



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



STEPS

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 and freshly ground black pepper

STEPS

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.

Easy Romesco Sauce

<https://www.themediterraneandish.com/romesco-sauce-recipe/>

10 servings

INGREDIENTS

- 12 oz jarred roasted red peppers, drained
- 14 oz canned fire-roasted tomatoes, well drained
- 3/4 cup raw blanched almonds, toasted
- 1/4 cup raw blanched hazelnuts, toasted, optional
- 1/4 cup chopped flat leaf parsley
- 1/4 cup extra virgin olive oil
- 1 teaspoon kosher salt, more to taste
- 1 teaspoon smoked paprika
- 1/2 to 1 teaspoon red pepper flakes
- 1-2 garlic cloves chopped
- juice of half a lemon
- 1 teaspoon sherry vinegar or red wine vinegar



STEPS

1. Add all the ingredients in the bowl of a food processor fitted with a blade. Blend or pulse to your desired consistency.
2. Taste and adjust seasoning to your liking.
3. Use romesco as a sauce, spread or dip for any number of grilled meats, veggies or breads. perfect for dipping some homemade pita bread or fresh veggies like broccoli (crispy roasted broccoli), cauliflower, carrots or baked zucchini fries. It's also great with eggs, whether scrambled eggs, a frittata, or a breakfast sandwich.

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

STEPS

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.

Paprika Bread with Gouda Cheese for a Delicious Meal

<https://homecooksworld.com/paprika-bread/>



INGREDIENTS

- ½ cup/120 milliliters cold water
- 1 tablespoon/10 grams dry yeast
- 1 tablespoon/10 grams sugar
- 1 cup/240 milliliters cold water
- ¼ cup/60 milliliters olive oil
- 4 cups+ 2 tablespoons/580 grams bread flour
- 1 heaping tablespoon/15 grams salt
- 1 heaping tablespoon sweet/smoked paprika
- 5.3 ounces/150 grams Gouda cheese, cubed

STEPS

1. In a small bowl, place the 1/2 cup of water, yeast, and sugar. Mix well to dissolve and set aside for ten minutes.
2. In a large bowl, place the remaining water, olive oil, yeast mixture, flour, and salt. Mix with a spoon (you can also use your hands) just until a dough forms (it's okay if it's not smooth, as long as all the ingredients are combined and no flour remains in the bowl).
3. Grease a bowl, place the dough in it, and cover. After 30 minutes, fold the dough from four sides to release the air. Cover and let it sit for another 30 minutes.
4. Add the paprika and Gouda, release the air from the dough, and fold again. Take the dough out of the bowl and stretch it slightly on the counter to form a round and smooth ball. Place it on a baking sheet and cover for another 40 minutes of rising.

5. Meanwhile, heat the oven to 482°F (250°C), and place a cast-iron pot with its lid inside to preheat. After the final rise, dust the top of the dough with a bit of paprika and score it with a blade. Carefully remove the hot pot from the oven, remove the lid, place the bread with the baking paper inside, and cover with the lid. Return to the oven and bake for 25 minutes.
6. Remove the lid, lower the oven temperature to 338°F (170°C), and bake for an additional 30 minutes.
7. Take the bread out of the oven, carefully remove it from the pot, and place it on a rack to cool completely. Slice and serve.

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)
- ⅛ teaspoon ground cayenne, or to taste
- 1 (28-ounce) can whole plum tomatoes with their juices, coarsely chopped
- ¾ teaspoon kosher salt, plus more as needed
- ¼ teaspoon black pepper, plus more as needed
- 5 ounces feta, crumbled (about 1 1/4 cups)
- 6 large eggs
- Chopped cilantro, for serving
- Hot sauce, for serving



STEPS

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 3/4 teaspoon salt and 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.

Stuffed Portobello Mushrooms with Cream Cheese and Sausage

<https://thespicetrain.com/stuffed-mushrooms-with-cream-cheese-and-sausage/>

Servings: 4

INGREDIENTS

- 4 large portobello mushrooms
- 8 ounces bulk hot Italian sausage meat
- 1 teaspoon mild olive oil
- 4 ounces full-fat block cream cheese, softened
- ¼ cup full-fat sour cream
- ¼ cup finely diced white or yellow onion (about ⅓ of a small onion)
- 1 teaspoon dried oregano
- 1 teaspoon smoked hot paprika
- 1 ounce grated cheddar cheese (about ¼ cup)



STEPS

1. Heat the oven to 400 degrees F.
2. Remove the stems and gills from the mushrooms and discard. Set the mushroom caps aside.
3. Break up the sausage meat by tearing it with your fingers. Set aside.
4. Heat the oil in a cast iron pan until shimmering.
5. Add the sausage meat and cook until lightly browned. Let cool.
6. Whip cream cheese and sour cream until combined.
7. Stir in onion, oregano, paprika and cheddar.
8. Stir in the sausage meat.
9. Stuff the filling into the mushroom caps using either a firm rubber spatula or a spoon. Set the stuffed mushrooms (stuffed side up) onto a baking sheet lined with aluminum foil.
10. Bake uncovered until the mushrooms are soft and the filling is starting to brown (about 30 minutes). Serve hot.

