



The Etna Library's



Spice of the Month Program

Spice for December, 2024:

PAPRIKA

Paprika is made from the dried, ground, ripened fruit pods of less pungent varieties of the *Capsicum annum* species. It is mildly flavored and prized for its brilliant red color. The name *Capsicum* is derived from the Latin/Greek word for "capsule" which refers to the shape of the fruits.

Paprika is equally valued for its taste and color. Paprika is found in several spice blends including the Arabic seasoning baharat. Paprika plays a starring role in Gulyás (Goulash), the national dish of Hungary and the popular dish, chicken paprikash. It is also a key ingredient in many Spanish sausages, such as Chorizo.

Early Spanish explorers took red pepper seeds back to Europe, where the plant gradually lost its pungent taste and became "sweet" paprika. Paprika is considered as the national spice of Hungary, where it was introduced by the Turks in 1569. Hungarian paprika is available in eight different varieties ranging in color and pungency. In 1937, the Hungarian chemist Albert Szent-György won the Nobel Prize for research on the vitamin content of paprika. Pound for pound, paprika has a higher content of Vitamin C than citrus fruit.

-McCormick Science Institute



The Etna Library
130 Etna Road
Etna, NH 03750

www.etna-library.org
(603) 643-3116

15-Minute Paprika Chicken



Prep time: 5 minutes
Cook time: 10 minutes
Servings: 4

This super easy paprika chicken recipe uses on-hand ingredients and is ready in just 15 minutes! It's perfect for a quick weeknight dinner with big flavor.

Ingredients:

- 1 ½ lbs. boneless, skinless chicken breasts, cubed in ½-inch pieces
- 2 teaspoons paprika
- 1 teaspoon poultry seasoning
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice

Directions:

1. Mix paprika, poultry seasoning, salt and pepper in a small bowl.
2. Sprinkle the seasoning over the cubed chicken and toss to get it coated on all sides.
3. Heat olive oil in a large saute pan over medium-high heat. Add chicken and saute for 5-6 minutes.
4. Stir and turn the chicken pieces over and cook for another 3-4 minutes, until cooked through.
5. Squeeze the fresh lemon juice over the chicken and serve!

Recipe Source:

<https://www.familyfoodonthetable.com/paprika-chicken/>

Lentil Burgers



Ingredients:

- 1 cup dried green or brown lentils
- ½ cup whole-milk Greek yogurt
- ¼ tsp. finely grated lemon zest
- 1 Tbsp. fresh lemon juice
- 2 garlic cloves, finely grated, divided
- Kosher salt
- 6 oz. crimini mushrooms, stems trimmed
- 2 Tbsp. white miso
- ¼ tsp. paprika
- 4 Tbsp. (or more) extra-virgin olive oil, divided
- ¼ cup (or more) oat, gluten-free 1:1 blend, or all-purpose flour
- Whole wheat buns, sprouts and/or lettuce, and sliced pickles (for serving)

Directions:

1. Pour water into a large saucepan to cover lentils by 4". Bring to a boil, reduce heat to medium, and simmer, stirring occasionally, until lentils are tender but not mushy. Drain, then let cool 10 minutes (spread them out on a baking sheet, which will help them cool faster).
2. Meanwhile, combine yogurt, lemon zest, lemon juice, and half of garlic in a small bowl. Season with salt; set aside.
3. Finely chop mushrooms and transfer to a medium bowl. Add miso, paprika, 2 Tbsp. oil, and remaining garlic clove. Add lentils and stir and mash them with the back of a spoon. Stir in flour until mixture holds together when squeezed; if it doesn't, continue to mash until it does and add 1-2 Tbsp. flour if needed. Form into 6 patties about ¾" thick.
4. Working in 2 batches, heat 1 Tbsp. oil in a large nonstick skillet (nonstick is essential since these will definitely stick to a regular skillet) over medium. Cook patties until deeply browned and very crisp on bottom side, about 3 minutes. Carefully turn and repeat on second side, adding more oil as needed to maintain a light coating around patties in skillet.
5. Spread reserved yogurt mixture on buns. Top with burgers, sprouts, and pickles.
6. Do Ahead: Patties can be made 4 days ahead. Tightly wrap in plastic and chill.

Recipe Source:

<https://www.bonappetit.com/recipe/healthyish-lentil-burgers>