

# Did you know...

Cayenne peppers, scientifically known as *Capsicum annuum*, are a type of chili pepper that add a moderate amount of spice and heat to any dish. The peppers can be ground into a powder, dried into flakes or used whole to enhance your chosen dish with some heat! Use a little or a lot, depending on your spice tolerance.

The compound capsaicin is what gives the peppers their heat, and also some great health benefits too! Capsaicin is effective at lowering blood pressure, and also holds anti-inflammatory properties.



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



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# Spice Club



March 2023  
Spice of the Month:  
Cayenne Pepper

# Chef John's Shakshuka

## Directions:

- Heat olive oil in a large, heavy skillet over medium-high heat. Add onions and mushrooms. Sprinkle with salt. Cook and stir until mushrooms release all of their liquid and start to brown, about 10 minutes. Stir in bell peppers and jalapeno pepper. Cook and stir until peppers begin to soften up, about 5 minutes. Season with cumin, paprika, turmeric, black pepper, and cayenne. Stir and cook about 1 minute. Pour in crushed tomatoes and water. Adjust heat to medium and simmer uncovered until veggies are softened, stirring occasionally, 15 to 20 minutes. Add more water if sauce becomes thick.
- Make an area in the sauce for each egg with a large spoon. Crack egg into a small ramekin and slide gently into each spot; repeat with the rest of the eggs. Season with salt and pepper. Cover and cook until eggs are to your desired doneness.
- Top with feta cheese and parsley

# Spicy Mocha Pound Cake

## Ingredients

- 1/2 cup cocoa powder
- 1 tsp. baking powder
- 1/2 cup strong coffee
- 1 tsp. vanilla extract
- 1 cup sugar
- 1 stick butter
- 2 eggs
- 1/2 cup milk
- 1 cup flour
- 1 tsp. cayenne
- 1 pinch salt

## Directions:

- Preheat oven to 375°F
- In a standing mixer, cream the butter and sugar. Once creamed, add each egg, one at a time, until creamy
- Pour the milk, coffee and vanilla extract into the mixture and mix again until combined
- In a large bowl, sift together the flour, cocoa powder, cayenne, baking powder, and the small pinch of salt
- Pour the wet ingredients into the dry ingredients and fold until combined
- Pour mixture into a lightly greased and floured loaf pan. Bake for 50 minutes, or until a toothpick comes out clean. Start checking at the 40-minute mark
- Let cool about 10 minutes. Garnish with chocolate sauce or powdered sugar



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