

Turmeric

Bright Color that Comes with
Perfect Deliciousness

Khamin (Turmeric) or what we often call Khamin Chan is the yellow Thai local herb that can make food become colorful. Khamin was part of the history of the lifestyle of Thai people for a long time, whether it was a raw material for cooking excellent food to provide a unique smell, color, and flavor; for having beauty properties for scrubbing the skin, a secret for Thai women passed on from generation to generation for smooth and white skin; or for its medical properties for driving out gas, reducing wrinkles, decreasing inflammation, and supporting blood circulation.

How well do you think you know Khamin? When you finish reading this article, your views on Khamin will change. You might even want to go out, buy Khamin, and grow it as an herb for your kitchen!

Khamin has different names in each region. It's called Khamin Chan in the central region; Khamin Kaeng, Khamin Hua, and Khamin Yok in the northern region; Khi Min or Min in the southern region; and turmeric as it's known universally. All these names mean an annual plant in the family of ginger. Its rootstock is underground. It has a unique smell with flesh that can be dark yellow to coral in color. We use the rootstock for cooking when Khamin is 9-12 years old.

The best Khamin is definitely Khamin Chan. Less people know that the best Khamin Chan in the world can be found only in Surat Thani Province, Thailand. From the analysis to find out the quantity of Cucurminoid, an anti-inflammation substance, in Khamin Chan from many growing places around the world by the Department of Medical Science, it was found that such substance in normal Khamin Chan is in Level 3-4. However, Khamin Chan in Ta Khun District, Surat Thani Province has Cucurminoid as high as Level 10 or more, which is considered to be best statistic in the world, making it known as "Khamin Ban Ta Khun."





When becoming a raw material in a food menu, Khamin can make that menu look more outstanding with color and unique smell, savory pale yellow color, and appetizing aroma. If talking about menus that use Khamin as the main ingredient, menus like fish organ sour soup, chicken biryani, turmeric chicken soup, and turmeric fried fish come to mind. The menus with curry powder are also delicious and good. When Thai people use their wisdom in using good medicine from nature like Khamin in cooking, making it easier to ingest, it becomes so delicious that you forget it used to be a difficult medicine to consume.

It is not wrong to say that Khamin is one of the herbs that Thai people and foreigners have accepted for its benefits and deliciousness that comes with it. Its yellow color provides uniqueness and creates a remarkable feature in all menus that use it as an ingredient. If you are looking for plants to grow in your garden, do not forget to choose Khamin Chan as a multi-purpose herb for your kitchen.

