

Did you know...

Sumac is a spice that comes from the Rhus Coriaria shrub. The white variety of this shrub is poisonous, but luckily for us, the red variety is completely edible. Sumac is widely used in Persian, Lebanese, and other Middle Eastern cuisines. The bright red spice brings a tangy lemon flavour to dishes, adding a depth of flavour. It is great for roasting dishes, marinades and dressings, as well as sprinkling at the end of a dish to finish it off. It is a key ingredient in the spice blend za'atar, a popular spice blend from the Middle East.

Sumac has been long used and enjoyed for its medicinal purposes as well. Sumac is full of anti-inflammatory properties, can help with cardiovascular health, and may help reduce muscle pain.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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Spice Club



July 2022
Spice of the Month:
Sumac

Lebanese Fattoush Salad

Salad

- 1 large head romaine lettuce, chopped
- 1 large vine-ripe tomato, diced
- 2-3 Persian cucumbers, quartered
- 1/2 large green pepper, chopped
- 5 radishes, diced
- 2 green onions, chopped
- 1/4 cup fresh chopped parsley
- Pomegranate seeds, as desired

Dressing

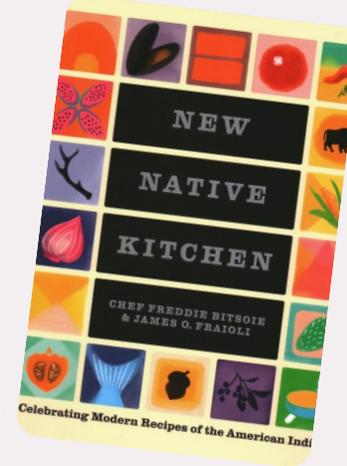
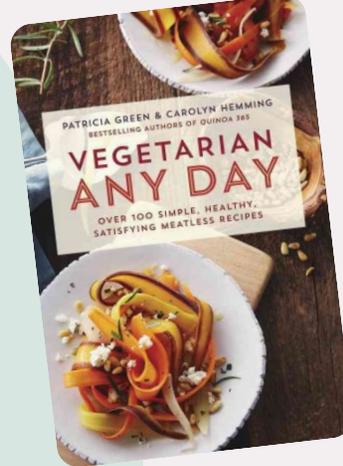
- 3 tbsp. olive oil
- 2 tbsp. lemon juice
- 2 garlic cloves pressed or grated
- 1 tsp. sumac
- 1/2 tsp. dried mint
- Salt and pepper to taste

Fried Pita Bread

- 1 large pita bread cut into triangles
- 3 tablespoons olive oil
- Salt and pepper to taste

Directions:

- In a large skillet, heat olive oil on medium heat. Add pita bread and season with salt and pepper. Cook, stirring frequently until the pita bread becomes crispy and golden, about 5-7 min. Set aside. Combine the dressing ingredients together, as well as the salad ingredients. Pour dressing on salad, and sprinkle pita on top just before serving.

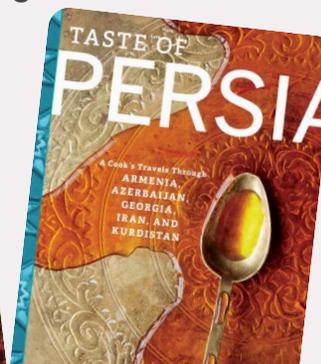


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Chocolate Sumac Brownies

Ingredients:

- 1 cup unsalted butter, cubed
- 1 1/4 cup unsweetened cocoa powder
- 1/2 cup all-purpose flour
- 2 teaspoons instant espresso powder
- 2 teaspoons ground sumac
- 3/4 teaspoon salt
- 4 eggs room temperature
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar packed
- flake sea salt, for garnish



Directions:

- Preheat the oven to 350°F. Spray an 8-inch square baking pan with nonstick spray.
- On the stovetop, melt the butter in a small saucepan on medium heat. Set aside to cool until barely warm but still liquid.
- In a large mixing bowl, sift together cocoa powder, flour, espresso powder, ground sumac, and salt.
- In another bowl, whisk together eggs, granulated sugar and brown sugar. Stir half of the egg mixture into the cocoa powder mixture. Stir in the melted butter. Finally, stir in the remaining egg mixture until just smooth. Do not over-mix.
- Pour the batter into prepared baking pan, and level evenly in the pan using an offset spatula. Sprinkle salt over the top of the batter before baking.
- Bake brownies about 20 minutes, or just until center is set (check at 20 minutes; bake for 5 more minutes if needed). Remove from oven and let cool in the pan. Turn out onto a wire rack to cool completely.
- For neatest slices, refrigerate for 30 minutes before cutting, if desired.

