

Fluvanna County Public Library

Spice of the Month Club

Paprika

Flavor Profile: Sweet to smoky to spicy to slightly bitter-sour

Paprika is a spice made from the ground dried red peppers of the *Capsicum annuum* species. The plant originated in Mexico but was brought to Europe as early as the 16th century where it quickly became popular and new varieties were cultivated. The name paprika is derived from the Hungarian word paparka, meaning pepper. Today, Paprika is the national spice of Hungary and is widely used in both Hungarian (think goulash) and Spanish (think chorizo) cuisines.

The fruits of the plant are dried then ground. Peppers for smoked paprika are hung in smoke houses before processing.

Use: Paprika features a pungent smoky flavor that can vary greatly depending on the origin of the peppers. It is often used as a seasoning ingredient in soups, stews, marinades and casseroles. It can be sprinkled on salads, used as a garnish on deviled eggs, or brushed on meats, poultry and fish.

There are two main types of paprika: Hungarian, which is bright- or rust-red and with pronounced fruitiness, and Spanish – known as pimiento – which is darker and sweeter. Both are available smoked.

Paprika is an excellent substitute for chili powder, as it delivers the same flavor profile without the heat. The various variations of paprika are appreciated for their earthy and smoky flavors, spicy heat, and the sweet taste of the fruit's sugars. Choose very mild paprika to harness the rust-red pigment without changing the flavor of a dish.

Food Partners

Complements – beef, chicken, chickpeas, duck, eggplant, mushrooms, onion, pasta, rice, roasted vegetables, sour cream, white cheeses and yogurt

Pairs well with – garlic, ginger, oregano, parsley, saffron, and turmeric

Healing Power – paprika is rich in vitamins A, B6, C, and E. The chemical capsaicin relaxes blood vessels, which is known to decrease blood pressure. Applied as a topical cream, it can relieve pain. Ingested, the heating agents make you sweat and release endorphins.



Sliced Red Potatoes

Ingredients

- Red potatoes (washed)
- ¼ cup olive oil (extra virgin)
- 1 tablespoon paprika
- 1 tsp. garlic powder
- 1 tsp onion powder
- Salt and Pepper to taste

Instructions

1. Preheat your oven to 425 degrees.
2. Cut your potatoes into 1-2" pieces, leaving the skin on. Place in a bowl.
3. In a small bowl, combine olive oil, smoked paprika, garlic powder and onion powder. Pour over potatoes and gently toss until completely covered.
4. Spread potato cubes onto a cookie sheet and place in oven. Roast potatoes for about 30-35 minutes, gently tossing halfway through.
5. Once done, generously sprinkle with coarse salt and pepper before serving.

<https://aggieskitchen.com/roasted-red-potatoes-with-smoked-paprika/>



Easy Grilled Tilapia with Paprika

Ingredients

- 1 lb Tilapia (about 4-6 medium fillets)
- 3 tablespoon oil (not EV olive oil)
- 2 tsp paprika
- 1 tsp. garlic powder
- 1 tsp. salt
- ½ tsp. pepper

Instructions

1. Pat dry the tilapia – if frozen, thaw completely.
2. Preheat the griddle on medium heat with a grill surface temperature of 450-500 and hood open. Spray griddle with grill rated Pam or brush with oil (Not EV olive oil).
3. In a small bowl mix 3 tablespoons vegetable oil, 2 tsp. paprika, 1 tsp. garlic powder, 1 tsp salt and ½ tsp. pepper.
4. Brush oil/spice mixture on both sides of the fillets and place on griddle.
5. Cook about 4 minutes per side with lid OPEN.

****To bake tilapia –** Preheat oven to 400 degrees - season tilapia, arrange fish in baking dish. Bake the tilapia for 10-12 minutes, or until fish flakes and fork-tender.

Source: www.101cookingfortwo.com



Crispy Baked Chicken Thighs

Ingredients

- 4 chicken thighs bone-in, skin-on
- 2 tsp. Italian seasoning
- 2 tsp. ground garlic
- 2 tsp. onion powder
- 2 tsp. salt (adjust to taste)
- 1 tsp. ground paprika
- 1 tsp. black pepper

Instructions

1. Whisk together the dry rub ingredients
2. Pat the chicken dry with paper towels and place it on a rimmed baking sheet that you've lined with foil or parchment paper.
3. Rub all sides of the chicken with the rub (you can rub them with olive oil first or mix the spices with oil if you wish). Arrange the chicken thighs skin side up on the pan.
4. Bake at 400 degrees for 30-40 minutes, until the internal temperature of the chicken is 165 degrees.
5. Let chicken rest for 5 minutes before serving.

****Chicken Breast instead of Thighs –** You may substitute the chicken thighs for chicken breasts. However, the flavor and texture will slightly change because chicken thighs have a stronger flavor, higher fat content and softer texture once baked than chicken breasts. Depending on the size of the breasts, the baking time will vary and most likely be less than the indicated time in this recipe. Use a food thermometer to cook breasts until the thickest part registers at 165 degrees.

Simple Paprika Cauliflower

Ingredients

- 1 head Cauliflower cut into bitesize florets
- 2 tablespoons olive oil extra virgin
- 1 tsp white pepper (or regular pepper)
- 2 tablespoons paprika

Instructions

- Preheat oven to 400 degrees. Line a baking sheet with baking parchment paper, or spray with non-stick spray.
- In a large mixing bowl combine olive oil, paprika, and pepper, toss and coat cauliflower in the oil mixture. Dump and spread cauliflower onto lined baking sheet making sure they are not crowded or overlapped.
- Bake for 15-20 minutes. Cool slightly before eating. Makes 4 servings.



