



*Spice Up Your Spring!*

Maynard Library  
Spice Club

**TAMARIND**

### SPICE INFORMATION



Tamarind (*Tamarindus indica*) is a leguminous tree indigenous to tropical Africa and naturalized in Asia. The word tamarind itself is derived from the Arabic tamar hind, meaning “Indian date. The tamarind tree produces brown, pod-like fruits that contain a sweet, tangy pulp, which is used in cuisines around the world. The pulp is also used in traditional medicine and as a metal polish. The fruit is harvested by pulling the pod from its stalk. A mature tree may be capable of producing up to 386 pounds of fruit per year.

The fruit is high in tartaric acid, sugar, B vitamins, and, unusually for a fruit, calcium. It becomes sweeter as it matures.

Tamarind paste has many culinary uses including as a flavoring for chutneys, curries and drinks. It is widely used in India, Thailand and across Southeast Asia. In the Philippines, the whole fruit is used as an ingredient in the traditional dish called sinigang to add a unique sour taste. Indonesia also has a similarly sour, tamarind-based soup dish called sayur asem. In the Middle East, tamarind is used in savory dishes, notably meat-based stews, and often combined with dried fruits to achieve a sweet-sour tang. Tamarind sweet chutney is popular in India and Pakistan and is often served with samosas. Tamarind pulp can be mixed with liquid to make tamarind juice—served in Java and Indonesia with palm sugar and ice. In Mexico and the Caribbean, tamarind is used to make an agua fresca drink. Tamarind is widely used throughout

all of México for candy making, often with chilli powder. In Western cuisine, tamarind pulp is found in Worcestershire sauce.

Tamarind comes in whole pods but is also commonly sold in Asian shops as blocks of dried pulp. Soak the tamarind pulp in hot water, remove the fibers and seeds, and squeeze to extract the dark, smooth paste. It has a long shelf life when refrigerated. You can also find tamarind sold as a concentrate, which varies widely in flavor, and as a dried powder.

<https://en.wikipedia.org/wiki/Tamarind>

<https://www.allrecipes.com/article/what-is-tamarind/>

<https://www.bonappetit.com/story/how-to-use-tamarind>



Your tamarind was purchased at Shiva's Super Bazaar in Nagog Mall in Acton. You will need to reconstitute it before using it in recipes.

This document can be found at

<https://www.maynardpubliclibrary.org/spice>

## RECIPES

### Tamarind Paste

<https://cooking.nytimes.com/recipes/1021264-tamarind-paste>

Yield: About 2 T

1.2 ounces tamarind fruit pulp (your sample)

3 Tbsp boiling water

1. Separate the tamarind into small chunks and place the fruit into a medium heatproof bowl.
2. Pour the boiling water over the tamarind, submerge completely, cover with plastic wrap, and let sit for 30 to 45 minutes. Stir the tamarind occasionally with a fork at first, then, as the water cools, rub the fruit between your fingers to separate it from the seeds. The mixture will turn thick and pulpy.
3. Set a fine mesh sieve over a medium bowl and pass the mixture through to remove any fibrous materials and seeds, pressing firmly with a large spoon to squeeze out as much liquid as possible and scraping the tamarind from the bottom of the strainer into the bowl. The final consistency should be thick, almost like ketchup. Transfer the tamarind paste to a clean jar or container. Store in the refrigerator for up to 2 months.

## Tamarind Agua Fresca

<https://www.allrecipes.com/recipe/246116/tamarind-agua-fresca/>

### Ingredients

- 6 cups ice, or as needed
- 6 cups water
- ½ cup tamarind concentrate
- ½ cup white sugar
- 6 slices orange
- 6 slices lime

### Steps

1. Fill six glasses with ice.
2. Combine water, tamarind concentrate, and sugar in a pitcher; stir until sugar dissolves. Pour over ice and garnish each glass with an orange and lime slice.



