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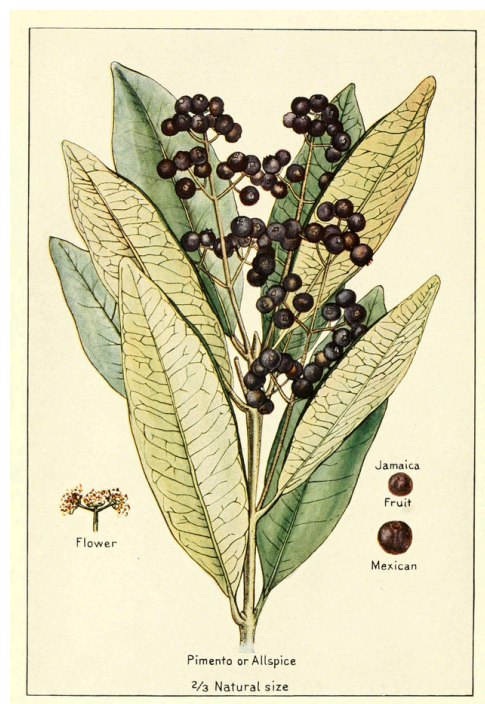
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Allspice

Allspice is so-named because it tastes like a peppery combination of cinnamon, cloves, juniper, and nutmeg.

Allspice is rich in vitamin C and the minerals calcium, iron, manganese, copper, and magnesium. It has trace amounts of niacin, pantothenic acid, pyridoxine, vitamin A, potassium, and phosphorus. Allspice contains a number of essential oils, including aromatic eugenol.

Allspice is essential to many Jamaican dishes, including jerk chicken, curry, and soup. It is widely used in many Middle Eastern stews and as a meat seasoning. Allspice is used as a pickling spice, and it commonly seasons sausages, mole, and roasted squash or carrots. Allspice gives Cincinnati-style chili its distinctive flavor, and it can be used to enhance tomato and barbeque sauces. Allspice is equally versatile in sweet food, adding depth to gingerbread and spice cake. It often provides the distinctive flavor of spiced cider, mulled wine, and chai tea.



Pao de Banano (Banana Bread)

Bananas are a staple crop in Guatemala and are an important nutrient source for many Guatemalans. While banana breads are popular the world over, the Guatemalan version includes allspice, cinnamon, lime zest, and lime juice to give the bread a zesty flavor unique to Guatemala. The spices used are variable and may be altered at the baker's desire.

- 2½ cups all-purpose flour
- ½ cup granulated sugar
- ½ cup brown sugar
- 3½ tsp baking powder
- 1 tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground allspice
- 2 large, ripe bananas, mashed
- ¼ cup milk
- 3 Tbsp vegetable oil
- 1 egg
- 1½ tsp lime zest
- 1 Tbsp lime juice

Directions

Preheat oven to 350°F and grease the bottom only of 1 or 2 loaf pans, depending on the number of loaves being made.

In a large mixing bowl, combine all ingredients.

Using a hand mixer, beat on medium speed for 30 seconds.

Pour the batter into the loaf pan(s) and bake for 50–70 minutes (depending on loaf size), or until a toothpick inserted in the center comes out clean.

Remove from oven and cool in the loaf pan for 10 minutes.

Loosen sides of the bread from the pan with a knife and then remove from pan.

Cool completely before slicing and serving.

To store, wrap tightly and refrigerate no longer than 1 week.



Kroppkakor (Potato Dumplings)

Kroppkakor (potato dumplings) have been a mainstay of Swedish cuisine for centuries. While ingredients vary according to regions, the most popular way to prepare the dumplings is by boiling them. While this recipe is for a fairly simple kroppkakor, home cooks may experiment with nearly endless possibilities for sweet or savory fillings and toppings.

Serves 4

- 1 lb cooked mashed potatoes
- 3 hardboiled egg yolks
- 1 tsp salt
- ¾ cup all-purpose flour
- 1 small onion, chopped
- 1 cup salted pork, chopped
- 1 tsp allspice
- 8 cups water
- 1 Tbsp salt
- Lingonberries, as needed for serving (optional)*
*cranberries may be substituted

1. Combine mashed potato, egg yolks, and salt in a large bowl.
2. Add flour and knead the mixture into a soft dough.
3. Shape dough into a ball and cut into 1-inch (2.5-cm) long slices.
4. Flatten each slice of dough into a disc.
5. Place onion, salted pork, and allspice in a skillet set over medium heat and stir-fry for 3 minutes.
6. Top dough discs with the pork mixture.
7. Fold up sides of each disc to make a dumpling.
8. Pour water and salt into a pot and bring to a boil.
9. Drop in dumplings and cook for 5–6 minutes, or until the dumplings rise to the surface.
10. Serve kroppkakor hot with lingonberries, if desired.

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Celery Seed

Celery seeds are the very small fruit of the celery (*Apium graveolens*) plant, which also has edible stalks and leaves. Celery seeds, produced by the plant's small white flowers, are oblong, tan or dark brown, and have a strong, pleasant smell.

Celery seed has a very strong flavor that is notably similar to the taste of the celery stalk, for which it can be substituted in many preparations. The taste is earthy, grassy, and slightly bitter, with a citrus bouquet and a burning sensation at the finish. When cooked, the flavor becomes sweeter.

Celery seeds are a good source of iron, calcium, dietary fiber, protein, and vitamin C, and also contain vitamin A, magnesium, sodium, potassium, and phosphorus. Celery seeds have concentrations of beneficial volatile oils.



Ensalada de Col (Panamanian Coleslaw)

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The joy of ensalada de col, cabbage salad, or coleslaw, is in its versatility. Panamanians commonly eat this dish as a quick snack with bread, a side dish to most entrees, or even as a component that enhances other recipes. This recipe uses two different colors of cabbage to create visual flair that matches the sweet and tart flavor of this refreshingly crunchy salad.

