

Did you know...

There are many different types of paprika available to purchase, but the most authentic is from Hungary. There, paprika is the national spice, and is used in an abundance of their cooking. Within the world of Hungarian Paprika, there are traditionally eight different grades, all varying in sweetness and heat. Here in North America, the Hungarian Paprika we see is commonly édesnemes (noble), which is in the middle in terms of heat and pungency.

All types of paprika are made by drying and grinding different types of peppers. As such, it is loaded with nutrients found in peppers. Paprika contains antioxidants, is a great source of Vitamin A, and may promote good eye health.

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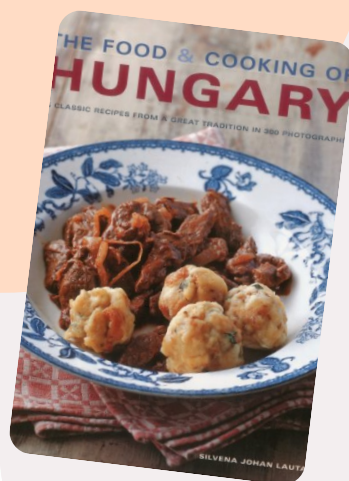


**May
Spice of the Month:
Hungarian Paprika**

Chicken Paprikash

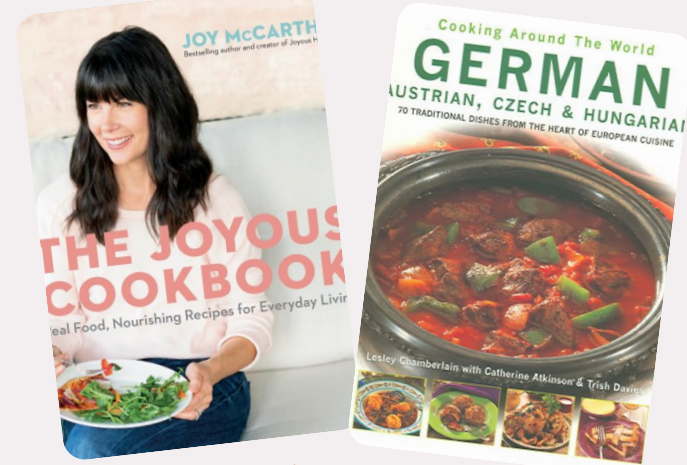
Ingredients

- 3 to 4 tbsp. olive oil
- 8 skinless bone-in chicken thighs
- Salt and pepper
- 2 small onions, coarsely chopped
- 3 Hungarian wax, Italian frying, or Cubanello peppers, seeded and coarsely chopped
- 2 tbsp. Hungarian paprika
- 8 whole peeled canned tomatoes, coarsely chopped
- 1/3 cup sour cream, plus more for garnish
- 1/2 cup chopped fresh flat-leaf parsley
- Egg noodles, for serving



Directions:

- Heat olive oil in a large Dutch oven over medium-high heat. Season chicken thighs with salt and pepper; add to Dutch oven and cook, turning once, until deep golden brown, about 8 min. per side. Remove chicken and set aside.
- Add more olive oil to Dutch oven, if needed. Add onions and season with salt and pepper. Cook, stirring, until golden, about 10 min. Add peppers and cook, stirring, until softened, about 5 min. Return chicken to Dutch oven and sprinkle chicken and vegetables with paprika. Add tomatoes and 3/4 cup water; bring to a boil. Cover and let simmer until chicken is very tender, about 40 minutes.
- Remove Dutch oven from heat; remove chicken from Dutch oven and keep warm. Using an immersion blender, blend vegetables and cooking liquid until smooth. Whisk in sour cream and season with salt and pepper. Return chicken to Dutch oven and keep warm until ready to serve. Garnish with parsley and additional sour cream, and serve with egg noodles.



Paprika Hummus

- 1 can of chick peas, drained -- not rinsed, liquid reserved
- 1-2 cloves of garlic, crushed
- 1 tbsp. tahini
- Juice of half a lemon
- pinch of salt
- 1/4 cup + 3 tbsp. olive oil
- 1/4 medium onion, diced
- 1 tbsp. Hungarian paprika
- Blend or process chick peas, garlic, tahini, and lemon juice. If the mixture is too dry and won't process, add a little chick pea liquid. Add a 1/4 cup of olive oil and blend or process until fairly smooth.
- Place 3 tbsp. olive oil in a non stick fry pan on medium heat. Add the onions and sauté until very soft. Remove from heat and stir in Hungarian paprika
- Top your hummus with the onion/paprika mixture, serve with bread, crackers, or veggies

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