## Peanut-Tamarind Dipping Sauce for Spring Rolls or Satay

<https://www.serious-eats.com/peanut-tamarind-dipping-sauce-spring-roll-satay-recipe>

Kenji López-Alt

Servings: 1 cup



### Ingredients

- ½ cup shelled peanuts
- 1 tablespoon light brown sugar
- 3 medium cloves garlic
- 2 tablespoons light soy sauce
- 2 tablespoons Thai red or Massaman curry paste
- 1 tablespoon tamarind concentrate
- 2 tablespoons vegetable oil
- Dry chile flakes, to taste (optional)

## Steps

1. If You Have a Mortar and Pestle (Recommended): Toast peanuts on a rimmed baking sheet in a 375°F oven or toaster oven until deep golden brown, about 5 minutes. Transfer to a plate to cool. Combine sugar and garlic in the mortar and pound with the pestle into a smooth paste. Add peanuts and pound to form a chunky paste. Add soy sauce, curry paste, and tamarind concentrate and firmly stir with a circular motion until a homogeneous chunky mixture is formed. Add vegetable oil and stir to combine. Add water to thin to a pourable but still thick consistency. Adjust heat with chile flakes, if desired.
2. If You Have a Food Processor: Toast peanuts on a rimmed baking sheet in a 375°F oven or toaster oven until deep golden brown, about 5 minutes. Transfer to a plate to cool. Combine peanuts, sugar, and garlic in the bowl of a food processor and pulse until a chunky paste is formed. Add soy sauce, curry paste, tamarind concentrate, and oil and process until a chunky homogeneous mixture is formed. Pulse in water, 1 tablespoon at a time, until sauce reaches a pourable but thick consistency. Adjust heat with chile flakes, if desired.
3. Sauce can be stored in a sealed container in the refrigerator for several weeks.



## Easy Vegan Crispy Tofu Spring Rolls with Peanut-Tamarind Dipping Sauce

<https://www.seriousseats.com/easy-vegan-crispy-tofu-spring-rolls-recipe>

Kenji López-Alt

Servings: 4

### Ingredients

- 1 (14-ounce; 400 g) block firm (non-silken) tofu, cut into matchsticks approximately 2 inches long and 1/2 inch square
- 3 tablespoons (45ml) vegetable oil
- 1 recipe peanut-tamarind dipping sauce
- 1 large carrot, peeled and cut into a fine julienne
- 4 ounces pea greens
- 2 cups mixed picked fresh herbs, such as cilantro, mint, and Thai basil
- Chopped toasted peanuts
- Finely sliced Thai bird or serrano chile peppers
- 20 dried spring roll rice paper wrappers

### Steps

1. Place tofu in a large colander and set in the sink. Pour 1 quart boiling water over tofu and let rest for 1 minute. Transfer to a paper towel-lined tray and press dry. Heat vegetable oil in a large nonstick or cast iron skillet over medium-low heat until shimmering. Add tofu and cook, turning occasionally, until golden brown and crisp on all surfaces, about 10 minutes total. Transfer to a paper towel-lined plate to drain.
2. Transfer drained tofu to a large bowl and add 5 tablespoons peanut-tamarind sauce. Toss to coat tofu.
3. Transfer tofu, carrots, greens, herbs, peanuts, peppers, and remaining dipping sauce to serving platters. Serve with rice paper wrappers and a bowl of warm water. To eat, dip a rice paper wrapper in warm water until moist on all surfaces, then transfer to your plate. Place a small amount of desired fillings in the center. Roll the front edge of the wrapper over the filling away from you, then fold the right side over toward the center. Continue rolling until a tight roll with one open end has formed. Dip spring roll in dipping sauce as you eat.



## Homemade Worcestershire Sauce

<https://practicalselfreliance.com/homemade-worcestershire-sauce/>

Requires 1 month of aging time.

### Ingredients

- 1/4 cup raisins
- 1/4 cup boiling water
- 1/2 cup un-sulfured molasses
- 1/4 cup tamarind paste
- 2-ounce can anchovies
- 1 onion, coarsely chopped
- 1-inch piece of fresh ginger, peeled & chopped
- 6-8 garlic cloves, crushed
- 2 cups white vinegar, divided
- 2 cardamom pods
- 2 Tbsp. kosher or canning salt
- 2 Tbsp. brown sugar or maple syrup
- 1 Tbsp. crushed red pepper flakes
- 1 Tbsp. dry mustard
- 1 tsp. whole cloves
- 1 tsp. black peppercorns
- 1/2 tsp ground cinnamon



### Steps

1. Pour boiling water over raisins in a small bowl and allow to stand 15 minutes until raisins are softened. Drain and discard water.
2. Place raisins, molasses, tamarind paste, anchovies, onion, ginger, garlic and half the vinegar (1 cup) into a food processor. Process until smooth.
3. Pour the pureed mixture into a saucepan and add the remaining ingredients (including remaining vinegar). Bring the whole mixture to a boil, then remove from heat.
4. Pour the mixture into a 1 quart canning jar, seal with a plastic lid and store in a cool, dark place for at least 1 month (or longer for stronger flavors).
5. After aging, pour the sauce through a fine mesh sieve before use.