Serves 8

- ½ head red cabbage, shredded
- ½ head white cabbage, shredded
- 2 carrots, shredded
- ½ cup (120 ml) white wine vinegar
- ¼ cup (55 g) sugar
- 1 Tbsp (15 ml) dijon mustard
- 1 tsp (6 g) celery seeds
- 1 tsp (6 g) salt
- ¼ cup (60 ml) olive oil

1. In a large bowl, toss together the cabbage and carrots.
2. In a container with a tight-fitting lid, combine the vinegar, sugar, dijon mustard, celery seeds, and salt.
3. Secure the lid and shake the mixture until the sugar is fully dissolved.
4. Add the olive oil to the container and shake again to mix well.
5. Pour the dressing over the cabbage and carrot mixture.
6. Toss the vegetables and let the salad stand for a few minutes before serving.



Potato Salad

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A favorite, especially for summer, potato salad has its roots in Northern German cooking. There are all kinds of variations in ingredients, depending on the cook's specific preferences or the grocery store that sells it pre-packaged. Potato salad should always be served well chilled.

Serves 6

Ingredients:

- ¾ cup (180 ml) mayonnaise
- 1 tsp (5 ml) mustard
- ½ tsp (2 ml) celery seed
- ½ tsp (2 ml) salt, more to taste
- Ground black pepper, to taste
- 4 cups (900 g) cooked potatoes, chopped
- 2 hard-boiled eggs, peeled and diced
- 1 medium onion, diced
- 2 celery stalks, diced
- ½ cup (120 ml) sweet pickle, diced

1. Mix together mayonnaise, mustard, celery seed, salt, and black pepper in a large bowl.
2. Add cooked potatoes, hardboiled eggs, onion, celery, and sweet pickle, mixing to combine.
3. Cover bowl and chill salad in the refrigerator.
4. Serve potato salad cold.

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Cinnamon

True cinnamon is derived from *Cinnamomum verum* and other varieties are widely referred to as cassia. Common cultivars include:

- Sri Lanka or Ceylon cinnamon (*C. verum*);
- Chinese cinnamon (*C. cassia*)

Cinnamon's flavor comes from the chemical compound cinnamaldehyde, which is highly aromatic and has a spicy, earthy taste.

Cinnamon contains 0.5–1 percent essential oil and is one of the most potent antioxidant foods found in nature. It is an excellent source of manganese, calcium, and iron, and a good source of copper, zinc, magnesium, pyridoxine, phosphorus, and vitamins A, E, and K.

In Western cuisine, cinnamon is a common dessert component and is popularly used for baking. Fruits such as apples, pears, and peaches pair well with cinnamon. The spice is widely used in a variety of breads, buns, cakes, and cookies, including coffee cake, snickerdoodles, and churros. Cinnamon pairs well with squash and sweet potatoes. It is used to flavor some liqueurs. It also is one of the important components of masala chai, an Indian tea.



Brown Sugar Snickerdoodles

from *Cookies For Everyone*, 641.8654 C832c, page 58

Makes 20 cookies

- ½ cup coconut spread
- ¼ cup plus 2 Tbsp cane sugar
- ¼ cup plus 2 Tbsp packed brown sugar
- 1 tsp vanilla extract
- 2 ¼ cups plus 3 Tbsp all-purpose flour (substitute with 2 cups gluten-free flour blend to make cookies gluten-free)
- ¾ tsp cinnamon
- ½ tsp baking soda
- ½ tsp fine sea salt
- ½ cup unsweetened vanilla coconut milk

Topping:

- 2 Tbsp cane sugar
- 1 tsp cinnamon

1. Preheat oven to 375°F. Line 2 cookie sheets with parchment paper.
2. Make the dough: In the bowl of a stand mixer fitted with paddle attachment, add the coconut spread, cane sugar, brown sugar, and vanilla extract. Mix on low until combined and there are no chunks of coconut spread.
3. In a separate bowl, whisk together flour, cinnamon, baking soda, and sea salt
4. Add the coconut milk and the flour mixture to the sugar mixture, and mix on low until a stiff dough forms.
5. Make topping: Combine cane sugar and cinnamon in a small bowl and set aside.
6. Using your hands, form the dough into 20 balls and place them on the prepared cookie sheets, leaving 1 inch between them (10 should fit on each cookie sheet). Flatten each ball slightly. They should look like disks that are about 2¼" in diameter.
7. Dip the top of each into the cinnamon-sugar mixture, and return it to the cookie sheet.
8. Bake for 11 minutes, or until they are light brown and a little cracked on top. Let cool completely on cookie sheets.
9. Store in an airtight container at room temperature for up to 7 days.



Sweet Potato Fritters

from A to Z World Food, ©2016-2025 World Trade Press

Serves 6

Ingredients

- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp nutmeg
- 1 tsp ground cinnamon
- ¼ tsp salt
- ⅓ cup butter, melted
- ½ cup milk
- 1 egg
- 1 tsp vanilla
- 2 cups sweet potatoes, baked, peeled, and mashed
- 1 banana, mashed
- 1 qt vegetable oil for frying
- ½ cup powdered sugar

1. Sift together the flour, baking powder, nutmeg, cinnamon, and salt in a large mixing bowl.
2. Whisk together the butter, milk, egg, and vanilla in a separate bowl.
3. Add mashed sweet potato and banana to the milk mixture.
4. Add liquid ingredients to dry ingredients.
5. Fold together until just combined.
6. Heat vegetable oil to 350°F (175°C) in a large pot or deep-fryer.
7. Drop tablespoons full of dough into the hot oil, taking care not to crowd the pan.
8. Fry fritters until golden-brown.
9. Transfer fritter to paper towel to drain.
10. Sprinkle fritters with powdered sugar.
11. Serve warm or at room temperature.

