

Spice Up Your Winter!

Maynard Library Spice Club

PAPRIKA

PAPRIKA INFORMATION

Paprika is made from the pods of *Capsicum annuum*, an annual shrub belonging to the nightshade family and native to tropical areas of the Western Hemisphere, including Mexico, Central America, South America, and the West Indies.

The species includes most of the sweet peppers and many of the pungent, strong-flavored types. Depending on the variety, the pods may be 0.5 inch to 1 foot in length, with a long, round, or conical shape, and yellow, brown, purple, or red color. A spongy central column bears the flat, kidney-shaped seeds. The pods are dried and ground to produce paprika. When mild paprikas are made, the central core is first removed.



Paprika has some sugar content, varying with the variety, and is richer in vitamin C than the citrus fruits. Pungency is imparted by the nitrogen compound capsaicin, which is usually lower in *C. annuum* than in other plants of the same genus.

The rose paprika of Hungary is generally considered the finest variety. It is made from choice dark red pods that have a sweet flavor and aroma. A sharper Hungarian variety, Koenigspaprika, or king's paprika, is made from the whole pepper.

Paprika is a popular seasoning in many cuisines. Its bright color makes it an excellent garnish for savory foods. It is frequently used in the cooking of Spain, Mexico, and the countries of the Balkan Peninsula. It is especially associated with Hungarian cuisine and is essential for such hot,

spicy, Hungarian stew dishes as gulyás (called goulash in the United States), pörkölt, paprikás, and tokány.

<https://www.britannica.com/topic/paprika>

Three Types of Paprika — Sweet, Hot and Smoked

<https://www.cookinglight.com/cooking-101/essential-ingredients/whats-the-difference-between-sweet-hot-and-smoky-paprika>

Paprika in its simplest form is made from grinding sweet pepper pods to create the iconic bright red powder. But depending on the variety of paprika, the color can range from a bright orange-red to a deep blood red and the flavor can be anything from sweet and mild to bitter and hot.

Sweet Paprika

Typically just labeled as paprika, this spice adds vibrant color to any dish. It can be sprinkled as a garnish over deviled eggs or potato salad, or used as a flavoring for meat rubs. It has a sweet pepper flavor, without any heat. If a recipe doesn't specify the type of paprika, use this kind. Some dishes that call for sweet paprika are flexible with type. Sweet paprika provides a sweeter flavor to calm down the heat, but smoked paprika will add a delicious, subtle smokiness. Other dishes need the sweet paprika to balance other spices. In general, don't substitute hot or smoked paprika for sweet.

Hot Paprika

Hot paprika is the Hungarian variety of paprika, and is generally accepted as superior to the rest. In Hungarian cuisine, paprika is used as a primary flavoring method, instead of simply adding color to a dish. It is most commonly found in classic dishes like Goulash and the creamy Paprikash.

This version adds a peppery, spicy kick to any dish. You can substitute sweet paprika into dishes that call for hot paprika and sprinkle a touch of cayenne pepper in to compensate for the heat. Don't use smoked paprika in place of hot.



Smoked Paprika

Smoked paprika, often called pimenton or smoked Spanish paprika, is made from peppers that are smoked and dried over oak fires. This process gives the red powder a rich, smoky flavor. You can find this smoked variety in mild, medium-hot, and hot. True Spanish pimenton is produced using traditional techniques and comes from specific areas in Spain, as per the European Union's laws.

This variety has a smoky flavor you might find by grilling outdoors or charring a red pepper. The flavor is still sweet and cool without adding any heat to the dish, unless you purchase a hot,

smoked variety. You can substitute in sweet paprika into dishes that call for smoked, but it will drastically change the flavor of the dish by removing the smokiness.

(Information here comes from The New Food Lover's Companion Fifth Edition by Sharon Tyler Herbst and Ron Herbst unless otherwise noted.)

