



THE Traveling Fork



This month we will review the newest restaurant in our Green Cove Springs neighborhood, The Turmeric Kitchen. It was opened just before Christmas and we have eaten there, twice for dinner, and once for lunch.

As with the opening of any new enterprise, there were apparently some problems initially, although our meals there were without issues. I have eaten at quite a few Indian Restaurants because I like the real authentic Indian cuisine. The Tumeric Kitchen doesn't compare well to the larger Indian restaurants in this genre because its menus are smaller with fewer illustrations but this smaller scale does not detract from its quality food and service.

The larger restaurants offer an unusually large menu with pictures and descriptions. I am simply delighted to have this restaurant close by because it adds to the variety of foods available locally.

Diving deep into the realm of Indian food, one can see the long list of spices at work in Indian food. The term, Masala, describes a blend of spices commonly used in Indian food—red and green chili peppers, fenugreek, cardamon, cloves, curries (another blend of spices common to Indian kitchens), turmeric, cumin seeds and on and on

with all the other spices found in any good cook's kitchen.

Some common Indian foods are spicy which suits me fine. However, lots of folks don't care for real spicy food. Never fear—the foods I have tested in this restaurant don't reach the inflammatory level. Additionally, with some of the menu items noted for "heat", you will be asked how "hot" you want it. My wife, Marcia, doesn't like it seasoned to my taste. She has been very pleased with the seasoning level of the Biryani and has twice ordered that.

Don't take my word for it—try it out. Tandoori chicken—if mildly seasoned—is an interesting menu item baked in a tandoori oven. If you need a suggestion, make it your first try at The Turmeric Kitchen.



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