<https://www.messycuttingboard.com/wp-content/uploads/2017/02/PapCaul1-1-680x1024.jpg>

Garlic Shrimp with Paprika & Honey

Ingredients

- Approximately 36 large shrimp, thawed, peeled + deveined
- 3 tablespoons olive oil, divided
- 2 large cloves garlic, thinly sliced
- 1 ½ tsp. paprika
- 1 tsp. honey
- Salt + pepper to taste

Instructions

1. Pat shrimp dry with a paper towel and place them in a small bowl. Toss them in 1 tablespoon olive oil and a bit of salt + pepper.
2. Heat up a frying pan or skillet over medium-high heat. Once the pan is hot (a splash of water should sizzle on it), place the shrimp on the pan. They should be in a single layer with a bit of space between each piece – you may need to do this in stages, depending on the size of pan.
3. Cook the shrimp for 1-2 minutes per side, then remove and set aside in a bowl. They'll be opaque, pink, and slightly browned when done.
4. In the same pan, add remaining 2 tablespoons of olive oil and sliced garlic. Saute garlic for 1 minute, until browned and slightly fragrant. Stir in paprika and honey, then add cooked shrimp back into the pan. Toss to coat.
5. Remove pan from heat and serve shrimp immediately. Season with salt + pepper, as desired. Makes 4 servings.



<https://www.walderwellness.com/garlic-shrimp-with-smoked-paprika-honey/>

Paprika and Garlic Roasted Peas

Ingredients

- 2 cups frozen peas – thawed
- 1 tsp. olive oil
- ½ tsp paprika
- ½ tsp garlic salt

Instructions

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper.
2. Thaw the peas in a colander or on a paper towel. When they are no longer frozen, spread them out on a clean paper towel and gently press another towel on top. Blot out any moisture and repeat this step as needed until the peas are noticeably drier. Be careful not to smush them.
3. Transfer the peas to the baking sheet and toss in the olive oil, paprika, and garlic salt. Spread them out in a single layer, being careful not to overcrowd.
4. Bake for 30-40 minutes until the peas are browned and some of the smaller ones are shriveled. Shake the baking sheet every 10 minutes to promote even cooking. Remove from oven and enjoy!



NOTES:

- Do not skip thawing and blotting the peas. If the peas are holding excess water, they will steam in the oven instead of getting crunchy.
- Other seasoning ideas include salt and pepper, chili powder, cayenne pepper and garlic powder, and even nutritional yeast.

<https://itsavegworldafterall.com/roasted-peas/>

Creamy Zucchini Sauce

Ingredients

For Zucchini

- 2 lbs. zucchini cubed
- 3 tablespoon olive oil
- 1 tablespoon paprika
- Salt and pepper to taste

For the Sauce

- 1 cup sour cream
- 2 garlic cloves minced
- 1 tablespoon tomato paste
- 2 tablespoon chopped dill (if desired)
- 2 tablespoon chopped basil (if desired)
- Salt to taste

Instructions

1. Preheat the oven to 400 degrees.
2. Mix the zucchini with oil, paprika, salt, and pepper and spread onto a large non-stick baking ray. Bake for about 20 minutes, until soft and slightly browned.
3. Meanwhile, place all of the sauce ingredients into a medium skillet, stir, and bring to a simmer. Turn off the heat.
4. Add the baked zucchini to the cream-sauce and mix everything well. Garnish with chopped herbs, if desired.

NOTE: What to serve with this Sauce – Great with some cooked pasta (spaghetti, penne, or linguine), or pour a generous amount of the sauce over boiled rice. It would also be good with your favorite grain (quinoa, farro, bulgur, barley, buckwheat, etc.). Or just serve it with some fresh bread.

https://cooktoria.com/creamy-zucchini-sauce/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=18486004



Roasted Chickpeas with Garlic, Cumin and Paprika

Ingredients

- 1 can (14-15 oz) of chickpeas, rinsed and drained
- 1 tablespoon olive oil
- 2 cloves garlic, roughly chopped
- ¾ tsp. paprika
- ¾ tsp. ground cumin
- Salt + pepper to taste

Instructions

1. Preheat oven to 400 degrees.
2. Dry the chickpeas on a paper towel, and spread them on a rimmed baking sheet. Sprinkle with oil and garlic, and toss everything well with your hands to make sure the chickpeas are coated. Spread evenly on the baking sheet, and roast for 20 minutes, shaking the pan every few minutes to cook the chickpeas evenly.
3. While the chickpeas are roasting, prepare a plate with paper towels. Drain the cooked chickpeas on the paper towels and, while they're still warm, toss with paprika, cumin, salt and pepper.
4. Serve warm, or store in an airtight container for up to a week.



<https://www.theperfectpantry.com/2010/06/paprika-recipe-roasted-chickpeas-with-garlic-cumin-and-paprika.html>

PLEASE SHARE PICTURES OF WHAT YOU MAKE ON FACEBOOK OR WITH THE LIBRARY VIA EMAIL!

Spice Resources at Fluvanna Library

Books

Essential Spices and Herbs: Discover Them, Understand Them, Enjoy Them by Christina Nichol – 641.6383 NIC

Healing Spices Handbook: Recipes for Natural Living by Barbara Brownell Grogan – 615.3 BRO

Herbs & Spices: The Cook's Reference by Jill Norman – 641.6383 NOR

Mastering Spice: Recipes and Techniques to Transform Your Everyday Cooking by Lior Lev Sercarz – 641.6383 SER

The Science of Spice: Understand Flavour Connections and Revolutionize Your Cooking by Dr. Stuart Farrimond – 641.3383 FAR

Spiced: Unlock the Power of Spices to Transform Your Cooking – America's Test Kitchen – 641.6383 AME

DVDs

Great Courses [DVD]: the everyday gourmet, essential secrets of spices in cooking – DVD NF Great Courses

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