PAPRIKA RECIPES

Breakfast Hot Dish with Sweet Potatoes

<https://www.cookinglight.com/recipes/breakfast-hot-dish>

8 Servings; Total Time 1 hour, 20 minutes

INGREDIENTS

- 1 1/2 pounds sweet potatoes, unpeeled and cut into 1/8-in.-thick slices
- 1 large onion, thinly sliced
- 1/4 cup olive oil
- 1 Tablespoon smoked/hot paprika
- Cooking spray
- 8 large eggs
- 1 1/4 cups whole milk
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 oz white cheddar cheese, grated (about 3/4 cup)
- 1/2 lb. turkey or chicken breakfast sausage, cooked and crumbled (optional)
- 1/2 cup plain fat-free Greek yogurt



DIRECTIONS

1. Preheat oven to 400 F.
2. Toss sweet potatoes and onion with oil and paprika; spread into an even layer on a foil-lined baking sheet coated with cooking spray. Bake at 400 F for 20 minutes or until tender
3. Place potatoes and onions in a large bowl. In a separate bowl, whisk together eggs, milk, salt, and black pepper. Pour egg mixture over potato mixture; fold in cheese and sausage (if using). Coat a 13- x 9-inch baking dish with cooking spray; pour in egg mixture. Bake for 30 minutes or until set and browned on top. Cool slightly before serving. Top each serving with 1 tablespoon yogurt.

Roasted Chickpeas with Garlic, Cumin and Paprika

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

4 servings

INGREDIENTS



- 1 can (14-15 oz) of chickpeas, rinsed and drained
- 1 Tbsp olive oil
- 2 cloves garlic, roughly chopped
- 3/4 tsp sweet Hungarian paprika
- 3/4 tsp ground cumin
- Coarse sea salt
- Fresh black pepper

DIRECTIONS

1. Preheat oven to 400°F.
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.

Sweet and Smoky Homemade Barbecue Sauce

<https://thewanderlustkitchen.com/sweet-smoky-homemade-bbq-sauce/>

4 servings; Total time 20 minutes

INGREDIENTS

- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 cup ketchup
- 1/4 cup water
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 teaspoons paprika
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon cayenne



INSTRUCTIONS

Heat oil in a small saucepan over medium heat. Once the oil is hot, add the minced garlic and saute two minutes. Add remaining ingredients and let cook for three minutes. Reduce heat to low and simmer 15 minutes until thickened.

Liptauer (Slovakian Cheese Spread)

<https://www.curiouscuisiniere.com/liptauer-cheese-spread/>

For best flavor, refrigerate the prepared spread for at least 1 hour before serving.

8 servings; Total time 10 mins

INGREDIENTS



8 oz cream cheese, softened
4 oz salted butter, softened
1 garlic clove, minced
2 Tbsp onion, finely chopped
1 Tbsp capers, chopped
1 ½ tsp sweet paprika
1 tsp caraway seeds, ground
1 tsp prepared mustard
¼ tsp salt

INSTRUCTIONS

1. Combine all ingredients in a medium mixing bowl and blend using an electric hand mixer, until everything is well mixed and the cheese is fluffy.
2. Refrigerate the spread in an airtight container for at least 1 hour before serving.
3. Liptauer is traditionally served on rye or pumpernickel bread, but we found it to be tasty when spread on any kind of bread or crackers.

Spread will last for 1-2 weeks in the refrigerator.

Shakshuka with Feta (Eggs Poached in Spicy Tomato Pepper Sauce)

<https://www.epicurious.com/recipes/member/views/shakshuka-melissa-clark-58393392>

See also Piperade Basquaise <https://curedbybacon.wordpress.com/2013/09/03/basque-piperade-with-fresh-eggs/>

