



Golden milk: turmeric lattes are the latest trend



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In local cuisine, turmeric is most often used as a colouring for curries. This yellow root (closely related to ginger) is often ground and used in ready-made spice mixes. Turmeric is traditionally used as an ingredient in Asian alternative medicine. It is said to have warming, anti-inflammatory and digestive properties.

And now there is a brand-new culinary use in our part of the world: the turmeric latte. With its vivid colour, it is also known as golden milk. Ready-made spice mixes – which may also contain ginger or cinnamon alongside turmeric – are already available.

You can prepare it in two ways: Either boil the spices first in water, or simmer them directly in the milk. I prefer the version using water, simply adding a dash of milk at the end. I use the following approximate quantities:

½ tsp ground turmeric



a few slices of fresh ginger (or ¼ tsp ground ginger)
a pinch of freshly milled pepper
150 ml water
simmer for a few minutes

1 splash of milk
add at the end (with a little honey if you like)

You can of course vary the spice quantities to suit your preference; you can even add some cinnamon, for example. Ginger and turmeric can be used fresh or ground. When I'm in a hurry, I chop fresh roots into thin slices that are easy to take out again at the end. Or you could grate some ginger or turmeric for a stronger flavour and then filter the drink through a sieve before serving. What's more, not only does the pepper add a nice kick, but it also contains piperine, which supposedly helps the body to better absorb the healing substances (curcumin) from the turmeric.

And if you wish, you can foam up some milk and pour it over your golden drink for a true latte experience!