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Spice of the Month

take and make kit

September's spice is:

Paprika

Red paprika originated in Southern Mexico, Central America, and the Antilles Islands. It was used for both seasoning of food as well as medicine for healing. According to internet lore, Christopher Columbus discovered it and introduced it to Europe.

Sometime after Christopher Columbus brought it over from the New World, paprika made its way to Hungary. It has been a staple in Hungarian food ever since and it was the Hungarians that gave it the name Paprika.

Paprika was not used in the west until sometime during the mid-1900s.

The zoo sometimes includes paprika in the food of flamingos in order to help them keep their pink color!

Today, Hungary, Spain, South America, the Mediterranean, India, and California are all major producers of paprika.

How to Use Paprika:

Paprika is frequently used as a garnish in deviled eggs and on quiche. You will also see it as an ingredient for many Hungarian dishes such as goulash. It is often used in hummus.

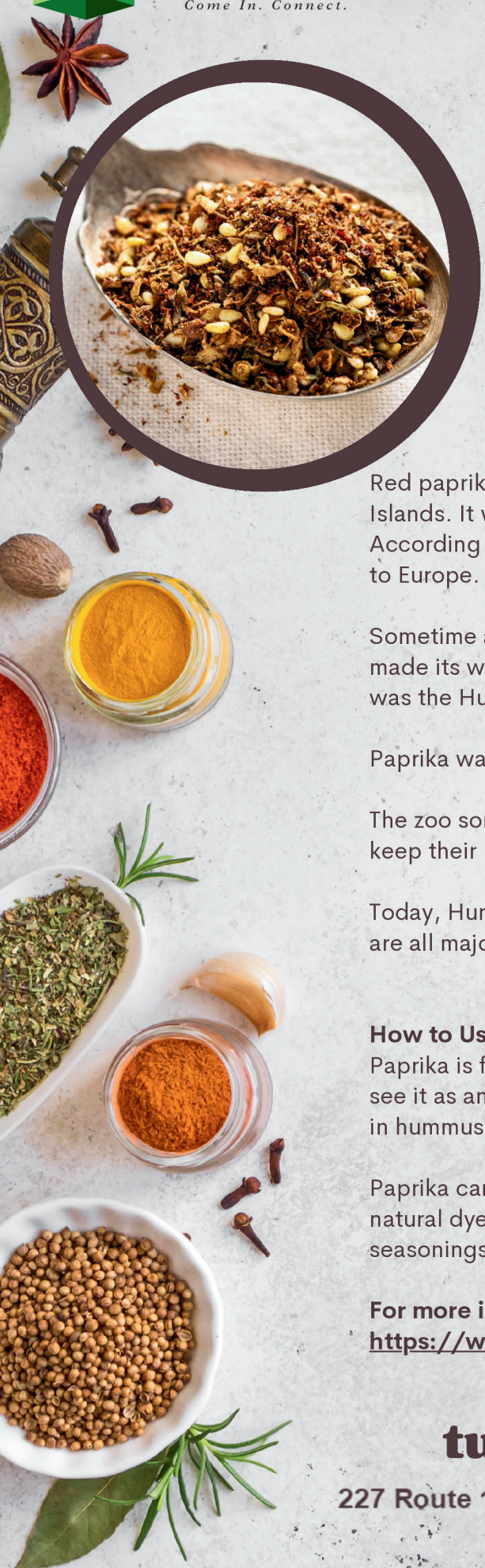
Paprika can also be used as a substitute for flour in thickening a sauce and is a natural dye for soups and stews. It is also an excellent addition in salt-free seasonings and blends.

For more information visit:

<https://www.myspicer.com/history-of-paprika>

Register for future kits at:
tuxedoparklibrary.org/spice

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Spice of the Month

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Buttery Shrimp With Garlic and Paprika

Makes 4 servings | Time: 25 Minutes

Recipe from David Tanis

INGREDIENTS:

- 1½ pounds large shrimp, 16 to 20 per pound, peeled and deveined
- Salt and black pepper
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh rosemary leaves
- 6 tablespoons unsalted butter, cut in chunks
- 2 large garlic cloves, minced or grated
- 1 tablespoon tomato paste
- 1 tablespoon hot paprika
- ¼ cup dry white wine
- 2 tablespoons roughly chopped flat-leaf parsley
- Lemon wedges, for serving

INSTRUCTIONS:

1. Pat shrimp dry with a paper towel and season with salt and pepper.
2. Set a large skillet over medium-high heat and add the olive oil. When oil is wavy, add rosemary and let sizzle for about 15 seconds, stirring to let them crisp a bit. Remove and set aside, leaving the pan on the heat.
3. Arrange shrimp in the skillet in an even layer without crowding. (Work in batches if necessary.) Cook for about 1 minute until the shrimp starts turning opaque, then turn shrimp over and cook for another minute. Add butter and swirl pan to distribute. Reduce heat to maintain a sizzle.
4. Add garlic and reserved rosemary, stir to coat and cook for 1 minute. Push shrimp aside to make a space in the center of the pan. Add tomato paste, paprika and wine, and stir to dissolve. Shake pan to let butter and pan juices mix, sizzling around shrimp to coat well.
5. Serve on warm plates or a large platter with all of the buttery pan juices, parsley and lemon wedges.