## Tom Yum Goong Soup

<https://leitesculinaria.com/84627/recipes-tom-yum-goong-soup.html>

Servings: 6

### Ingredients

- 3 stalks lemongrass green part and root trimmed, remaining section cut into 3 pieces
- 5 lime leaves each torn into 4 pieces
- One (2-inch) piece galangal or ginger sliced crosswise into 6 to 7 pieces
- 2 1/2 quarts (10 cups) cold water
- 1 pound medium shrimp peeled and deveined, left whole if small, or roughly chopped if medium or large
- 2 tablespoons tamarind
- 7 to 10 tamarind tendrils (optional)
- 3 to 15 bird's eye chile peppers smashed, to taste
- 2 tablespoons nam prik pao (roasted chile paste)
- 1/4 cup sliced button mushrooms
- 4 to 8 tablespoons fish sauce or to taste
- 6 to 12 tablespoons fresh lime juice or to taste
- 1/2 tablespoon granulated sugar
- 1/4 cup cilantro leaves for garnish



### Steps

1. In a large pot, bring the lemongrass, lime leaves, galangal or ginger, and water to a boil and then lower the heat to medium. Add the shrimp, tamarind paste, tamarind tendrils (if using), chile peppers, and nam prik pao, and simmer just until the shrimp is cooked through.

## Authentic Pad Thai

<https://www.allrecipes.com/recipe/222350/authentic-pad-thai/>

Servings: 6

## Ingredients

- 12 ounces dried rice noodles
- ½ cup white sugar
- ½ cup distilled white vinegar
- ¼ cup fish sauce
- 2 tablespoons tamarind paste
- 2 tablespoons vegetable oil, divided
- 2 boneless, skinless chicken breast halves, sliced into thin strips
- 1 ½ teaspoons garlic, minced
- 4 large eggs, beaten
- 1 ½ tablespoons white sugar
- 1 ½ teaspoons salt
- 1 cup coarsely ground peanuts
- 2 cups bean sprouts
- ½ cup chopped fresh chives
- 1 tablespoon paprika, or to taste
- 1 medium lime, cut into wedges



## Steps

1. Place rice noodles into a large bowl and cover with several inches of room temperature water; let soak for 30 to 60 minutes. Drain.
2. Whisk 1/2 cup sugar, vinegar, fish sauce, and tamarind paste together in a saucepan over medium heat. Bring to a simmer, then remove from the heat.
3. Heat 1 tablespoon oil in a skillet over medium-high heat. Add chicken; cook and stir until chicken is no longer pink in the center and the juices run clear, 5 to 7 minutes. Remove from the heat.
4. Heat remaining 1 tablespoon oil in a large skillet or wok over medium-high heat. Add garlic and cook until fragrant, about 1 minute. Stir in eggs; scramble until eggs are nearly cooked through, about 2 minutes. Add chicken and rice noodles and stir until well combined.
5. Stir in tamarind mixture, 1 1/2 tablespoons sugar, and salt; cook until noodles are tender, 3 to 5 minutes. Stir in peanuts and cook until heated through, 1 to 2 minutes. Garnish with bean sprouts, chives, and paprika; serve with lime wedges.



## Tamarind and Spinach Dal

<https://www.theguardian.com/lifeandstyle/2017/jul/15/tamarind-and-spinach-dal-vegan-recipe-meera-sodha>

Meera Sodha

Servings: 4

### Ingredients

- 400g toor dal or split pigeon peas
- 2 tbsp rapeseed oil
- 2 tsp cumin seeds
- 6-8 fresh curry leaves
- 2 green finger chillies, finely chopped
- 1 large brown onion, diced
- 200g baby spinach
- 1 ½ tsp tamarind paste
- 1 ¾ tsp salt
- 1 tsp dark brown sugar or jaggery



