Turmeric Golden Paste (Thermomix TM5)

Ingredients

70g turmeric powder. Organic is best for a higher curcumin content.
250g water (plus about 250g extra, if required)
80g unrefined, cold pressed coconut oil
2 teaspoons black pepper corns.

Method

1. Process the black pepper till freshly ground. You can either do this in the thermomix (3 seconds on speed 8, scrape and repeat as required), with a pestle and mortar or in a spice grinder. If you use the thermomix, set aside the pepper, then wash and dry the bowl.
2. Weigh 70g of turmeric powder into the thermomix bowl, tare then add 250g water.
3. Process for 10 minutes, at 90 degrees on speed 1 with the mc (measuring cup) off. Check the mix 2-3 times during this 10 minutes, and if needed, scrape down the sides and remove any lumps off the blades. If the mixture starts to dry out during the 10 minutes, add enough water so that it remains a slightly runny consistency.
4. Add 80 g of coconut oil, and the freshly ground black pepper.
   Process for 1 minute, speed 4, mc on.
5. For a lighter paste (optional) insert the whisk attachment. Process for 1 minute at speed 3.5, mc on.
6. Transfer to a sterile jar. The paste will harden as it cools.
   Store in the fridge, can be kept for up to 2 weeks. If you have extra, freeze it in portion sizes (ice-cube tray) and defrost them as required.

Remember that Turmeric stains - clothes, fingers and benches. It's a good idea to wear dark or old clothes.