

SEASON THE DAY SPICE

Club

MONTH OF
• Cumin
JANUARY



I'M CUMIN TO MY SENSES &
JOINING THE SPICE CLUB!

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Cumin - Cumin is one of the most popular spices in the world. It is a staple in many cuisines and can be found in Latin American, Middle Eastern, Indian and North African cooking. It is available in seed form as well as ground. It comes from the *Cuminum cyminum*, which is a member of the parsley family. Whole seeds are often used in Indian dishes, where the seeds



are added to hot oil to extract more flavor. Ground cumin is used a lot in spice blends. It is a main ingredient in chili powder and is also used in garam masala and curry powder. It is made by grinding roasted cumin seeds.

History:

“Cumin is an ancient spice grown in Egypt and the Middle East. It has been found in 4,000-year-old excavations in Syria and in ancient Egypt, where it was used both as a spice and as an element in preserving mummies. It appears in the Bible in both the Old Testament and the New Testament. Since ancient times, cumin has been used extensively in India as well as by the Greeks and Romans. It made its way into Mexican and South American cuisine after European colonization, brought by the Spanish and Portuguese.” ~The Spruce Eats

Flavor profile:

Cumin has a warm earthy flavor with a nutty quality and hints of sweetness. When used in seed form, it can have a more bitter profile, almost herbaceous.

Health Benefits:

Cumin has long been used in traditional medicine. It has been proven to help with digestion and food borne illness. It is rich in iron and may help with diabetes. There is also evidence that it may aide in weight loss and may fight inflammation.

Cha Cha's White Chicken Chili*

Staff Pick - Melissa

Prep time: 10 mins

Cook: 20 mins

Servings: 4



Ingredients

- 1 Tbl vegetable oil
- 1 onion, chopped
- 3 cloves garlic, crushed
- 1 – 4 oz. can jalapeno peppers, diced
- 1 – 4 oz. can green chili peppers, chopped
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp ground cayenne pepper
- 1 – 14.5 oz. cans chicken broth
- 3 cups chopped cooked chicken breasts
- 3 – 15 oz. cans white beans
- 1 cup shredded Monterey Jack Cheese

Directions

Step 1 – heat the oil in a large saucepan over medium-low heat. Slowly cook the onions, stirring until tender. Mix in garlic, jalapeno peppers, green chili peppers, cumin, oregano and cayenne. Continue to cook and stir the mixture until tender – about 3 minutes. Mix in the chicken broth, chicken and white beans. Simmer 15 minutes, stirring occasionally.

Step 2 – Remove the mixture from heat. Slowly stir in the cheese until melted. Serve warm.

Nutrition facts – Per serving: 684 calories; protein 59.1g; carbohydrates 74.9g; fat 16.8g; cholesterol 101.9mg; sodium 1896mg.

This is one of Melissa's all-time favorites! She loves the flavors and that you can adapt the heat level by reducing/omitting the cayenne pepper. It is sure to be a winner at dinner!

* <https://www.allrecipes.com/recipe/22302/cha-chas-white-chicken-chili/?printview>

Lamb Meatballs with Garlic and Cumin*

Shared by Sarah MacKinley

Prep time: 20 mins

Cook time: 10 mins

Servings: 4



Ingredients

- 1 lb. ground lamb (85/15)
- 2 Tbl Greek yogurt or sour cream
- 1 Tbl minced fresh garlic
- 1 tsp Diamond Crystal kosher salt
- ½ tsp black pepper
- 1 tsp onion powder
- 1 tsp ground cumin
- ½ cup chopped cilantro
- 2 tsp olive oil

Instructions

In a medium bowl, mix together all ingredients except for the oil.

Using a 1.5 Tablespoon cookie scoop, scoop out even portions of the mixture onto a plate. (I usually end up with 16 meatballs.)

With wet hands for easier handling, shape each portion into a round meatball.

Heat olive oil in a very large lidded skillet over medium-high heat until the oil shimmers and becomes fragrant, about 2 minutes.

Add meatballs in a single layer and cook, turning frequently, until golden brown, 5 minutes. If oil becomes too hot, lower the heat to medium.

Add ¼ cup of water to the bottom of the skillet. Cover and cook meatballs until cooked through (internal temperature should at 160 degrees F), 2-3 more minutes.

Remove meatballs from skillet to a serving plate using slotted spoon.

Note: You can bake the meatballs at 400 degrees for 15 minutes instead of frying in oil. Arrange them on parchment paper on a baking sheet and spray with olive oil to help with the browning.

Sauce: If you would like a quick yogurt sauce to go with the meatballs, mix ½ cup whole milk Greek Yogurt, 2 Tbl chopped dill, 1 tsp minced garlic and ¼ tsp kosher salt.

Nutrition facts per serving (4 meatballs with ¼ of the sauce) – 256 calories; carbohydrates 2g; protein 23g; Fat 17g; saturated fat 7g; sodium 342mg; fiber 0.5g; sugar 0.5g

* <https://healthyrecipesblogs.com/lamb-meatballs/#recipe>