### Steps

1. Wash the toor dal in cold water till the water runs clear, then put in a deep saucepan and cover with a liter and a quarter of water. Bring to a boil, then turn down the heat to a whisper and simmer for 25-30 minutes, scooping off any foam, until soft.
2. Meanwhile, on a medium flame, heat the oil in a large frying pan for which you have a lid, then fry the cumin and curry leaves for a minute, until they crackle. Add the chillies and onion, and cook, stirring every now and then, for 12 minutes, until the onion is soft and golden. Add the spinach, cover the pan and leave to steam for a couple of minutes, until the spinach has wilted, then stir so the spinach is coated in oil (this will help it retain its bright green color).
3. Stir the spinach mix, tamarind paste, salt and sugar into the dal, and cook on a medium heat for five minutes, then taste: the sourness of the tamarind should balance with the saltiness and sweetness, so adjust until it tastes right to you. Serve with basmati rice and/or chapatis, pickle and a dollop of coconut yoghurt.

## Eggplant with Tamarind

<https://food52.com/recipes/53664-eggplant-with-tamarind>



Servings: 4

### Ingredients

- 1 large Eggplant
- Canola Oil Spray
- 2 tablespoons Canola Oil
- 1/2 teaspoon nigella seeds
- 1/2 teaspoon Cumin seeds
- 2 Dried Red Chiles
- 10-15 fresh Curry Leaves
- 2 tablespoons Sesame seeds
- 1/2 teaspoon Poppy seeds
- 1 tablespoon Dried Coconut flakes
- 1/2 teaspoon Chile powder
- 1/4 teaspoon Turmeric
- 3 tablespoons Tomato Ketchup
- 3 tablespoons Tamarind pulp
- 1/2 teaspoon Kosher Salt
- 1 teaspoon Garlic paste
- 3 Ginger slices
- Fresh Cilantro

### Steps

1. Cut eggplant into 1/2 inch slices. Spray with canola and lay them spray side down down in a hot nonstick skillet. Let them crisp and brown on one side. Then spray other side and flip and brown slices. Cool and cut into small chunks.
2. Heat remaining oil in the same pan. When hot add kalonji, cumin, red chiles and curry leaves. Let them splutter for 30 seconds.
3. Add all other ingredients except eggplant. Bring sauce to a simmer and add eggplant. Cover and cook for 15-20 minutes till eggplant is fully cooked.
4. Add fresh cilantro and serve with roti or rice.

## Vegan Potato Curry

<https://www.olivemagazine.com/recipes/vegan/quick-tamarind-potato-curry/>

### Ingredients

- 1 ½ lb all-purpose potatoes, peeled and cut into large dice
- 1 onion, large
- 1 garlic, clove
- a walnut-sized chunk ginger, roughly chopped
- 1 green chilli, chopped
- Oil for frying
- 1 tsp cumin seeds
- 1/2 tsp fennel seeds
- 1 tsp ground coriander
- 1 tsp medium chilli powder
- 14.5 oz can plum tomatoes
- 2 tsp brown sugar
- 2 tbsp tamarind paste
- a large handful coriander
- rice or naan bread, to serve



### Steps

1. Boil the potatoes for 5 minutes in salted water, then drain. Whizz the onion, garlic, ginger, chilli and 2 tbsp of water to a purée
2. Heat 1 tbsp oil in a pan. Cook the whole seeds for a minute until they pop. Add the rest of the spices and cook for a minute, then add the purée and cook for 5 minutes. Add the tomatoes, sugar and tamarind, and simmer for 10 minutes. Add the potatoes and a splash of water, put on a lid and cook until the potatoes are completely tender but still holding their shape. Stir in the coriander and serve with rice or naan bread.

## Khai Look Khoey (Thai Son-In-Law Eggs)

<https://whattocooktoday.com/khai-look-khoey-thai-eggs-with-tamarind-sauce.html>

### Ingredients



- 6 large eggs
- 4 Tbsp Palm sugar or brown sugar
- 3 Tbsp fish sauce
- 2 Tbsp seedless tamarind paste
- 5 Tbsp hot water
- Cooking oil

### Garnishes:

- 2 Tbsp Crispy shallots
- Small bunch of fresh coriander leaves
- 1 Thai red chili chopped or sliced at an angle