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Coriander (seed)

Native to the Middle East and southern Europe, coriander was used across the ancient world and was an element of many traditional Asian foods. Coriander is currently grown in Russia, India, South America, North Africa, and Holland, with the greatest concentration of plants in Morocco.

Coriander is rich in phytonutrients and an excellent source of vitamin K. Coriander is also a good source of vitamin A, beta-carotene, vitamin C, and manganese.

Coriander seeds are prepared by dry-frying without oil, and can be used whole, crushed, or ground. Coriander is a component of curry powders and Indian pickling spices, and it is an ingredient in the Indian dish garam masala. The popular Arab-world spice mixture taklia is mainly composed of coriander and garlic. Coriander is often used in smoked meats or prepared game, lamb, or kid, and appears in many Spanish chili recipes. In addition to use in savory preparations, coriander seeds can also be made into sugared comfits.



Coffee-Rubbed Cheeseburgers

Recipe adapted from *The Epicurious Cookbook*, on our shelves: 641.5 St322e

Coffee and burgers are not your everyday combination, but you'll be surprised at the depth and complexity that freshly ground beans deliver when combined with brown sugar, pepper, coriander, and oregano...

Serves 8

For coffee rub:

- 1 Tbsp freshly ground coffee powder
- 2 tsp (packed) light brown sugar
- 2 tsp freshly ground black pepper
- ½ tsp ground coriander
- ½ tsp dried oregano
- ½ tsp fine sea salt

For burgers:

- 8 slices applewood smoked bacon
- 2 pounds ground beef
- 8 slices smoked provolone or gouda
- 8 potato bread hamburger buns
- 8 slices red onion
- 8 slices ripe tomato

Texas barbecue sauce:

- 1 Tbsp butter
- 1 garlic clove, minced
- 1 cup ketchup
- ⅓ cup (packed) light brown sugar
- ⅓ cup worcestershire sauce
- ¼ cup fresh lemon juice
- ¼ tsp cayenne
- 1 chipotle chile

1. Make coffee rub by mixing all ingredients in a bowl. Set aside.
2. Cook the bacon until crisp. Transfer to paper towels to drain, then break in half. Form ground meat into 8 patties, ⅓" to ½" thick. Using your thumb, make a slight indentation in the center of each burger.
3. Prepare the grill to medium-high heat. Sprinkle 1 tsp coffee rub on the top side of each burger. Place burgers rub side down on grill rack. Grill until slightly charred, about 4 minutes; turn.
4. Place 2 bacon halves atop each burger. Cook 3 minutes.
5. Top each burger with 1 cheese slice. Cover grill until cheese melts, about 1 minute.
6. Place burgers atop bottom halves of buns; top with onion and tomato slices. Spoon a dollop of barbecue sauce over burgers, top with bun and serve.



Chickpea Soup

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Chickpea soup is a centuries-old dish that has nourished and sustained Kuwaitis living in harsh desert extremes. Unlike the wealthy, Kuwait's working class has healthily subsisted on a plant-based diet, enriched with spices, legumes, and beans. This soup is a deeply satisfying broth redolent with spices and tender, protein-rich chickpeas. Serve with warm whole-wheat pita bread and thick yogurt.

Serves 4

Ingredients:

- 4 cups canned chickpeas
- 2 Tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 tsp grated ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp salt
- 4 cups water
- ¼ cup lemon juice
- 2 Tbsp chopped parsley (for garnish)
- 7 oz cream

1. Heat the oil in a skillet set on medium-high heat.
2. Sauté the onion and garlic for 3 minutes.
3. Add the ginger. Sauté for 2 minutes.
4. Add the cumin, coriander, salt, water, and liquid from the canned chickpeas.
5. Bring the mixture to a boil. Cover, and reduce heat to low. Simmer for 30 minutes, stirring occasionally to prevent sticking.
6. Add the lemon juice. Stir to combine.
7. Ladle into bowls and garnish with parsley to serve.

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Cumin

Cumin has particularly high concentrations of manganese, copper, calcium, and iron. It is also rich in thiamine, riboflavin, niacin, pyridoxine, vitamin A, vitamin E, phosphorus, sodium, and zinc. Cumin contains moderate amounts of potassium and vitamin C.

Cumin is used as a spice in many world cuisines. It is a staple for flavoring stews, soups, meat loaf, rice, couscous, omelets, and gravies. Cumin is a common ingredient in chili powder, curry powder, and *garam masala*.

Cumin also is used in spice rubs for chicken, pork, beef, and other meats. While cumin is less commonly used as a dessert spice, it can sometimes be found in recipes for rice pudding, chocolate cakes, and sorbets.

from AtoZ World Food



Bean Soup

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This soup was brought to Israel by Yemeni Jewish immigrants. With beans, potatoes, tomatoes, and carrots, this is a hearty soup. Navy beans are most commonly used, but blackeyed peas can also be used. The vegetables can be altered according to preference, and shredded chicken or chunks of beef may be added. Serve with warm pita bread for a complete meal.

Serves 6 to 8

Cook time: 1 hour 50 minutes

Ingredients:

- 2 cups small white beans (navy beans, etc.)
- 6 cups cold water (for soaking the beans)
- 1 tablespoon olive oil
- 3 onions, chopped
- 3 stalks celery, chopped
- 3 to 4 garlic cloves, minced
- 3 carrots, chopped
- 6 1/2 cups water
- 2 potatoes, peeled and cut in small chunks
- 1 to 2 bay leaves
- 1 teaspoon dried thyme, to taste
- 1 to 2 teaspoon cumin, to taste
- 1 28 oz. can crushed tomatoes
- 2 tablespoon tomato paste
- Salt to taste
- Black pepper to taste
- 1/4 to 1/2 cup fresh cilantro, minced

1. Soak beans in cold water overnight. Drain and rinse well.
2. Heat oil in a large heavy-bottomed pot.
3. Sauté onions and celery 5 minutes until golden.
4. Add garlic and carrots and sauté 5 minutes longer.
5. Add water, beans, potatoes, bay leaves, thyme, and cumin.
6. Bring to a boil, reduce heat, and simmer partly covered for 1 hour.
7. Add tomatoes, tomato paste, salt, and pepper.
8. Cook 1/2 hour longer, until beans are tender.
9. If soup is too thick, thin with a little water.
10. Stir in cilantro and serve.



