



The Etna Library's



Spice of the Month Program

Spice for September, 2024:

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.

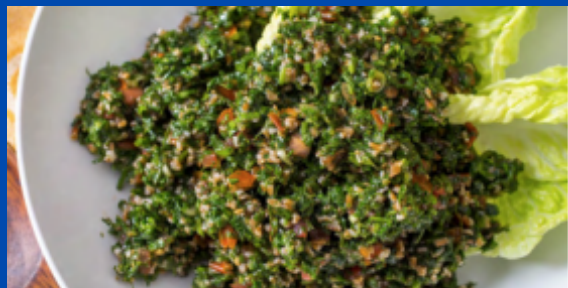
Today, this versatile ingredient is used worldwide to enhance and compliment the flavors of everything from hearty grilled meats, to fresh vegetables, to delicate



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Lebanese Tabbouleh



Prep Time: 30 min

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:

- 21 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.
5. Add everything to a large bowl.
6. Sprinkle on the 7 spice (or allspice,) sumac, and salt.
7. Soak the bulgur wheat for five minutes before serving.
8. Add a generous drizzling of extra virgin olive oil.
9. Squeeze the lemon and add to the bowl, taste everything and balance the dressing with extra salt/lemon if required.
10. Add the bulgur wheat and mix thoroughly.
11. Serve with optional lettuce leaves. Goes great with with grilled meats and a side of fries, or as a light meal with a side of hummus.

Sumac Hummus



Prep Time: 15 min

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

Directions:

1. Blend all the ingredients except the sumac 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 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.



Enjoy!

Recipe Sources:

Lebanese Tabbouleh:

www.zaatarandzaytoun.com/tabbouleh Sumac

Hummus: www.spicespicebaby.com/recipe/sumac-hummus