### Steps

1. Let the eggs sit at room temperature for about 15 minutes before cooking. Bring a medium pot of water (enough to cover the eggs) to a rolling boil. Gently add the eggs into the pot.  
Turn off the heat and cover the pot with lid and let sit for about 12 minutes
2. Remove from the pot and rinse with cold water to stop the cooking. Peel the shells off and set aside and pat dry with absorbent paper towel to prevent splattering when you pan fry later.
3. Place the tamarind in a small bowl. Add in the hot water and let sit for 15 minutes. Use the back of the spoon to gently press on the tamarind paste that has softened and continue to do so until it turns into mush
4. In a small saucepan, add in the softened tamarind, sugar, and fish sauce. Cook until the sauce turns into a thin syrup consistency. If it's too thick, add a bit more water. If it's too thin, reduce the sauce a bit longer. Have a taste, it should be sweet, tangy, and savory
5. Make sure the surface of the boiled eggs is dry before you pan fry them. Preheat cooking oil in a frying pan, about 1/2-inch in height. When the oil is hot, lower the heat to medium, gently place the eggs in the pan and use a slotted spoon to turn the eggs around to let them blister and turn golden brown all over. They turn brown very quickly, so watch the heat and lower it further if needed
6. Remove from the pan into a paper towel. Cut into half and place on serving platter. Drizzle with tamarind sauce, crispy shallots, fresh coriander leaves, and chili.

## Instant Pot Georgian Pomegranate Chicken

<https://jmoreliving.com/2018/09/11/instant-pot-georgian-pomegranate-chicken-recipe/>



Servings: 6

### Ingredients

- 12 whole chicken legs or 6 bone-in thighs plus 6 legs (about 4 pounds)
- sunflower or avocado oil as needed
- 3 medium red onions halved and sliced thin
- 4-5 cloves garlic finely minced
- 2 tsp. ground coriander
- 1 1/2 tsp. aleppo pepper or 1/2 teaspoon red pepper flakes, or to taste
- 1 tsp. sweet paprika
- 2 tbs. tomato paste
- 1 cup pomegranate juice
- 2 tbs. pomegranate molasses
- 2 tbs. tamarind paste
- 1 tbs. honey
- 3 sprigs thyme fresh
- 1 bay leaf
- 1 whole pomegranate arils/seeds only
- 1/2 bunch cilantro fresh, for garnish
- salt and pepper as needed



## Steps

1. Start by generously seasoning your chicken with salt and pepper on both sides.
2. Turn your Instant Pot or pressure cooker to the saute setting, which should produce high heat for browning. If needed increase the heat to MORE or according to the manufacturer's instructions. Once the pot is hot, add a drizzle of oil. Brown each piece of chicken until golden brown, about 3-4 minutes on each side. Cook the chicken in batches so as not to crowd the pot and cause the chicken to steam instead of brown. On the stovetop, brown the chicken in a large pot or Dutch oven on medium high heat. Once all of the chicken is browned, transfer it from the pot and reserve.
3. Add all of the onions to the same pot, so that they can cook in the remaining chicken fat. If your chicken did not release very much oil, add another tablespoon or two of oil to the pot. Season the onions with salt and saute for 5-6 minutes, or until softened and starting to slightly brown. Add the garlic, coriander and paprika to the pot and saute for an additional 1-2 minutes, or until fragrant. Add the tomato paste and stir everything until the onion mixture is well coated in the tomato paste. Nestle the reserved browned chicken back into the pot. Press CANCEL to turn off the saute function on the pot. Follow the same steps on a stovetop.
4. Add the pomegranate juice, pomegranate molasses, tamarind paste, honey, thyme and bay leaf to the pot. Place the lid on the Instant Pot, close the pot and seal it. Press the POULTRY or MANUAL setting and set the time to 15 minutes. Let the steam naturally release for 10-15 minutes, and shift the valve to venting if more air needs to be released. On the stovetop, cover the pot and simmer for 30 minutes on medium-low or until the chicken is tender and cooked through.
5. Press CANCEL, open the lid and transfer the chicken to a platter and lightly cover with foil to keep the chicken warm. Remove the bay leaf and thyme stems. Turn on the SAUTE function again. Allow the sauce to simmer and reduce by half, or until it has reached your desired thickness. On the stovetop, turn the heat to medium-high and simmer.
6. Once the sauce has reduced and thickened, pour the sauce over the chicken. At this point you can keep dish warm in a low oven, or you can cool it and freeze if making in advance.
7. Just before serving, garnish the chicken with the fresh pomegranate and roughly chopped cilantro or parsley.