Tip

1. If shrimp is cooking too quickly, or you have smaller ones, remove from pan and finish the sauce, then return shrimp briefly to sauce, so they don't overcook.



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Sheet-Pan Paprika Chicken with Tomatoes and Parmesan

Makes 4 Servings • Time: 45 Minutes

Recipe from Melissa Clark

INGREDIENTS:

- 3 pounds bone-in, skin-on chicken parts (breasts, drumsticks, thighs or a mix)
- Kosher salt
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1½ tablespoons apple cider vinegar, plus more for serving
- 2 garlic cloves, finely grated
- 1 tablespoon sweet paprika
- 1 teaspoon Espelette pepper or smoked hot paprika (pimentón)
- 1 teaspoon dried oregano
- 1 pint cherry tomatoes (preferably different colors), halved
- 1 poblano chile or 1 small green bell pepper, thinly sliced
- 1 cup thinly sliced sweet bell peppers (red, yellow or orange)
- ½ cup grated Parmesan
- ¼ cup chopped fresh parsley, for serving
- Freshly ground black pepper



INSTRUCTIONS:

1. Heat oven to 425 degrees. Season chicken all over with salt, and place it on a rimmed baking sheet.
2. In a small bowl, stir together olive oil, vinegar, garlic, paprika, Espelette and oregano. Pour over chicken, tossing to coat.
3. Add tomatoes, poblano and sweet peppers to baking sheet, spread vegetables around the chicken. Season vegetables lightly with salt and drizzle with a little more olive oil. Sprinkle Parmesan all over chicken and vegetables.
4. Roast until chicken is golden, crisp and cooked through, 25 to 35 minutes. Stir the vegetables halfway through cooking but don't disturb the chicken. If white meat is done before dark meat, remove it as it finishes cooking.
5. Transfer chicken to plates. Stir vegetables around in pan, scraping up all the delicious browned bits from the bottom and sides of pan, and stir in the parsley and black pepper to taste. Taste and add salt if needed, and a drizzle of vinegar if you like. Spoon vegetables over the chicken to serve.

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Gulyásleves (Beef and Potato Soup With Paprika)