Beef Picadillo

From *Everything Easy Mexican Cooking*, p111. Find the book on our shelves! 641.5972 K118e

Serves 6

Ingredients:

- 1 small white onion
- 2 garlic cloves
- 1 medium Granny Smith apple
- 1 pound ground beef
- 1 cup canned or fresh tomato sauce
- 1/2 cup raisins
- 1/4 cup toasted almond slivers
- 1 tablespoon vinegar
- 1 teaspoon granulated sugar
- 1 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground cumin
- 1/8 teaspoon black pepper

1. Peel the onion and cut into 1/4" pieces. Peel and mince the garlic. Peel and remove the core and stem from the apple; cut into 1/4" pieces.
2. Place the ground beef, onion, and garlic into a medium-sized frying pan. Cook on medium heat until the ground beef is browned.
3. Stir in the remaining ingredients.
4. Continue cooking on medium heat, stirring periodically, until all the ingredients are well blended.

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Fennel

Fennel seeds are the yellow-brown, oblong, grooved seeds of the fennel plant (*Foeniculum vulgare*). The fennel plant is a green herb with feathery leaves and yellow-flowered umbrels. The seeds appear in the umbrel after the flowers have bloomed.

There are two main varieties of fennel: sweet, or herb, fennel (*F. vulgare* var. *dulce*) and Florence, or bulbed, fennel (*F. vulgare* var. *azoricum*). Seeds can be harvested from both varieties, but sweet fennel is most often cultivated for its seeds. Fennel seeds are aromatic and herbal, with an assertive bite and notes of anise and licorice.

Fennel seeds are a good source of fiber, manganese, calcium, iron, magnesium, phosphorus, potassium, and copper. They also contain protein and are rich in antioxidants, including rutin, quercetin, kaempferol glycosides, and anethole.

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Taralli

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Taralli are a traditional Italian snack from southern regions like Puglia, Campania, and Calabria, cherished for their crunchy texture and subtly savory flavor. Resembling small rings or loops, taralli are often compared to breadsticks or pretzels and can be flavored with fennel seeds, black pepper, or chili flakes. They have been a staple of Italian cuisine for centuries, commonly enjoyed with wine, as an appetizer, or simply as a satisfying snack.

Serves 40 Taralli

Ingredients:

- 2 cups (250 g) all-purpose flour
- 1 tsp (5 ml) salt
- ½ tsp (5 ml) black pepper or fennel seeds (optional, for flavor)
- ¼ cup (60 ml) extra virgin olive oil
- ½ cup (120 ml) dry white wine or water
- 1 egg, beaten (optional, for egg wash)

1. In a large mixing bowl, combine the flour, salt, and optional flavorings (black pepper or fennel seeds). Stir in the olive oil and wine (or water) gradually, mixing until a soft, smooth dough forms. If the dough is too dry, add a bit more liquid, a teaspoon at a time.
2. Knead the dough on a lightly floured surface for about 5 minutes until elastic. Cover with a clean kitchen towel and let it rest for 30 minutes to relax the gluten.
3. Divide the dough into small pieces and roll each piece into a rope about 4 inches (10 cm) long and ¼ inch (0.5 cm) thick. Shape each rope into a ring, pressing the ends together to seal.
4. Bring a large pot of water to a boil. Drop the shaped taralli into the boiling water, a few at a time. When they float to the surface (after about 30 seconds), remove them with a slotted spoon and place them on a clean kitchen towel to dry.
5. Preheat your oven to 375°F (190°C). Arrange the boiled taralli on a baking sheet lined with parchment paper. Brush with egg wash (if using), and bake for 20–25 minutes, or until golden brown and crisp.
6. Allow the taralli to cool completely before serving.



Mjukkaka (Stone Oven Bread)

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In Sweden it is customary for friends and families to come together to bake large batches of bread at the bagarstuga, a communal bake house with a stone oven. Mjukkaka (also called halvtjock kakor) is a Swedish flatbread commonly baked in the bagarstuga. This round, pockmarked flatbread is rolled with a kruskavel (spiked rolling pin) or fork to facilitate even cooking, before quickly baking at high heat. Mjukkaka is usually enjoyed warm with butter.

Serves 4

Ingredients:

- ¼ cup (60 ml) melted butter
- 2 cups (480 ml) warm milk
- 2 tsp (10 ml) yeast
- 1½ cups (375 ml) rye flour
- 2½ cups (600 ml) bread flour
- 1 tsp (5 ml) salt
- 1 Tbsp (15 ml) anise seeds or fennel seeds
- Butter, as needed for serving

1. Combine melted butter and warm milk.
2. Stir in yeast to dissolve.
3. Sift together rye flour, bread flour, and salt into a large bowl.
4. Add yeast mixture to the flours, mixing to form a soft dough.
5. Knead dough for 10–15 minutes until it is firm.
6. Cover dough and let rest for 45 minutes.
7. Preheat oven to 475° F (240° C) and lightly grease a baking sheet.
8. Divide dough into eight equal pieces.
9. Roll each piece of dough thinly into a round and place them on the prepared baking sheet.
10. Prick dough with tines of a fork.
11. Bake bread for 4–5 minutes for a lightly colored bread.
12. Serve mjukkaka warm with butter.