Sopa de Ajo (Castilian Garlic and Bread Soup)

<https://www.saveur.com/recipes/sopa-de-ajo-recipe> (Jose Andres)

Serves 4

INGREDIENTS

- | | |
|--|--|
| 1/4 cups extra-virgin olive oil | 4 cups chicken stock |
| 10 garlic cloves, thinly sliced | 2 large eggs, lightly beaten |
| 6 oz. country bread, torn into ½-inch pieces | Kosher salt & freshly ground pepper |
| 1 Tablespoon smoked paprika | 1 tbsp. finely chopped Italian parsley |
| 1/2 cups dry white wine | leaves, for garnish |

STEPS

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.



Creamy Hungarian Mushroom Soup

<https://www.platingsandpairings.com/hungarian-mushroom-soup-with-fresh-dill/>

Servings: 6



INGREDIENTS

- 4 Tablespoons butter
- 1 large onion (diced)
- 1 pound mushrooms sliced (white, cremini and/or a mix of wild mushrooms like chanterelles)
- 3 Tablespoons flour
- 1 Tablespoon paprika
- 3 cups vegetable stock (chicken stock or bone broth)
- 3 Tablespoons soy sauce
- 1 cup 2% milk
- 1/2 cup sour cream
- 1 Tablespoon lemon juice
- 1 Tablespoon chopped fresh dill (or 2 tsp. dried dill)
- ¼ cup chopped fresh parsley
- Salt and pepper to taste

STEPS

1. Melt the butter in a large saucepan over medium heat, add the onions and mushrooms and cook until the mushrooms have released their liquids and it has evaporated, about 10-15 minutes.
2. Mix in the flour and paprika and let it cook for 2-3 minutes.
3. Add the stock, soy sauce and milk, bring to a gentle boil, reduce the heat and simmer for 10 minutes.
4. Remove from heat and mix in the sour cream, lemon juice, dill and parsley. Season to taste with salt and pepper.

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 |
| ½ teaspoon kosher salt | ¼ teaspoon smoked sweet paprika |
| Pinch of crushed red pepper | 1 tablespoon finely chopped flat parsley |
| 4 large cloves garlic, minced | Lemon wedges, optional |
| ⅓ cup dry sherry | |

STEPS

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.



Spanish Paprika Zucchini

<https://spainonafork.com/spanish-paprika-zucchini-calabacin-al-pimenton-recipe/>

Servings: 4



INGREDIENTS

- 2 zucchini
- 2 tbsp extra virgin olive oil (30 ml)
- 6 cloves garlic
- 1 tsp sweet smoked Spanish paprika
- 2 tomatoes
- handful fresh parsley
- pinch sea salt
- dash black pepper

STEPS

1. Wash and pat dry the zucchinis, cut off about 1/2 inch (1.25 cm) from the ends, then cut each one into 2 inch (5cm) pieces, cut each piece in half lengthwise and then into 1/2 inch (1.25 cm) thick slices.
2. Add the cut zucchini into a colander with a plate underneath, season generously with sea salt, mix together and then let it sit for 10 to 15 minutes
3. In the meantime, roughly chop the garlic, finely chop the parsley and finely grate the tomatoes.
4. After 10 to 15 minutes, transfer the slices of zucchini over paper towels, all in a single layer, pat completely dry.
5. Heat a large fry pan with a medium heat and add in the olive oil
6. Once the oil is hot but not smoking, about 3 minutes, add in the slices of zucchini, mix with the olive oil, then place them in a single layer, just as best as you can, cook for 1 minute without mixing, then mix the slices and once again place in a single layer and cook for 1 minute, do this until the zucchini is lightly sauteed
7. After 5 to 6 minutes and the slices of zucchini are lightly sauteed, add in the chopped garlic, mix continuously, after 30 to 45 seconds add in the paprika, quickly mix together, then add in the grated tomato, chopped parsley and season with black pepper, mix together and then simmer without mixing
8. Once the grated tomato has slightly thickened, about 3 to 4 minutes, remove the pan from the heat, transfer into a large serving dish, serve warm or at room temperature, enjoy!