Makes 6-8 servings | Time: 3 hours, 20 minutes

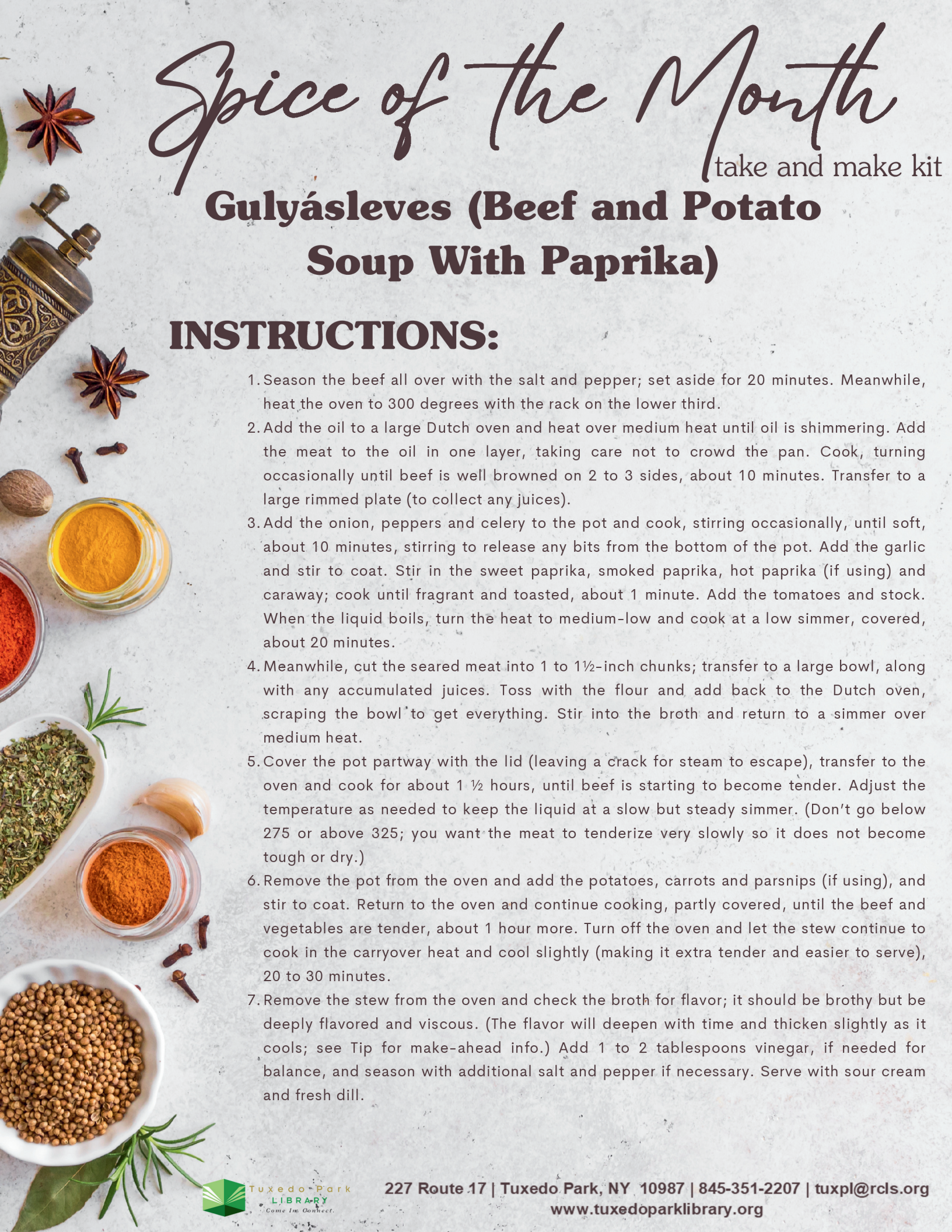
Recipe from Sarah Copeland

INGREDIENTS:

- 3 pounds whole boneless beef chuck roast, cut into 3 to 4 pieces
- 2 teaspoons fine sea salt
- Black pepper
- 2 tablespoons vegetable-oil
- 1 large yellow onion, thinly sliced
- 2 large Hungarian wax peppers or large red bell peppers, chopped
- 2 celery stalks, thinly sliced
- 4 large garlic cloves, thinly sliced
- 1/3 cup édes (sweet) Hungarian paprika (see Tip)
- 2 heaping tablespoons smoked paprika
- 1 teaspoon csípős (hot) paprika (optional)
- 2 teaspoons caraway seeds
- 1 (28-ounce) can of diced tomatoes
- 6 cups low-sodium chicken stock or water
- 2 tablespoons all-purpose flour
- 1 pound small new potatoes, peeled, if desired, and cut into 1/2-inch pieces
- 4 large carrots, peeled and cut into 1/2-inch chunks
- 2 parsnips (optional), peeled and cut into 1/2-inch chunks
- 1 to 2 tablespoons apple cider vinegar, as needed
- Sour cream and chopped fresh dill, for serving



INSTRUCTIONS
continued on next page...

A decorative background featuring various spices and kitchen items. On the left, there is a brass pepper mill, a whole nutmeg, a small jar of yellow powder, a bowl of red powder, a bowl of green herbs, a bowl of brown seeds, and a small jar of orange powder. Scattered around are several star anise, cloves, and a sprig of rosemary. The text 'Spice of the Month' is written in a large, elegant script font at the top, with 'take and make kit' in a smaller, sans-serif font below it.

Spice of the Month

take and make kit

Gulyásleves (Beef and Potato Soup With Paprika)

INSTRUCTIONS:

