

SPICE CLUB

PAPRIKA



SPICE 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. Paprika in its simplest form is made from grinding sweet pepper pods to create the iconic bright red powder.

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.

Hot Paprika - Hot paprika is the Hungarian variety of paprika, and is generally accepted as superior to the rest. This version adds a peppery, spicy kick to any dish.

Smoked Paprika - Often called pimenton or smoked Spanish paprika, is made from peppers that are smoked and dried over oak fires. It gives the red powder a rich, smoky flavor.

RECIPES

Paprika Bread with Gouda Cheese

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

INGREDIENTS

½ cup cold water
1 tablespoon dry yeast
1 tablespoon sugar
1 cup cold water
¼ cup olive oil
4 cups + 2 tablespoons bread flour
1 heaping tablespoon salt
1 heaping tablespoon sweet/smoked paprika
5.3 ounces Gouda cheese, cubed



DIRECTIONS

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.

Roasted Tomato Soup



<https://www.101cookbooks.com/roasted-tomato-soup/>

1 1/2 pounds tomatoes, cored (if necessary)

and quartered

1 large red bell pepper, seeded and quartered

3 medium yellow onions, peeled, quartered

extra-virgin olive oil

5 plump cloves of garlic, unpeeled

1 teaspoon fine-grain sea salt, plus more

to taste

2 - 3 cups hot vegetable stock or water

1 teaspoon smoked paprika

1/2 teaspoon cayenne powder (optional)

Topping Ideas: toasted sesame seeds, smoked paprika, goat cheese, chives



DIRECTIONS

1. Preheat the oven to 375°F degrees and position 2 racks in the middle of the oven. Line 2 rimmed baking sheets with parchment paper, alternately you can just rub them down with a thin glaze of olive oil.
2. Arrange the tomatoes, skin side down, on a baking sheet. Coat the bell pepper and onions with olive oil and put them on the other baking sheet along with the garlic. Place the pepper skin side down as well. Give both sheets a light showering of salt, then bake until the tomatoes start to collapse and the onions start to brown and caramelize, about 45 minutes. Turn the onions if they start getting overly dark on the bottom. Check on the garlic as well, once the garlic cloves are golden and oozy inside, pull them from the oven and allow to cool.

Blend the soup

1. Peel the garlic. Working in batches if necessary, place all of the roasted vegetables into a blender. Blend in a cup of the stock, and keep adding the rest 1/2 cup at a time until the soup is the desired consistency. Add the paprika and a bit more salt if needed - adjusting to your taste.
2. Serve with lots of toppings.

Shakshuka with Feta



<https://www.epicurious.com/recipes/food/views/shakshuka>

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)
½ 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



DIRECTIONS

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.

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Stuffed Portobello Mushrooms



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

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
½ cup full-fat sour cream
¼ cup finely diced white or yellow onion
1 teaspoon dried oregano
1 teaspoon smoked hot paprika
1 ounce grated cheddar cheese (about ¼ cup)



DIRECTIONS

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.

Creamy Hungarian Mushroom Soup

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

INGREDIENTS

4 Tablespoons butter
1 large onion (diced)
1 pound mushrooms sliced (white, cremini and/or a mix of wild mushrooms like chanterelles)

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INGREDIENTS CONTINUED

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)
1/4 cup chopped fresh parsley
Salt and pepper to taste

DIRECTIONS

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.



Garlic Shrimp with Smoked Paprika

<https://www.walderwellness.com/garlic-shrimp-with-smoked-paprika-honey/>

INGREDIENTS

Approx. 36 large shrimp, thawed, peeled + deveined
3 Tbsp. olive oil, divided
2 Large cloves garlic, thinly sliced
1.5 tsp. smoked paprika
1 tsp. honey
Salt + pepper, to taste



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DIRECTIONS

1. Pat shrimp dry with a paper towel and place them in a small bowl. Toss them in 1 Tbsp olive oil and a bit of salt + pepper.
2. Heat up a frying pan or skillet over medium-high heat. Once the pan is hot (a splash of water should sizzle on it), place the shrimp on the pan. They should be in a single layer with a bit of space between each piece – you may need to do this in stages, depending on size of pan.
3. Cook the shrimp for 1-2 minutes per side, then remove and set aside in a bowl. They'll be opaque, pink, and slightly browned when done.
4. In the same pan, add remaining 2 Tbsp olive oil and sliced garlic. Sauté garlic for 1 minute, until browned and slightly fragrant. Stir in smoked paprika and honey, then add cooked shrimp back into the pan. Toss to coat.
5. Remove pan from heat and serve shrimp immediately. Season with salt + pepper, as desired.

Spanish Paprika Zucchini



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

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



DIRECTIONS

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.

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DIRECTIONS CONT.

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



<https://www.simplyrecipes.com/oven-roasted-vegetables-recipe-5214673>

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, in 3/4-inch cubes
- 2 small (8 oz) waxy potatoes (Red Bliss, Yukon Gold, etc.), in 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

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DIRECTIONS

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.

Vegan Paella



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

INGREDIENTS

- 1 1/2 tsp saffron
- 3 Tbsp lemon juice
- 1 Tbsp olive oil (if oil-free, sub vegetable broth)
- 1 1/2 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

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DIRECTIONS

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.

Warm Chocolate Pudding with Smoked Paprika Candied Pecans



<https://thekitchenpaper.com/warm-cocoa-chocolate-pudding-smoked-paprika-candied-pecans/>

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)



INGREDIENTS – PECANS

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

DIRECTIONS – 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 the are golden and dry. Remove from the oven and set aside. (you can do this up to a week in advance!)

DIRECTIONS – 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.

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DIRECTIONS CONT.

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.

Sweet Potato Cake with Smoked Paprika Caramel

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

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



INGREDIENTS - 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

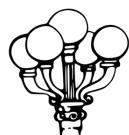
INGREDIENTS - WHIPPED CREAM

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

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DIRECTIONS

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!



THANK YOU!

The December Spice will be ready for pick-up Dec. 14