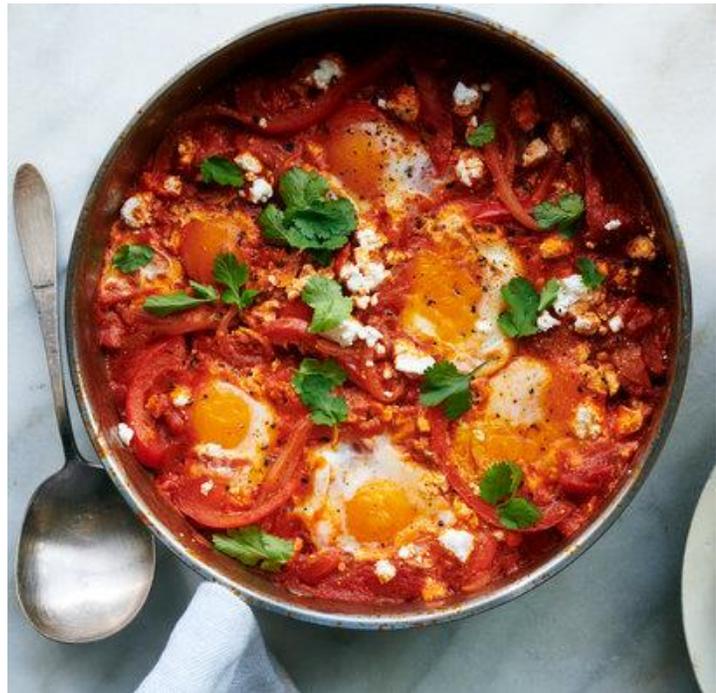
4-6 servings; Total time 1 hour

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 1 large onion, halved and thinly sliced
- 1 large red bell pepper, thinly sliced
- 3 garlic cloves, thinly sliced
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika (or smoked or hot)
- $\frac{1}{8}$ teaspoon ground cayenne, or to taste
- 1 (28-ounce) can whole plum tomatoes with their juices, coarsely chopped
- $\frac{3}{4}$ teaspoon kosher salt, plus more as needed
- $\frac{1}{4}$ teaspoon black pepper, plus more as needed
- 5 ounces feta, crumbled (about 1 $\frac{1}{4}$ cups)
- 6 large eggs
- Chopped cilantro, for serving
- Hot sauce, for serving

PREPARATION

1. Heat oven to 375 degrees. Heat oil in a large skillet over medium-low. Add onion and bell pepper. Cook gently until very soft, about 20 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute. Pour in tomatoes and season with $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Taste and add more salt and pepper if needed. Stir in crumbled feta.
2. Gently crack eggs into skillet over tomatoes. Season eggs with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and serve with hot sauce OR reduce heat to a simmer and finish on the stovetop until the eggs are how you like them.



Sopa de Ajo (Castilian Garlic and Bread Soup)

Jose Andres

<https://www.saveur.com/recipes/sopa-de-ajo-recipe>

Serves 4

INGREDIENTS



1/4 cups extra-virgin olive oil
10 garlic cloves, thinly sliced
6 oz. country bread, torn into 1/2-inch pieces
1 Tablespoon smoked paprika
1/2 cups dry white wine
4 cups chicken stock
2 large eggs, lightly beaten
Kosher salt and freshly ground black pepper
1 tbsp. finely chopped Italian parsley leaves,
for garnish

INSTRUCTIONS

To a medium pot over medium-high heat, add the oil; when hot, add the garlic and cook, stirring frequently, until golden, about 3 minutes. Add the bread and paprika and cook, stirring occasionally, until the bread is slightly toasted, 4–6 minutes. Add the wine and cook until the liquid is completely absorbed by the bread, about 2 minutes. Add the stock and bring to a low boil. Slowly drizzle in the eggs while stirring constantly and cook until the egg is set and the bread is very soft, about 1 minute more. Season with salt and pepper, then ladle into 4 soup bowls, garnish with parsley, and serve.

Shrimp with Garlic and Smoked Paprika

<https://www.myrecipes.com/recipe/shrimp-garlic-smoked-paprika>

Serves 4; Total time 14 mins

INGREDIENTS

3 tablespoons extra-virgin olive oil	2 teaspoons fresh lemon juice
1 lb lg shrimp, peeled & deveined, tails on	1 tablespoon cold unsalted butter, diced
1/2 teaspoon kosher salt	1/4 teaspoon smoked sweet paprika
Pinch of crushed red pepper	1 tablespoon finely chopped flat parsley
4 large cloves garlic, minced	Lemon wedges, optional
1/3 cup dry sherry	

INSTRUCTIONS

1. Warm a 12-inch skillet over medium-high heat. Add oil; swirl to coat. Add shrimp in a single layer. Cook, undisturbed, until lightly golden, about 90 seconds. Sprinkle with salt, crushed red pepper and garlic; turn shrimp and sauté until just cooked through, about 1 minute longer. Transfer to a platter and tent with foil to keep warm.
2. Add sherry to skillet; cook, stirring to release brown bits from bottom of skillet, until liquid has reduced by about half, 1 to 2 minutes. Stir in lemon juice and juices from shrimp. Remove skillet from heat; add butter and smoked paprika and stir until sauce is creamy. Spoon sauce over shrimp; sprinkle with parsley. Serve immediately, with lemon wedges, if desired.