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Garlic

The use of dried garlic dates back to ancient times, as drying was an effective method of preserving food. Garlic powder, in its modern form, became widely popular in the 20th century with advancements in food processing and dehydration technology. It is now a common ingredient in cuisines across the globe, particularly in American, Mediterranean, Asian, and Middle Eastern cooking.

Garlic powder retains many of the nutritional benefits of fresh garlic but in a more concentrated form:

- **Vitamins and Minerals:** Provides small amounts of vitamin C, vitamin B6, calcium, and potassium.
- **Antioxidants:** Contains allicin, a compound with antioxidant and anti-inflammatory properties, though it may be less potent after dehydration.
- **Immune Support:** Known for its potential immune-boosting effects and antimicrobial properties.
- **Low Fat and Sodium:** A flavor-packed seasoning without added fat or sodium.



Roasted Vegetable Salad

Serves 5

Dressing:

- ¼ cup extra virgin olive oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp honey
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- Salt, to taste
- Ground black pepper, to taste

Salad:

- 2 medium bell peppers, cored and chopped into large chunks
- 1 medium eggplant, quartered lengthways and diced into chunks slightly smaller than the bell pepper
- 1 medium zucchini, quartered lengthways and diced into chunks the same size as the eggplant
- 1 medium sweet potato, peeled and diced into chunks smaller than the zucchini
- 2 small red onions, peeled and quartered
- 1½ Tbsp olive oil
- ½ tsp oregano
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp ground black pepper
- ⅓ cup feta cheese, crumbled
- 2–3 Tbsp pine nuts
- 1 large head of romaine lettuce, stem removed and leaves chopped

Dressing:

1. Whisk together olive oil, vinegar, honey, mustard, garlic powder, salt, and black pepper in a small bowl to create the dressing.

2. Salad:

3. Preheat oven to 425°F

4. Place bell peppers, eggplant, zucchini, sweet potato, and onions in a large bowl.

5. Sprinkle vegetables with olive oil, oregano, garlic powder, salt, and black pepper, mixing with your hands until coated.

6. Spread vegetables out on a large baking sheet or two, if necessary.

7. Bake vegetables for 25–35 minutes, flipping them halfway through, until lightly charred and fork tender.

8. Remove vegetables from the oven and sprinkle them with feta and pine nuts.

9. Return vegetables to the oven for 3–5 minutes until the pine nuts start to brown and the feta goes soft and gooey.

10. Remove roasted vegetables from the oven and let them rest for 5–10 minutes.

11. Place lettuce in a large serving dish and add roasted vegetables.

12. Drizzle dressing over the vegetables, tossing to combine.

13. Serve salad immediately.



Focaccia

Makes 1 loaf

Ingredients:

- 1 packet active dry yeast
- 1 cup warm water
- 2¾ cups all-purpose flour
- 1 tsp salt
- 1 tsp white sugar
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp dried basil
- 1 dash ground black pepper
- 1 Tbsp vegetable oil
- 2 Tbsp olive oil
- 2 Tbsp parmesan cheese, grated
- 1½ cups mozzarella cheese, shredded

1. In a small bowl, mix yeast and water. Let stand for 10 minutes, until frothy.

2. In a large mixing bowl, combine flour, salt, sugar, garlic powder, oregano, thyme, basil, and black pepper. Stir well.

3. Add yeast mixture and vegetable oil to dry ingredients and combine.

4. When ingredients form a dough, turn out onto a lightly-floured surface and knead until smooth and elastic.

5. Transfer dough into a large, lightly-oiled bowl and turn dough to coat with oil on all sides.

6. Cover bowl with a damp kitchen towel or cloth and let dough rise in warm place for 25 minutes.

7. Preheat oven to 425°F and grease a baking sheet.

8. Remove dough from bowl and punch down to remove air bubbles.

9. Place dough on prepared baking sheet and shape dough into a rough half-inch thick rectangle.

10. Using knuckles, make indentations in dough about a half inch apart, then prick dough with a fork.

11. Brush top of loaf with olive oil, then sprinkle with parmesan cheese and mozzarella.

12. Bake for 13–15 minutes, until golden brown.

13. Remove to a wire rack to cool before serving.

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Mint

There are approximately 65 members of the Mentheae tribe, of which mint is a member. Some prominent mint varieties are peppermint and spearmint.

Mint contains moderate amounts of vitamin A and iron, and trace amounts of calcium and vitamin C.

Mint is used as an herb to flavor both sweet and savory dishes. Mint jelly is traditionally used as a condiment to flavor lamb in Western cultures; in the Middle East, it is a popular herb used directly in lamb dishes. Mint can be used as a flavoring in tea, lemonade, and other soft drinks, as well as in syrups, ice creams, and sorbets.

Alcoholic drinks such as the mint julep, mojito, and crème de menthe liqueur are flavored with mint. It also is an essential flavor in breath mints, peppermint or spearmint candies, and chewing gum.

from AtoZ World Food



Lamb with Minted Yogurt

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Yogurt has a long and storied history. It has been eaten for more than 3,000 years and was first mentioned in writing around the first century BCE by Pliny the Elder, who described it as a favorite food of Anatolian shepherds. Minted yogurt is a distinctly Moroccan flavor; it is often combined with the gamy richness of lamb.