1. Season the beef all over with the salt and pepper; set aside for 20 minutes. Meanwhile, heat the oven to 300 degrees with the rack on the lower third.
2. Add the oil to a large Dutch oven and heat over medium heat until oil is shimmering. Add the meat to the oil in one layer, taking care not to crowd the pan. Cook, turning occasionally until beef is well browned on 2 to 3 sides, about 10 minutes. Transfer to a large rimmed plate (to collect any juices).
3. Add the onion, peppers and celery to the pot and cook, stirring occasionally, until soft, about 10 minutes, stirring to release any bits from the bottom of the pot. Add the garlic and stir to coat. Stir in the sweet paprika, smoked paprika, hot paprika (if using) and caraway; cook until fragrant and toasted, about 1 minute. Add the tomatoes and stock. When the liquid boils, turn the heat to medium-low and cook at a low simmer, covered, about 20 minutes.
4. Meanwhile, cut the seared meat into 1 to 1½-inch chunks; transfer to a large bowl, along with any accumulated juices. Toss with the flour and add back to the Dutch oven, scraping the bowl to get everything. Stir into the broth and return to a simmer over medium heat.
5. Cover the pot partway with the lid (leaving a crack for steam to escape), transfer to the oven and cook for about 1 ½ hours, until beef is starting to become tender. Adjust the temperature as needed to keep the liquid at a slow but steady simmer. (Don't go below 275 or above 325; you want the meat to tenderize very slowly so it does not become tough or dry.)
6. Remove the pot from the oven and add the potatoes, carrots and parsnips (if using), and stir to coat. Return to the oven and continue cooking, partly covered, until the beef and vegetables are tender, about 1 hour more. Turn off the oven and let the stew continue to cook in the carryover heat and cool slightly (making it extra tender and easier to serve), 20 to 30 minutes.
7. Remove the stew from the oven and check the broth for flavor; it should be brothy but be deeply flavored and viscous. (The flavor will deepen with time and thicken slightly as it cools; see Tip for make-ahead info.) Add 1 to 2 tablespoons vinegar, if needed for balance, and season with additional salt and pepper if necessary. Serve with sour cream and fresh dill.

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Paprika Chicken and Potatoes

Makes 4 servings | Time: 35 Minutes

Recipe from Yasmin Fahr

INGREDIENTS:

- ½ cup mayonnaise (preferably a sweeter one, like Kewpie)
- 1 tablespoon plus 1 teaspoon smoked paprika
- 1½ pounds boneless, skinless chicken thighs, cut into 2-inch pieces
- Salt and freshly cracked black pepper
- 1½ pounds baby potatoes, cut lengthwise into ⅛-inch-thick slices
- 3 tablespoons olive oil
- 1 lime, halved
- 2 tablespoons chopped parsley leaves and tender stems



INSTRUCTIONS:

1. Heat the oven to 400 degrees.
2. In a large mixing bowl, combine the mayonnaise and 1 tablespoon paprika. Scoop out ¼ cup and place into a small bowl. Season the chicken all over with salt and pepper. Add to the large mixing bowl, stir to coat and set aside.
3. Add the sliced potatoes to a large sheet pan, drizzle with 2 tablespoons of oil and season with salt and the remaining 1 teaspoon paprika. Toss to coat and spread in an even layer, setting thicker potato slices near the edges where it is hotter. Place the chicken on top of the potatoes in an even layer.
4. Roast until the chicken is cooked through and potatoes are tender, 20 to 25 minutes.
5. While the chicken is cooking, add the remaining 1 tablespoon olive oil and squeeze the juice from one lime half into the small bowl with the reserved paprika mayonnaise; stir to combine. Season to taste with salt and more lime juice and set aside in the fridge until ready to serve.
6. Garnish the cooked chicken and potatoes with the parsley and serve with the paprika mayonnaise for dipping.

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Lecsó (Paprika-Packed Pepper Stew)

Makes: 4 servings | Time: 1 Hour

Recipe from Carolina Gelen

INGREDIENTS:

- ¼ cup neutral oil (such as sunflower or grapeseed)
- 3 medium yellow onions (about 1½ pounds), halved and thinly sliced
- Kosher salt
- 4 garlic cloves, chopped
- 1 tablespoon sweet paprika
- ½ teaspoon ground cayenne, plus more to taste
- 4 medium sweet red bell or yellow Hungarian peppers (about 1½ pounds), halved, stemmed and thinly sliced
- 1 (28-ounce) can whole peeled tomatoes
- Crusty bread (such as sourdough, country loaf or ciabatta), for serving
- Chopped fresh parsley, for serving



INSTRUCTIONS:

1. In a large pot, heat the oil over medium until quite hot, nearly smoking, about 5 minutes. Add the onions and a big pinch of salt and cook, stirring occasionally, until the onions are translucent and slightly softened, 4 to 5 minutes. (If the oil sputters too much or the onions begin to burn, adjust heat to medium-low.) Add the garlic, paprika and cayenne, and stir until fragrant, 1 minute.
2. Add the peppers and another pinch of salt and cook over medium, stirring occasionally, until quite soft, about 15 minutes.
3. Add the canned tomatoes and their juices, crushing them with your hands as you add them, or breaking them up with a wooden spoon. Bring the mixture to a boil. Adjust heat to medium-low and simmer, stirring occasionally, until most of the liquid has evaporated and the stew has a jammy consistency, 25 to 30 minutes. You can add additional splashes of water to reach the desired consistency. Taste and add salt as needed.
4. Serve hot, with plenty of crusty bread and parsley.