Patatas Bravas

<https://www.thekitchn.com/patatas-bravas-recipe-23214012>

Serves 4; Total time 45 minutes

INGREDIENTS

For the bravas sauce:

- 1 tablespoon extra-virgin olive oil
- 1 bay leaf
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon kosher salt
- 1 (15-ounce) can tomato purée
- 1 tablespoon sherry vinegar

For the potatoes:

- 2 pounds russet potatoes (about 4 medium)
- 1 quart vegetable oil, for deep frying
- 1 tablespoon smoked paprika
- 1/4 teaspoon kosher salt

For the aioli:

- 4 cloves garlic
- 1 tablespoon freshly squeezed lemon juice
- 1 cup mayonnaise
- 1 tablespoon extra-virgin olive oil



INSTRUCTIONS

Make the bravas sauce:

Heat 1 tablespoon olive oil in a small saucepan over medium heat until shimmering. Add 1 bay leaf, 1 teaspoon smoked paprika, 1/2 teaspoon cayenne pepper, and 1/2 teaspoon kosher salt. Carefully pour in 1 (15-ounce) can tomato purée and stir to combine. Bring to a boil. Reduce the heat to maintain a gentle simmer, then simmer until thickened, about 45 minutes. (This is a good time to make the aioli and cook the potatoes.) Remove the pan from the heat and stir in 1 tablespoon sherry vinegar.

Make the aioli:

Finely grate 4 garlic cloves into a small bowl. Add 1 tablespoon freshly squeezed lemon juice and stir to combine. Let sit for 30 minutes. Add 1 cup mayonnaise and 1 tablespoon extra-virgin olive oil, and stir to combine.

Cook the potatoes:

1. Peel and cut 2 pounds russet potatoes into 1-inch pieces. Place in a medium saucepan and add enough cold water to cover by 1 inch. Bring to a boil over high heat. Boil until the potatoes are tender, about 7 minutes. (Do not overcook or they will fall apart.) Drain, then transfer to a kitchen towel and arrange the potatoes into a single layer to dry thoroughly.
2. Heat 1 quart vegetable oil in a deep fryer or a large Dutch oven over medium-high heat until 350°F. Working in batches so as to not overcrowd the pot (there should be some space between each potato), use a spider or slotted spoon to add the potatoes to the oil. Fry, stirring occasionally, until the potatoes are golden-brown and crisp, 6 to 8 minutes. Transfer the potatoes to a paper towel-lined bowl to drain briefly, then transfer to a serving dish.
3. Sprinkle 1 tablespoon smoked paprika and 1/4 teaspoon kosher salt over the potatoes and toss to coat. Serve with the aioli and bravas sauce for dipping.

Roasted Cauliflower Paprikash

<https://palatablepastime.com/2020/11/12/roasted-cauliflower-paprikash/>

Serves 4; Total time 50 minutes

INGREDIENTS

Roasted Cauliflower:

- 1 pound fresh cauliflower florets
- 2 tablespoons olive oil
- salt and black pepper



Paprikash Sauce:

8 ounces fresh mushrooms (sliced)	1/4 cup flour
1/2 cup chopped onion	2 cups stock or broth (vegetable or chicken)
1 teaspoon garlic	1 tablespoon tomato paste
salt and black pepper	1 tablespoon sweet Hungarian paprika
1/2 teaspoon dried thyme	1/2 cup milk
2 tablespoons olive oil	1/4 cup sour cream
2 tablespoons butter	1 tablespoon minced Italian parsley
1/4 cup dry white wine	Cooked egg noodles (optional)

INSTRUCTIONS

Roast Cauliflower:

1. Preheat oven to 400F.
2. Separate cauliflower into florets, drizzle with olive oil and season with salt and black pepper. Place in a single layer on a baking sheet.
3. Roast twenty minutes and stir. Continue roasting twenty minutes more, or until lightly browned and tender.