Servings: 6-8

Cook time: 10 minutes

Ingredients:

Lamb:

- 1 Tbsp (15 ml) ground cumin
- 1 Tbsp (15 ml) sweet paprika
- 2 Tbsp (30 ml) chopped garlic
- 1 Tbsp (15 ml) chopped flat-leaf parsley
- 1 Tbsp (15 ml) lemon juice
- Olive oil, as needed
- Salt, to taste
- 2 lbs (1 kg) lamb fillets, cut into strips

Yogurt:

- 1 cup (250 g) unsweetened yogurt
- ¼ tsp (1.25 ml) sugar
- 3 tsp (15 ml) chopped mint

Make the Lamb:

1. Stir together the cumin, paprika, garlic, parsley, lemon juice, and a drizzle of olive oil in a bowl.
2. Add the lamb and coat it thoroughly with the mixture.
3. Place the bowl in the refrigerator for 60 minutes.
4. Skewer the lamb and cook it on a hot grill for about 5 minutes on each side or until it is medium-rare.

Make the Mint Yogurt:

5. Combine the yogurt, sugar, and mint in a blender and mix together.
6. Place the mixture in the refrigerator while the lamb is cooking.

Serve:

Serve the lamb topped with the yogurt mixture or with it on the side for dipping.



Kjofinija (Meatballs)

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These small herbed meatballs are a traditional summertime food in North Macedonia, commonly being prepared on a grill outside. The cooked kjofinija should be browned on the outside and cooked through on the inside. The meatballs are typically served with bread and salad or ajvar (see recipe below) and can be served as appetizers or the main part of a meal.

Serves 4

Ingredients:

- 1 lb (450 g) ground beef
- 1/2 cup (120 ml) grated onion
- 1 tbsp (15 ml) minced garlic
- Salt and pepper to taste
- 1/4 tsp (1 ml) dried oregano
- 1/8 tsp (0.5 ml) dried mint
- 1-2 slices bread
- 1/2 cup (120 ml) white wine or water
- 1 egg
- Flour
- Vegetable oil

1. Mix meat, onion, garlic, salt, pepper, oregano, and mint.
2. Remove crust from bread and moisten in wine or water.
3. Mash bread and egg together with meat and knead mixture.
4. Shape into 1-inch (5 cm) balls, dust with flour, and sauté in hot oil until brown. Serve warm.

To convert fresh mint to dried mint, use the general rule: 1 tablespoon of fresh mint leaves is equivalent to 1 teaspoon of dried mint leaves.

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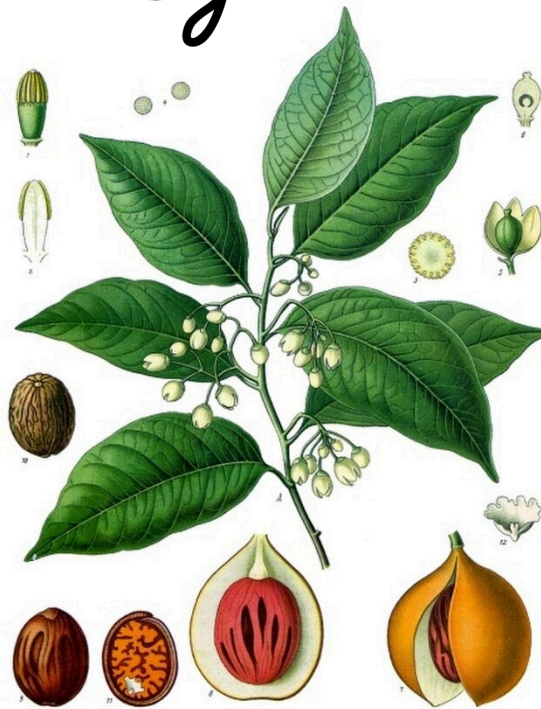
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Nutmeg

Nutmeg is the seed of several species of tropical evergreen trees in the *Myristica* genus. Whole nutmeg seeds are large, round, hard, and reddish brown. The nutmeg tree also produces the spice called mace, made from the red, stringy outer covering of the nutmeg seed.

Nutmeg trees are native to the Banda Islands, a small group of islands in Indonesia's Maluku (Moluccas) archipelago, historically known as the Spice Islands.

Nutmeg has a warm, sweetly aromatic flavor that is both spicy and slightly nutty, with hints of clove, cinnamon, and pepper. It offers a subtle, earthy sweetness balanced by a mild camphor-like heat. Mace carries similar notes, but in a lighter, more floral way, with hints of citrus and cinnamon.

Nutmeg contains manganese, copper, magnesium, iron, calcium, potassium, phosphorus, zinc, fiber, and the B vitamins thiamine, folate, pyridoxine, and niacin. Nutmeg also contains phytonutrients, including antioxidants and volatile oils.



Pumpkin Ginger Bread with Dark Chocolate and Coconut

Recipe from Purely Pumpkin, 641.6562 D330p (page 78)

Makes one loaf

- 2 cups light spelt flour
- 1 Tbsp. baking powder
- 2 tsp. dried ginger
- ¼ tsp. nutmeg
- ½ tsp. salt
- 1 cup pumpkin puree
- ½ cup milk of choice
- ⅓ cup evaporated cane sugar
- ¼ cup coconut oil, melted
- 2 Tbsp. molasses
- 1 large egg
- 1 tsp. apple cider vinegar
- 4 oz. (heaping ½ C) chopped dark chocolate, or dark chocolate chips, melted
- ¼ cup unsweetened coconut chips or unsweetened shredded coconut

Preheat 350°F Line a 9x5" loaf pan with parchment paper, leaving some overhang for easy removal.

In a large bowl, combine flour, baking powder, ginger, nutmeg, and salt. In a medium bowl, combine pumpkin, milk, sugar, oil, molasses, egg, and vinegar. Add pumpkin mixture into flour mixture and stir until combined.

Transfer batter to prepared loaf pan, smooth top, and bake for 40-55 mins, until a toothpick inserted into the center comes out clean. Cool in pan for 5 mins; run knife around edge to release loaf, then cool completely.

Spread melted chocolate and sprinkle coconut. Allow chocolate to set (about 4 hours) before slicing and serving. Store airtight in refrigerator.