Oven Roasted Vegetables

simplyrecipes.com/oven-roasted-vegetables-recipe-5214673

Servings: 2 to 4

INGREDIENTS

- 1 medium red onion, cut into 3/4-inch wedges
- 1 large bulb fennel, core removed and cut into 3/4-inch wedges
- 1 small (6 oz) sweet potato, cut into 3/4-inch cubes
- 2 small (8 oz) waxy potatoes (Red Bliss, fingerling, Yukon Gold), cut into 3/4-inch cubes
- 2 medium carrots, cut in half lengthwise and cut into 1-inch pieces
- 2 cloves garlic, roughly chopped
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon paprika
- 1/4 teaspoon red pepper flakes



STEPS

1. Preheat oven to 425°F.
2. Pile the onion, fennel, sweet potato, potatoes, carrots, and garlic on the center of a large sheet pan (18x13-inch).
3. Drizzle the olive oil over the top. Add the salt, cumin, coriander, turmeric, paprika, and red pepper flakes. Use your hands to toss and coat the vegetables evenly with the oil and spices.
4. Spread the vegetables out evenly on the sheet pan. If the vegetables are crowded use a second sheet pan. It's okay for them to touch, but they should not overlap.
5. Roast the vegetables for 20 minutes. Stir the vegetables, spread them out again in an even layer and continue to roast until they are tender and begin to brown, another 25 minutes or so.

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



STEPS

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)
- 1/2 cup chopped onion
- 1 teaspoon garlic
- salt and black pepper
- 1/2 teaspoon dried thyme
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/4 cup dry white wine
- 1/4 cup flour

- 2 cups stock or broth (vegetable or chicken)
- 1 tablespoon tomato paste
- 1 tablespoon sweet Hungarian paprika
- 1/2 cup milk
- 1/4 cup sour cream
- 1 tablespoon minced Italian parsley
- Cooked egg noodles (optional)



STEPS

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. Sauté 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 vapors 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



STEPS

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.

Roasted Red Pepper Pasta with Hot Paprika

simplyorganic.com/recipes/homemade-roasted-red-pepper-pasta-with-hot-paprika

Servings: 4



INGREDIENTS

- 8 ounces pasta of choice
- 1/4 cup reserved pasta water
- 2 red bell peppers, halved, seeds and stems removed (about 15 ounces)
- 1 medium onion, quartered
- 2 garlic cloves
- 1/3 cup full-fat coconut milk
- 1 1/2 teaspoons hot paprika
- 1 teaspoon Italian seasoning
- 1/8 teaspoon black pepper
- 1/4 teaspoon Himalayan pink salt, to taste
- grated Parmesan cheese or nutritional yeast
- fresh basil

STEPS

1. Cook pasta according to directions on package. Drain, reserving 1/4 cup pasta water. Set pan of pasta aside.
2. Meanwhile, preheat oven to 425 degrees. Line a baking sheet with parchment paper.
3. On lined baking sheet, place red peppers, onion and garlic cloves and roast for 20 to 25 minutes, until pepper skins are charred and peppers have collapsed.
4. Remove from oven, cover peppers with a large piece of foil and let sit for about 15 minutes. (This process makes the skins easier to remove.) Remove pepper skins.
5. In a food processor, place red peppers, onion, garlic, coconut milk, hot paprika, Italian seasoning and black pepper. Blend until smooth and creamy.
6. Thin out sauce with reserved pasta water. Season with salt and black pepper as needed.
7. Transfer to saucepan with cooked pasta and toss to combine. Warm gently if needed over medium-low heat. Garnish with Parmesan and basil.

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



STEPS

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

STEPS

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.



Peanut Butter Paprika Cookies

<https://www.davidlebovitz.com/peanut-butter-paprika-cookies-cookie-recipe-sister-pie-detroit/>

Servings: 30 cookies

INGREDIENTS

For the cookie dough:

- 2 cups (280g) all-purpose flour
- 1/3 cup (40g) whole wheat flour
- 1 1/2 teaspoons baking powder, preferably aluminum-free
- 1 teaspoon baking soda
- 1 teaspoon kosher or sea salt
- 1/2 teaspoon smoked paprika
- 8 ounces (230g) unsalted butter, at room temperature
- 1 1/4 cup (305g) peanut butter, smooth or chunky
- 3/4 cup (135g), packed light brown sugar
- 3/4 cup (150g) granulated sugar
- 2 large eggs, at room temperature
- 2 teaspoons pure vanilla extract

For the paprika topping:

- 1 tablespoon turbinado or raw granulated sugar
- 1 tablespoon granulated sugar
- 2 1/2 teaspoons smoked paprika
- 1 1/2 teaspoons flaky sea salt, such as fleur de sel or Maldon



STEPS

1. To make the cookie dough, in a medium bowl, whisk together the all-purpose and whole wheat flour with the baking powder, baking soda, 1 teaspoon kosher or salt, and 1/2 teaspoon smoked paprika.
2. In the bowl of a stand mixer fitted with the paddle attachment, or by hand, beat the butter, peanut butter, and the light brown and granulated sugar on medium speed until light and fluffy, about 3 minutes. Add the eggs one at a time, then the vanilla extract, stopping the mixer between adding each egg to scrape down the sides of the bowl.
3. Stir in the dry ingredients until completely incorporated, making sure to reach down to the bottom of the bowl, as you'll likely find some unincorporated flour lingering underneath the dough.
4. Scrape the dough into a shallow bowl, cover, and refrigerate for at least 24 hours, or up to 3 days. (The dough can be frozen at this point for up to three months, although I recommend doing it after scooping it in balls, in step #7. Let thaw before baking.)
5. Preheat the oven to 350°F Line two baking sheets with parchment paper or silicone baking mats.

