

Did You Know...

In addition to being a character name in the Dr. Doolittle and Blue's Clues franchises, paprika is considered the national spice of Hungary! Paprika is made from ripened *Capsicum annum* species' (the same species that red peppers come from) fruit pods that are dried and ground into a powder. It's also a fantastic source of vitamin C.

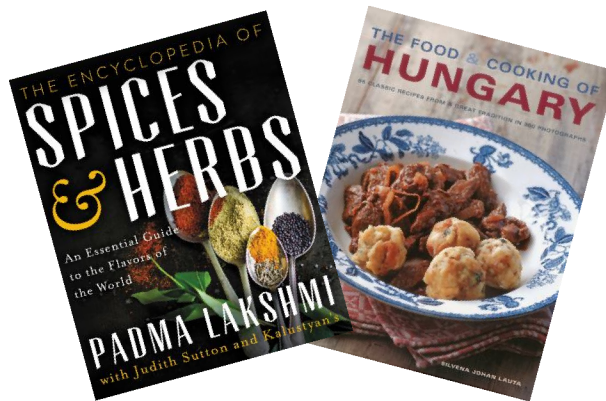
www.mccormickscienceinstitute.com



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TBPL
Spice Club

Spice of the Month:

Paprika

Eggs Shakshouka

*Recipe found at easyrecipessideas.com

Ingredients

- 1 tablespoon of olive oil
- 2 onions, thinly slices
- 1 bell pepper, sliced
- 2 crushed garlic cloves
- 1 teaspoon of paprika
- 1 teaspoon of cumin
- 2 400g cans of crushed tomatoes
- pinch each of salt and pepper
- 6-8 eggs
- parsley
- sliced crusty bread of choice

Directions:

1. Heat oil in a large pan over medium-low heat. Add the onions and bell pepper, and sauté for about 5 minutes until soft.
2. Stir in the crushed garlic, paprika, and cumin. Cook for another 2-3 minutes until fragrant.
3. Increase the heat slightly and pour in the crushed tomatoes. Stir and let simmer, uncovered, for 10 minutes. Add salt and pepper to taste.
4. Create small wells in the sauce using a spoon. Crack eggs, one by one, into wells. Cover the pan with a lid and cook for 8-10 minutes or until the eggs are cooked to your liking.
5. Uncover, garnish with parsley, and serve with crusty bread.

Hungarian Chicken Paprikash

*Recipe found at unsophisticook.com

Ingredients

- 2.5 pounds of boneless chicken, diced
- 2 teaspoons of salt
- pinch of pepper
- 3 tablespoons of all-purpose flour
- 6 tablespoons of butter
- 1 medium onion, chopped
- 2 tablespoons of paprika
- 1 ½ cups of chicken stock
- 1 package of egg noodles
- 1 cup of sour cream

Directions:

1. Season chicken with 1 teaspoon each of salt and a pinch of pepper. Toss with 2 tablespoons of flour until coated and set aside.
2. In a large skillet, melt 2 tablespoons of butter over medium heat. Add onion and sauté for 10 minutes or until translucent. Add chicken to the pan, and brown on all sides.
3. Carefully pour half the chicken stock into the pan. Stir and lift any brown bits before adding the remaining stock. Add paprika and 1 teaspoon of salt, and stir.
4. Reduce heat to medium-low and simmer for 25 minutes, until chicken is tender.

Directions continued:

5. While the chicken is simmering, cook egg noodles according to package instructions. When cooked, drain water and return noodles to cooking pot. Add 1 tablespoon of butter and stir gently to coat.
6. Remove chicken to a plate and set aside. In a small bowl, whisk 1 tablespoon of flour into sour cream. Stir the sour cream mixture into the chicken sauce in the pan until fully incorporated.
7. Add chicken back into pan and stir to coat. Simmer uncovered for 5 minutes until sauce has thickened.
8. Serve chicken on a bed of egg noodles and enjoy!