Prepare paprikash sauce:

1. Saute the mushrooms, onion and garlic in the mixture of olive oil and butter with salt, black pepper and thyme until mushrooms soften.
2. Stir in the white wine and continue to cook until it vapes off and is mostly dry.
3. Stir in the flour to coat vegetables. Add the broth and stir briskly with tomato paste and paprika. Once it thickens, remove from heat.
4. Whisk the sour cream into the milk and quickly stir into the sauce (off the heat).
5. Add parsley and roasted cauliflower and stir again. Serve over noodles if you like.

Easy Vegan Paella

<https://minimalistbaker.com/easy-vegan-paella-1-pan/>

Total time 45 minutes

INGREDIENTS

- 1/2 tsp saffron
- 3 Tbsp lemon juice
- 1 Tbsp olive oil (if oil-free, sub vegetable broth)
- 1 ½ cups diced yellow onion (1 medium)
- 1 cup diced red bell pepper (1 medium)
- 3 Tbsp minced garlic (~6 cloves)



2 tsp smoked paprika
2 tsp sea salt
2 cups arborio rice
4 cups vegetable broth
1 cup quartered, marinated artichoke hearts, marinade reserved (12-ounce jar)
1 cup cherry tomatoes, halved
1 cup frozen peas
Vegan chorizo (optional)
Lemon wedges for serving

INSTRUCTIONS

1. In a small bowl, combine the saffron with the lemon juice to bloom the saffron. Set aside.
2. In a large skillet or paella pan — at least 12 inches in diameter — heat the olive oil over medium-high heat. Add onion, red bell pepper, and garlic, and sauté until softened — about 5 minutes. Add paprika and salt and toss.
3. Add the rice and stir to coat and lightly toast the grains — about 2 minutes. Add the vegetable broth and the saffron and lemon juice. Stir well to evenly distribute ingredients.
4. Bring broth to a boil. Once boiling, immediately reduce the heat to low. Cover, set a timer for 20 minutes, and simmer for 20 minutes undisturbed, or until the grains are tender and the liquid is fully absorbed.
5. While the rice cooks, cook vegan chorizo (if including). Heat a 10-inch nonstick or well-seasoned cast iron skillet over medium heat. Add a thin layer of avocado oil and as much vegan chorizo as will comfortably fit in a single layer in the pan. Cook for 3-4 minutes, undisturbed. It should sizzle and pop a bit — if it's not, turn up the heat a little. Once nicely browned on the bottom, use a spatula to flip as evenly as possible to brown the other side for another 3 minutes. Break it up slightly and toss to evenly brown all sides — ~2 minutes. Repeat with any remaining chorizo and set cooked chorizo aside.
6. Test the rice after 20 minutes to ensure it's cooked. If it needs more time, add 1/2 cup water and cover again for a few minutes. When the rice is tender, turn heat off. Add the artichoke hearts, 2 Tbsp of artichoke marinade, tomatoes, and peas and toss gently. Cover for 2 minutes to warm through. Taste test and adjust as needed, adding more salt to taste, artichoke marinade for acidity, or smoked paprika for depth/smokiness. Optionally, serve with vegan chorizo and lemon wedges.

Best when fresh. Leftovers will keep for up to 4 days in the refrigerator. Not freezer friendly.

Authentic Chicken Paprikash (Paprikás Csirke)

<https://www.daringgourmet.com/chicken-paprikash-paprikas-csirke/#recipe>

6 servings; Total time 1 hour

INGREDIENTS

- 2 tablespoons pork lard or butter
- 3 pounds chicken pieces, bone-in and skin-on
- 2 medium yellow onions, very finely chopped
- 2 cloves garlic, finely minced
- 2 Roma tomatoes, seeds removed and very finely diced
- 1 Hungarian bell pepper, diced (optional)
- 3-4 tablespoons sweet Hungarian paprika
- 2 cups chicken broth
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons all-purpose flour
- 3/4 cup full fat sour cream, room temperature
- 1/4 cup heavy whipping cream

