicious and nourishing Indian food** by making use of a myriad of fragrant and **time-honored spices**, most notably turmeric, ginger and black pepper.

As a trained herbalist, I have a deep appreciation for the properties of these and other great spices.

Once, while visiting a farm in a mountainous region of India, I saw these three spices growing quite close to each other. Deep inside, I was aware of their powerful synergy and knew intuitively that if they grew so beautifully while being so close in nature, that both science and tradition would support their union.

This product is a result of my many years of research and testing. I want everyone to benefit from it. I hope you enjoy it."

- Sandeep Agarwal, formulator

Vindaloo Curry Shrimp and Tomatoes

Serves 2-4



1 lb cleaned shrimp
Vindaloo Curry Powder
1 TBSP Turmeric Superghee
1 TBSP Grass-fed Organic Ghee
Himalayan Pink Salt and ground black pepper
1 cup cherry tomatoes
2 to 4 cloves minced fresh garlic
Lemon wedges

Toss shrimp with Vindaloo Curry Powder to taste. Heat both the ghees over medium-high in a large skillet. Add cherry tomatoes, stirring for 1-2 minutes. Add garlic, stirring for 30 seconds. Add seasoned shrimp, salt and pepper. Cook while stirring gently to avoid crushing the tomatoes, until the shrimp are cooked through. Adjust the seasonings to taste; serve with lemon wedges. Enjoy this shrimp over hot cooked pasta or rice.

Find more recipes at
blog.pureindianfoods.com

THE RIGHT WAY TO EAT TURMERIC

#superghee #turmericssuperghee

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Share your recipes and ideas on how you use our spiced ghees. #pureindianfoods

Pure Indian Foods
PO BOX 296, Princeton Jct., NJ 08550 USA
1-877-LUV-GHEE Fax: (609) 785-9100
pureindianfoods.com

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Winner of 2015 Best Product Award
by American Herbalist Guild



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Ghee Business Since 1889

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The Turmeric Root

Turmeric (pronounced "ter-mer-ick") is an ancient root used for its incredible healing properties. Turmeric comes from the rhizome (rootstock) of the *Curcuma longa* plant. It has a peppery, warm and bitter flavor, and the mild fragrance resembles orange and ginger.

Turmeric has traditionally been consumed by cooking it in ghee or other fats. Using ancient Ayurvedic methods, we gently infuse our cultured ghee with turmeric, adding ginger and black pepper for synergistic balance. The result is a deep-golden Turmeric Superghee®, a convenient, effective, and delightful way to incorporate turmeric into your daily life.

How should I use my Turmeric Superghee?

Turmeric Superghee is lovely in broth, as well as broth-based soups.

Stir into hot milk with a little bit of honey and cardamom.



Add a teaspoon to freshly brewed hot coffee. Mix it well with a hand blender or a frother, and enjoy Paleo Butter Coffee that has an extra kick of turmeric.

Rub a spoonful over poultry, such as turkey legs or chicken thighs. Grill and season to taste.

Pan-fry red onion, yellow pepper, and green peas. Stir the veggies, along with Superghee into hot cooked rice or quinoa.

Stir into hot tea with added milk and honey, jaggery, or coconut palm sugar.

Scramble eggs and tomatoes. Serve as is or wrapped in a tortilla with avocado slices.

Pan-fry garbanzo beans with garlic and cayenne pepper.

Sauté vegetables such as leafy greens, cabbage, carrots, broccoli and cauliflower.

Stir a spoonful into simmering pasta sauce or add to macaroni and cheese.



A recipe for you.

Golden Garbanzos with Couscous Serves 4

1 tablespoon Turmeric Superghee
4 cups cooked garbanzo beans (or 2 cans, drained and rinsed)
1 small onion, chopped
1 medium red pepper, chopped
1 cup couscous
1 cup vegetable stock
Himalayan Pink Salt and ground black pepper
Dried cranberries and roasted pecans (optional)

Heat the Turmeric Superghee in a large skillet. Sauté onion and red pepper for 5 minutes; stir in garbanzo beans and couscous. Add vegetable stock, salt and pepper. Bring to a boil. Remove from heat. Cover and let the dish sit for 10 to 15 minutes, or until all liquid has absorbed. Fluff with a fork. Stir in cranberries and pecans if desired. Adjust seasonings to taste. For a delicious meal, serve with a leafy green salad.