Soufflé au Fromage (Cheese Soufflé)

Although cheese soufflé is frequently served as a light main course, it is traditionally an appetizer. Emmental, Gruyère, or Parmesan cheeses are often used in this soufflé outside of France, but cooks in France commonly use cheeses similar to Comté, a cooked cow's milk cheese. Some recipes use dry mustard instead of or in addition to nutmeg.

- ¼ cup butter, plus extra for greasing
- 1½ oz all-purpose flour
- 1⅓ cups milk
- 5¼ oz Comté cheese, grated (may substitute Gruyere)
- Pinch of nutmeg
- 4 eggs, separated
- Salt, to taste
- Ground black pepper, to taste

1. Preheat oven to 375°F (190°C) and grease a soufflé dish with butter.
2. Melt butter in a skillet.
3. Add flour and sauté until it is very lightly browned.
4. Stir in milk slowly and cook over low heat until thick.
5. Add cheese and nutmeg.
6. Remove skillet from heat when cheese is fully melted.
7. Beat in egg yolks and season with salt and black pepper.
8. Beat egg whites in a bowl until stiff but not dry.
9. Fold egg whites into cheese mixture.
10. Pour mixture gently into the prepared soufflé dish.
11. Bake for 30 minutes, or until golden.
12. Serve immediately.

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Turmeric

Turmeric is a good source of manganese, iron, pyridoxine, potassium, magnesium, copper, and vitamin C. Turmeric is also the source of the phytonutrient compounds called curcuminoids: curcumin, demethoxycurcumin, and bide-methoxycurcumin.

Turmeric is ubiquitous in Indian, Pakistani, and Bangladeshi curries, and in Indian desserts such as patoleo. It is most often used as a dried powder but can be eaten fresh. Fresh turmeric is used in Thai yellow curry and turmeric soup, and in the Cambodian curry paste kroeung.

Ground turmeric is common in South Asian, Middle Eastern, Nepalese, Vietnamese, and South African cuisine, and is one of the main components in commercial curry powders. It pairs well with vegetables, eggs, apples, and lentils.

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Pholourie (Fried Dough Balls)

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These fried, spiced dough balls are commonly eaten as an appetizer or snack in Guyana, Trinidad and Tobago, and Suriname. A popular street food throughout the region, pholourie was first brought to Trinidad by Indian migrants. It can be made with either split pea or chickpea flour and generally includes popular Indian spices like turmeric and cumin.

Servings: 36

Cook time: 25 minutes

Ingredients:

2 cups split pea or chickpea flour
1 cup all-purpose flour
1-1/4 teaspoon baking powder
1/2 teaspoon ground turmeric
1/2 teaspoon cumin
1/2 teaspoon salt
1 cup water
3 cloves garlic, minced
4 scallions, minced
Vegetable oil for frying

1. Sift dry ingredients, including spices, together.
2. Gradually add enough water to make a very thick batter; the full cup may not be needed.
3. Add garlic and scallion.
4. Heat the oil.
5. Carefully drop spoonfuls of batter into the oil.
6. Fry until golden.
7. Drain on paper towels and serve warm.



Turmeric Hash Browns

Recipe adapted from *Indian Cooking Unfolded*, p. 232. Find the book on our shelves! 641.5954 ly1i

Serves 4 as a side, or 2 as a breakfast

Vegan and Gluten free

Ingredients:

2 pounds russet or Yukon Gold potatoes
1/2 cup finely chopped cilantro
1-1/2 teaspoons coarse kosher or sea salt
1/2 teaspoon ground turmeric
1 habanero chile, stem discarded, and finely chopped
2 tablespoons canola oil

1. Peel the potatoes. Shred them in a food processor using the shredding attachment or by grating them with a box grater.
2. Pile the potato shreds into a medium-sized bowl. Mix in cilantro, salt, turmeric, and chile.
3. Heat the oil in a large nonstick skillet or well-seasoned cast iron pan over medium-high heat. Once the oil appears to shimmer, spread the turmeric-colored potatoes in the skillet in an even layer about 2 inches deep. The sizzle as soon as the potatoes hit the skillet is a good sign the skillet is the right temperature.
4. Reduce heat to medium and cook the potatoes covered, without stirring, until they are nice and crispy brown on the underside, 10 to 12 minutes. Turn the thick patty over using 2 spatulas and brown the second side the same way, 10 to 12 minutes.
5. Serve the potatoes immediately to experience the crispy exterior and soft interior.

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Thyme

Thyme is typically used to flavor various savory dishes. It can be used fresh or dried, though the fresh variety has a stronger flavor. Thyme's earthy taste and aroma make it an excellent flavor complement to lamb and veal dishes; it also is used to season poultry and stuffing, soups, chowders, and fish dishes. Thyme is commonly used to flavor egg dishes and custards, and it is an important ingredient in the French herbes de Provence and Arabic za'atar. The herb also is often used to flavor tomato-based pasta sauces, or to add an earthy dimension to aging cheeses.

Thyme also is used in dessert recipes. Examples include honey and thyme ice cream, thyme shortbread, roasted plums and pears with thyme garnish, and thyme sorbets. Candied thyme can be used as a dessert topping.

Dried thyme is available year-round. The fresh herb is at its prime in summer. In mild climates, thyme can grow year-round.

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Redonditos de Ricota (Ricotta Rounds)

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Redonditos de ricota (meaning "ricotta rounds") can be made sweet or savory. They are served as a snack or dessert when combined with sugar and fruit. As a side dish or appetizer, they may include salt and vegetables. Ricotta is an ingredient that Argentines use in many salads, main courses, pie fillings, and desserts.