6. In a small bowl, mix together the turbinado and granulated sugar, paprika, and flaky sea salt.
7. Scoop the dough into balls about 1 3/4 inch each using a soup spoon and your hands, or a spring-loaded ice cream scoop. Roll each ball in the sugar and paprika mixture so it's evenly coated, and place each on the baking sheet so they're about 2 inches apart.
8. Bake the cookies, rotating the baking sheets in the oven midway during baking, until they are golden brown across the top, about 12 to 13 minutes. Remove from the oven and use a spatula to gently tap the tops of each cookie to flatten them slightly, which makes them more attractive, and chewy when cool.

Sweet Potato Cake with Smoked Paprika Caramel

<https://justinesnacks.com/sweet-potato-cake-with-smoked-paprika-caramel/>

Servings: 1 8-inch cake



INGREDIENTS

Cake:

- 220 g grated raw sweet potato 1 1/2 cups
- 3 large eggs
- 150 g granulated sugar 2/3 cup
- 90 g dark brown sugar 1/2 cup
- 140 g avocado oil, or any neutral oil 2/3 cup
- 185 g all-purpose flour 1 1/3 cup
- 1 1/2 teaspoon baking powder
- 1 teaspoon Diamond Crystal kosher salt
- 1 teaspoon cinnamon

Caramel:

- 110 g packed dark brown sugar 1/2 cup
- 2 tablespoons water
- 42 g salted butter 3 tablespoons
- 1 teaspoon smoked paprika
- 1/4 cup heavy cream
- Diamond Crystal kosher salt

Whipped Cream:

- 1 3/4 cup chilled heavy cream
- 2 tablespoons granulated sugar
- 1/2 teaspoon ground cinnamon

STEPS

1. Position a rack to the center of the oven and preheat to 350°F.
2. In a large bowl, whisk together the sweet potato and eggs. Once combined, add the sugars and oil and mix to combine.
3. Add in the flour, baking powder, salt and cinnamon and whisk into a batter.

4. Lightly grease an 8-inch round cake pan and line the bottom with parchment. Pour in the batter and bake for 40-45 minutes or until you can insert a toothpick and it comes out clean. Set this in the freezer to chill.
5. While the cake is chilling, prepare the caramel. Set a small pan over medium heat. Add the sugar and water and mix to combine. Allow the sugar to come to a soft boil, mix to make the sugar smooth, scraping any sugars from the side of the pan.
6. Reduce the heat to low. Stir constantly and add a tablespoon of butter at a time, constantly mixing to combine. Add the paprika and the heavy cream and mix.
7. Let this cook another 2-3 minutes, but don't let it bubble. It should be a smooth caramel. Taste (careful, don't burn yourself!) and season with salt as you prefer. I like this on the saltier side.
8. Finally, make the cinnamon whipped cream. Using an electric mixer, add the chilled cream to a bowl and beat on high. Add the sugar and cinnamon and continue to beat until stiff peaks form. Store in the fridge until you are ready to assemble.
9. When the bottom of the cake pan is cool to the touch, remove the cake from the pan. It may be a bit domed, so use a serrated knife to even off the top a bit (don't cut off the whole top, just any excess height).
10. Flip the cake onto its serving plate, add a pile of whipped cream and smooth it out over the top of the cake. Pour over the caramel. Dust with any excess paprika and serve!

ADDITIONAL RECIPES

Potato Paprikash

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

Eggplant Parikash

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

Paprika and Garlic Herb Bread

<https://www.mangiabedda.com/paprika-and-garlic-herb-bread/>

Bulgur Pilaf With Red Peppers And Tomatoes

<https://cooking.nytimes.com/recipes/3851-bulgur-pilaf-with-red-peppers-and-tomatoes>

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-Tough Salad

<https://smittenkitchen.com/2014/10/fall-tough-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://cinnamonosociety.com/recipes/recipes/chicharrones-de-pollo-paprika-onions>

SHARING RESULTS

We'll meet for an optional potluck lunch and discussion on Saturday, October 26 @ 12 pm.

Prepare one of these recipes or choose your own. This document is available at

https://www.maynardpubliclibrary.org/spice_