INSTRUCTIONS

1. Heat the lard in a heavy pot and brown the chicken on all sides. Transfer the chicken to a plate. In the same oil, add the onions and fry until golden brown. Add the garlic and tomatoes (and pepper if using) and fry another 2-3 minutes. Remove the pot from the heat and stir in the paprika, salt and pepper (paprika becomes bitter if scorched).
2. Return the chicken to the pot and place it back over the heat. Pour in the chicken broth. The chicken should be mostly covered. Bring it to a boil. Cover, reduce the heat to medium-low and simmer for 40 minutes. Remove the chicken and transfer to a plate.
3. In a small bowl, stir the flour into the sour cream/cream mixture to form a smooth paste. Stir the cream mixture into the sauce, whisking constantly to prevent lumps. Bring it to a simmer for a couple of minutes until the sauce is thickened. Add salt and pepper to taste. Return the chicken to the sauce and simmer to heat through.
4. Serve the chicken paprikash with Hungarian nokedli or German spaetzle.



Warm Cocoa Chocolate Pudding with Smoked Paprika Candied Pecans

<https://thekitchenpaper.com/warm-cocoa-chocolate-pudding-smoked-paprika-candied-pecans/> barely adapted from Bon Appetit

Total time 40 minutes

INGREDIENTS

pudding

- 1½ cups heavy cream
- 1½ cups whole milk
- 4 tablespoons unsalted butter
- 1 tsp vanilla extract
- 2 large eggs
- ½ cup sugar
- 2 Tbsp plus 1 tsp cornstarch
- 2 Tbsp unsweetened cocoa powder
- 1½ tsp kosher salt
- 4 ounces chopped chocolate (at least 70% cacao)

Candied Pecans

- 1 large egg white
- 2 Tbsp sugar
- 1 tsp smoked paprika
- 1 cup pecans

INSTRUCTIONS

Candied Pecans

1. Preheat the oven to 325 F, and line a baking sheet with parchment.
2. Whisk the egg white until frothy, then whisk in the sugar and paprika. Toss with the pecans, until they are fully coated, and spread in an even layer on the baking sheet.
3. Bake for 30 minutes, tossing every 10 minutes or so, until they are golden and dry. Remove from the oven and set aside. (you can do this up to a week in advance!)

Pudding

1. Combine the cream, milk, butter, and vanilla in a saucepan over medium heat.
2. While you're bringing the cream mixture up to a simmer, whisk together the eggs, sugar, cornstarch, cocoa powder, salt, and chocolate.
3. When the cream mixture just reaches a simmer, remove from the heat and, whisking constantly, add 1/2 cup at a time to the chocolate and egg mixture. Once you've added about half of the milk mixture to the chocolate, pour the chocolate into the saucepan with the remaining milk and whisk to combine.
4. Return to the heat and cook for another two minutes, or until thickened. Remove and serve immediately with the candied pecans.



MORE RECIPES

Potato Paprikash

<https://food52.com/recipes/33230-opa-s-paprikas-krumpli>

Eggplant Parikash

<https://blog.fatfreevegan.com/2006/08/eggplant-paprikash.html>

Rosemary-Paprika Chicken and Fries

<https://cooking.nytimes.com/recipes/1022943-rosemary-paprika-chicken-and-fries>

Smoky Sheet Pan Chicken with Cauliflower

<https://thehappyfoodie.co.uk/recipes/smoky-sheet-pan-chicken-with-cauliflower/>

Fall-Toush Salad

<https://smittenkitchen.com/2014/10/fall-toush-salad/>

Vegan Bacon on Loaded Potato Skins

<https://www.loveandlemons.com/loaded-potato-skins/>

Authentic Paella

<https://spainonafork.com/authentic-spanish-seafood-paella-recipe/>

Chicharrones de Pollo with Paprika Onions

<https://cinnamonsociety.com/recipes/recipes/chicharrones-de-pollo-paprika-onions>

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 Zoom discussion on Thursday, March 24 @ 7 pm. Register to receive the Zoom link and see other food resources at <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.