Serves 6

Ingredients:

Redonditos:

- 1 lb (453 g) ricotta
- 1 stalk basil, chopped
- 5 oz (140 g) all-purpose flour
- Thyme, to taste
- Salt, to taste
- Ground black pepper, to taste
- 1 Tbsp (15 ml) olive oil

Sauce:

- 1 stalk spinach, chopped
- 4 cloves garlic
- 1 Tbsp (15 ml) olive oil
- Nutmeg, to taste
- 7 oz (200 g) cream

For Redonditos:

1. Preheat oven to 350°F (180°C).
2. Mix ricotta with basil, flour, and thyme in a medium bowl.
3. Season mixture with salt and black pepper.
4. Roll mixture into little balls and place them on a baking sheet greased with olive oil.
5. Bake balls for about 20 minutes.

For Sauce:

1. Blend spinach, garlic, 1 tablespoon (15 ml) olive oil, and nutmeg.
2. Combine mixture with cream in a saucepan over medium-low heat.
3. Cook until warm.
4. Pour warm sauce over redonditos and serve.



Apricot-Thyme Chicken

Recipe adapted from [The Chicken Bible](#), on our shelves: 641.665 C432a

In Sweden it is customary for friends and families to come together to bake large batches of bread at the bagarstuga, a communal bake house with a stone oven. Mjukkaka (also called halvtjock kakor) is a Swedish flatbread commonly baked in the bagarstuga. This round, pockmarked flatbread is rolled with a kruskavel (spiked rolling pin) or fork to facilitate even cooking, before quickly baking at high heat. Mjukkaka is usually enjoyed warm with butter.

Serves 2

Ingredients:

- 2 Tablespoons apricot preserves
- ½ teaspoon minced fresh thyme or ⅛ tsp dried thyme
- 2 (8-ounce) boneless, skinless chicken breasts, trimmed and pounded to uniform thickness
- 1 tsp vegetable oil
- ¼ tsp table salt
- ⅛ tsp pepper

1. Microwave apricot preserves and thyme in a bowl until fluid, about 30 seconds; set aside. Pat chicken dry with paper towels, rub with oil, and sprinkle with salt and pepper.
2. Arrange breasts skinned side down in air fryer basket, spaced evenly apart, alternating ends. Set temperature to 400 degrees and cook for 4 minutes. Flip and rotate chicken, then brush with apricot-thyme mixture. Return basket to air fryer and cook until

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White Pepper

White pepper is a spice made by removing the hull of the black peppercorn fruit (*Piper nigrum*) and finely grinding the seed. White pepper is an extremely fine powder with a dull white color.

White pepper is spicier than black pepper, though it has a subtler flavor. White pepper has faint, floral hints of spice. White pepper contains vitamin C, copper, dietary fiber, iron, and manganese. It contains a small amount of protein and fat.

White pepper is often used to replace black pepper in circumstances in which black pepper might appear unsightly. For example, in recipes for smooth mustards, white bean soups, or chicken chili, white pepper is used. This gives a bright, peppery flavor without adding black specks to a dish.



Jollof Rice

One of the most well-known West African dishes, jollof rice is popular not only because it is delicious and easy to prepare but also because the ingredients are readily available in most West African countries. Jollof rice (also known as jolof or djolof rice) has its origins among the Wolof people of Senegal and Gambia, but credit for its origin, however, remains a bone of contention among several west African nations.

Serves 4

- 1 lb boneless beef, cubed
- Salt, to taste
- Ground white pepper, to taste
- 2 Tbsp cooking oil
- 4 cups beef broth
- 3 large yellow onions, diced
- 4 cloves garlic, minced
- 2–3 red chile peppers, minced
- 4 large tomatoes, blanched and puréed
- 3 Tbsp tomato paste
- 1½ cups diced assorted vegetables (ie, carrots, green beans, mushrooms, and/or bell peppers)
- 2½ cups long-grain white rice

1. Season beef with salt and black pepper and then let it rest in the refrigerator for 1–2 hours.
2. Pour cooking oil into a large skillet set over medium heat.
3. Add beef and sauté until browned.
4. Transfer beef to a large pot along with the beef broth and simmer until the meat begins to soften.
5. Add onions, garlic, and chile peppers to the skillet, sautéing for 5–10 minutes until golden.
6. Stir in tomatoes, tomato paste, ¾ cup assorted vegetables, and 1 cup broth from the meat mixture, simmering the sauce for 5–7 minutes.
7. Add sauce to the meat bring to a gentle simmer.
8. Stir in rice, cover the pot, and simmer for about 15 minutes.
9. Arrange remaining 1¾ cups assorted vegetables on top of the rice and continue to simmer until the rice absorbs all the broth and the meat is tender, adding up to 1 cup water if necessary.
10. Serve jollof rice hot.



Comorian Sandwich

Baguettes are a beloved staple in the Comoros, and a culinary legacy from French colonial rule in the 19th and 20th centuries. Comorians enjoy the bread topped with fresh sandwich fillings, such as the delicious tangy egg, cucumber, and tomato mixture suggested in this recipe. Baguette sandwiches are a typical item in many local restaurants and delis in the Comoros and may be eaten as either a light meal or a snack.

Serves 4

- 2 baguettes
- 2 Tbsp mayonnaise
- 1 medium seedless cucumber, sliced
- 2 small shallots, thinly sliced
- 4 hardboiled eggs, sliced
- 2 medium tomatoes, sliced
- Dash of ground white pepper

1. Slice baguettes in half lengthwise.
2. Spread mayonnaise on the bottom half of each baguette.
3. Place slices of cucumber over the mayonnaise.
4. Sprinkle shallots over the cucumbers.
5. Spread a layer of tomato slices over the shallots.
6. Top tomatoes with slices of hardboiled egg.
7. Place top half of baguettes back on.
8. Slice sandwiches in half widthwise and serve.

But wait! There's more . . .