## Chicken with Tamarind, Apricots and Chipotle Sauce

[https://patijinich.com/chicken\\_with\\_tamarind\\_apricots\\_and\\_chipotle\\_sauce/](https://patijinich.com/chicken_with_tamarind_apricots_and_chipotle_sauce/)



Servings: 8

### Ingredients

- 1 whole chicken cut into pieces, plus two more pieces, with skin and bones
- 1 teaspoon kosher or sea salt or more to taste
- 1/2 teaspoon black pepper freshly ground, or to taste
- 1/2 cup safflower or corn oil
- 4 cups water
- 1/2 pound dried apricots about 3/4 cup, roughly chopped
- 2 tablespoons apricot preserves
- 2 tablespoons tamarind paste mixed with 1 tablespoon sugar and 3/4 cup water
- 2 tablespoons Chipotles in adobo sauce or more to taste

### Steps

1. Thoroughly rinse chicken pieces with cold water and pat dry. Sprinkle with salt and pepper.
2. In a deep extended skillet, heat oil over medium heat until it is hot but not smoking. Add chicken pieces in one layer, bring heat to medium-low, and slowly brown the chicken pieces for one hour. Turn them over every once in a while, so they will brown evenly on all sides.
3. Pour water over the chicken, raise the heat to medium-high, and bring it to a simmer. Incorporate the apricots, apricot preserve, tamarind concentrate, chipotle sauce and salt and stir, and keep it at a medium simmer for 35 to 40 minutes more. You may need to bring down the heat to medium.
4. The sauce should have thickened considerably as to coat the back of a wooden spoon. Taste for salt and heat and add more salt or chipotle sauce to your liking.

## Sweet-And-Sour Syrian Meatballs

<http://joannathan.com/keftes-garaz-sweet-and-sour-syrian-meatballs/>



Servings: 6 to 8

### Ingredients

#### FOR THE MEATBALLS:

- 1/2 cup pine nuts
- 2 sweet onions, diced
- 2 tablespoons olive oil
- 2 pounds ground beef
- 2 cloves garlic, minced
- 1/2 cup matzo meal or bread crumbs
- 1/4 teaspoon ground Aleppo or Marash pepper
- 1/2 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1/4 teaspoon cinnamon
- Salt and freshly ground pepper to taste
- 2 large eggs
- 1 teaspoon tamarind concentrate
- 2 teaspoons tomato paste or ketchup

#### FOR THE SAUCE:

- 4 tablespoons olive oil
- 1 diced onion
- 1 tablespoon tamarind concentrate
- 1 1/2 cups pitted sour cherries (If you cannot find sour cherries, frozen Bing or dark sweet cherries will work just fine)
- 1 1/2 cups dried cherries
- Juice of 1 lemon
- 1 teaspoon ground allspice
- Salt and freshly ground pepper to taste
- 1 cup beef stock
- 1 cup red wine
- 2 tablespoons chopped parsley or cilantro

## Steps

1. Preheat the oven to 350 degrees.
2. Mix ground beef with one diced onion in a large bowl.
3. Toast the pine nuts, stirring often, in a small dry skillet over medium heat, until lightly brown, about 5 to 10 minutes. Remove to a medium bowl.
4. Sauté half the onions in oil on a nonstick frying pan until lightly caramelized, about 20 to 30 minutes.
5. Add the onions to the bowl with the pine nuts, then add the ground beef, garlic, matzo meal or bread crumbs, Aleppo or Marash pepper, cumin, allspice, cinnamon, salt, and pepper. Break the eggs into the bowl and stir in the tamarind and tomato paste or ketchup, mixing gently with your hands until just combined.
6. Mold into small balls, about 1 1/4 inches in diameter. Put on 2 rimmed baking sheets and bake for about 20 to 25 minutes or until done, but still juicy. You should get about 40 meatballs.
7. While the meatballs are baking, make the sauce. Heat the oil in a medium saucepan set over medium-high heat. Add the onion and sauté until transparent, then add the tamarind, pitted, sour or frozen cherries, dried cherries, lemon juice, allspice, salt, pepper, beef stock, and wine. Simmer together, uncovered, for about 20 to 25 minutes until the sauce is slightly thickened.
8. Mix the meatballs with the sauce and serve over rice, sprinkled with chopped parsley or cilantro.

