

CALLING ALL FOODIES!

The "MCL Spice of the Month Club" is a monthly "take-and-make" kit featuring a variety of unique spices, herbs, or blends. Included in each kit will be information about the featured spice, its history and fun facts, two simple recipe suggestions, and a small packet of the featured spice with enough for two recipes.

Once you have created your culinary masterpiece at home, we'd love you to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice of the month on the Library's

Facebook page using:

@MukwonagoLibrary.

You can always email your pictures and thoughts to us at

info@mukwonagolibrary.org

Spice of the Month Kits are free, but supplies are limited. Please, only one kit per household.



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SPICE *Of the Month* CLUB



Sumac

With a deep red hue and delicious, balanced, and tangy lemon flavor, sumac is one of the most instantly recognizable spices of the Middle East. This unique and exotic spice has long been lauded around the world for its bold flavor and health-giving properties.

Sumac comes from the berries of a decorative bush that grows wild in the Middle East called the Staghorn Sumac bush. This bush yields tangy red berries that can be used fresh or dried and ground into a powder.

In addition to its rich culinary history, which dates back beyond the Roman empire, the health benefits of this ancient spice were first documented thousands of years ago in Greek medicinal texts, which noted sumac's antiseptic qualities. Today, this versatile ingredient is used worldwide to enhance and compliment the flavors of everything from hearty grilled meats, to fresh vegetables, to delicate desserts.

FUN FACTS

- In ancient Greek and Roman times, sumac was used to dye wool and tan leather.
- Sumac is closely related to cashews and mangos.
- Some research suggests sumac may be an effective tool for managing blood sugar in people with type 2 diabetes.

Lebanese Tabbouleh



Prep Time: 30 mins.

Servings: 4

Fresh and easy to prepare, tabbouleh (or tabbouli) is a traditional Middle Eastern salad made of very finely chopped parsley, fresh herbs, and bulgur wheat, in a light citrusy dressing. It's refreshing, light, and healthy.

INGREDIENTS

- 1 large bunch of parsley
- 2 firm medium salad tomatoes
- 1/3 small onion
- 1-2 stalks scallion
- A few sprigs of mint
- 1 large juicy lemon
- 1 teaspoon salt
- Tiny pinch of Lebanese 7 spice (or substitute allspice)
- 1/2 teaspoon sumac
- 1 tablespoon fine bulgur wheat (don't use coarse)
- Extra virgin olive oil

DIRECTIONS

1. Wash the tomatoes, parsley and mint.
2. Hold the bunch of parsley tightly between one hand and finely chop with a sharp knife.
3. Slice the tomato into several rings, then finely chop each one.
4. Chop the mint and onion finely. Add everything to a large bowl.
5. Sprinkle on the 7 spice (or allspice,) sumac, and salt.
6. Soak the bulgur wheat for five minutes before serving.
7. Add a generous drizzling of extra virgin olive oil.
8. Squeeze the lemon and add to the bowl, taste everything and balance the dressing with extra salt/lemon if required.
9. Add the bulgur wheat and mix thoroughly.
10. Serve with optional lettuce leaves.
11. Goes great with with grilled meats and a side of fries, or as a light meal with a side of hummus.

Tip: Don't be stingy with the olive oil. The parsley will soak it up and you don't want it dry.

Sumac Hummus



Prep Time: 15 mins.

Servings: 4-6

Packed with plant-based protein, good-for-you fats, iron, zinc, potassium, B vitamins like folate, and gut-friendly fiber, this creamy classic from the Middle East can be yours to lap up in just a few minutes.

INGREDIENTS

- One 15 oz. can cooked chickpeas, drained and rinsed
- 2 tablespoons tahini (white sesame paste)
- Juice of one lemon
- 1 garlic clove, crushed
- 2 tablespoons olive oil, plus more for drizzling
- 1/2 teaspoon plus a few extra pinches salt
- 5 tablespoons cold water
- Large pinch sumac (or cumin, paprika and coriander for a Moroccan twist)

DIRECTIONS

1. Blend all the ingredients except the sumac (or cumin and paprika) until smooth, adding a splash more cold water if necessary to achieve a creamy texture.
2. Check the salt and adjust seasoning.
3. Sprinkle with sumac (or cumin and paprika if you prefer) and drizzle with a little olive oil.
4. Enjoy with crackers, chopped veggies, on pita bread, in a sandwich, or on its own.
5. It should keep covered in the fridge for 3-5 days.

Recipe Sources

Lebanese Tabbouleh

www.zaatarandzaytoun.com/tabbouleh

Sumac Hummus

www.spicespicebaby.com/recipe/sumac-hummus