

# Did you know...

Cumin is a spice that comes from the *Cuminum cyminum* plant and is part of the parsley family. Cumin can be used in both its whole seed form or ground, and is especially popular in Mexican, Indian, Middle-Eastern, African and Asian cuisines. There are different varieties of cumin, including black, green and white cumin, all with different flavour profiles.

Cumin has been shown to have many health benefits; including helping to lower blood sugar and insulin, making it beneficial to those with diabetes, and lower cholesterol levels. It can also work as an antioxidant and is a great source of iron.

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with your spices!*

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# TBPL Spice Club

## Spices are purchased locally from The Bulk Zone

**FIND THEM AT**  
135 Frederica St E

OR

776 Macdonell St



## January Spice of the Month: Cumin



## Sweet and Savoury Carrots

- 18–20 small field or multi coloured carrots
- Kosher salt to season water
- 2 tbsp. unsalted butter
- 2 tbsp. pure maple syrup
- 1/2 tsp. ground cumin
- 1/4 tsp. cinnamon
- Freshly ground black pepper to taste
- 2 tbsp. sesame seeds, toasted
- Bring a large saucepan of water to a boil. Wash or peel the carrots, trim off the greens if still attached and cut any thicker ones in half lengthwise.
- Season the water well with salt and cook the carrots for 3 min. just to soften slightly; drain and set aside.
- Place a large skillet over medium heat and add in the butter. Melt, stirring occasionally, until it bubbles, then subsides and begins to brown slightly; about 2 min. Add the syrup, cumin, cinnamon and pepper.
- Add the carrots, toss to coat. Cook until the carrots are tender but still a bit snappy, about five minutes.
- Transfer the carrots to a serving dish and scatter them with the toasted sesame seeds. Serve and enjoy!

# Falafels

## Ingredients

- 1 cup dried chickpeas, soaked in water overnight
- 3 green onions, coarsely chopped
- 4 cloves garlic, coarsely chopped
- 1/2 cup loosely packed fresh parsley
- 1 lemon, zested
- 1/2 tsp. dried chili flakes
- 1 1/2 tsp. ground cumin
- 3/4 tsp. ground coriander
- 1 tsp. kosher salt
- 1 tsp, baking powder
- 4–6 tbsp. all-purpose flour
- 1 cup vegetable oil



## Directions:

- Place the soaked and drained chickpeas into the bowl of your food processor, followed by the green onions, garlic, parsley, lemon zest, chili flakes, cumin, coriander, and salt. Process until finely chopped and well blended. Sprinkle the baking powder and 4 tbsp. of flour over the chickpea mixture and pulse to combine. The mixture should hold together and not really stick to your hands. If the mixture is still too wet, add another tbsp. or two of flour and pulse to combine.
- Transfer the mixture to a bowl, cover it with plastic wrap, and place in the fridge for at least 1 hour or up to 24 hours.
- After the falafel mixture has chilled, use a tablespoon to scoop the falafel into walnut sized balls. Flatten each into a slightly squashed round and place them on a baking sheet.
- Meanwhile, preheat your oven to 250°F and heat the vegetable oil in a high-sided skillet to 375°F. Fry the falafel in batches of 5 or 6 until golden brown on each side, about 2–3 min per side. Transfer the cooked falafel back onto the baking sheet and keep them warm in the preheated oven.

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