## Date & Tamarind Loaf

<https://food52.com/recipes/77855-date-tamarind-loaf>

Nik Sharma

Servings: 8 to 9

### Ingredients

- |  |  |
|--|--|
| 1 cup sour tamarind paste                | 1/4 teaspoon fine sea salt                     |
| 2 cups all-purpose flour                 | 16 pitted Medjool dates, finely chopped        |
| 2 teaspoons ground ginger                | 1/2 cup chopped walnuts, plus 6 walnut halves  |
| 1/2 teaspoon freshly ground black pepper | 3/4 cup plus 1 teaspoon extra-virgin olive oil |
| 1 1/2 teaspoons baking powder            | 3/4 cup packed jaggery or muscovado sugar      |
| 1/2 teaspoon baking soda                 | 2 large eggs, at room temperature              |
|  | 1 cup confectioners' sugar                     |

## Steps

1. Reserve 2 Tbsp of the tamarind paste in a small bowl to prepare the glaze.
2. Preheat the oven to 350°F. Grease an 8½ by 4½ in loaf pan with butter and line the bottom with parchment paper.
3. In a large bowl, whisk together the flour, ginger, pepper, baking powder, baking soda, and salt. Put the dates in a small bowl. Add the walnuts and 2 Tbsp of the whisked dry ingredients and toss to coat evenly.
4. Combine the ¾ cup olive oil, 1 cup tamarind paste (minus the reserved paste) and jaggery in a blender and pulse on high speed for a few seconds until completely emulsified. Add one egg and pulse for 3 to 4 seconds, until combined. Repeat with the remaining egg.
5. Make a well in the center of the dry ingredients in the bowl, and pour the egg mixture into the well. Whisk the dry ingredients into the egg mixture and continue whisking until there are no visible flecks of flour. Then fold in the dates and walnuts.
6. Spoon the batter into the prepared loaf pan. Arrange the walnuts halves in a straight line down the center of the loaf. Bake for 55 to 60 minutes, rotating the pan halfway through baking, until firm to the touch in the center and a skewer comes out clean. Cool in the pan on a wire rack for about 10 minutes, and run a knife around the inside of the pan to release the cake. Remove from the pan and transfer to a wire rack to cool completely.
7. Add the remaining 1 tsp of olive oil to the small bowl containing the reserved tamarind. Sift in the confectioners' sugar and whisk until completely smooth. Pour the glaze over the cooled loaf and let it sit for 1 hour to set before serving.





## ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

Three from Anna Jones's One Pot, Pan, Planet (April's Cookbook Club book):

Eggplant Curry with Basil and Tamarind, p 41

Tamarind Glazed Sweet Potatoes, p 244

Tomato Tamarind Bhel Puri, p 199

New York Times recipes:

<https://cooking.nytimes.com/recipes/1021325-shrimp-cilantro-and-tamarind-soup>

<https://cooking.nytimes.com/recipes/1021326-roasted-new-potatoes-with-garlic-and-tamarind>

<https://cooking.nytimes.com/recipes/1020181-tamarind-cream-pie>

<https://www.bbcgoodfood.com/recipes/tamarind-chickpeas>

<https://www.allrecipes.com/recipe/210519/egg-kulambu/>

<https://veganlovlie.com/apple-tamarind-chutney-recipe/>

<https://www.marionskitchen.com/southern-thai-tamarind-prawns/>

<https://amp.theguardian.com/lifeandstyle/2018/may/12/yotam-ottolenghi-tamarind-recipes>

<https://www.allrecipes.com/recipe/272284/garlic-tamarind-pork-loin/>

<https://niksharmacooks.com/summer-tomato-salad-with-sweet-tamarind-dressing/>

<https://www.theguardian.com/food/2019/sep/13/tamarind-curry-kachumber-salad-recipes-anna-jones>

<https://www.happyandharried.com/2015/07/24/sri-lankan-chicken-curry/>

<https://www.allrecipes.com/recipe/168042/martys-thai-chicken-satay/>

<https://www.saveur.com/beef-dolma-with-apricots-tamarinds-recipe/>

Video

<http://weatheranchormama.com/2015/10/04/multicultural-lifestyle-how-to-make-jamaican-tamarind-balls/>

## SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a potluck buffet and discussion on Saturday, **April 29** @ 12 pm. Feel free to use one of these recipes for your dish or find one on your own.

To see other food resources and register to receive email updates about kits and meetings, visit <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.