March 2021

Join us to discuss!

3/30 @ 6:30pm online

Spend the month cooking with your spice and join us on Zoom on the last Tuesday of the month to discuss your opinions, experiences, and love (or hate!).

Join the discussion: http://bit.ly/KPLSpiceClub

This month's spice: PAPRIKA!

History

Paprika is a spice made from the ground dried red peppers of the Capsicum annuum species. The plant originated in Mexico but was brought to Europe as early as the 16th century where it quickly became popular and new varieties were cultivated.

The name paprika is derived from the Hungarian word *paparka*, meaning pepper.

Today, Paprika is the national spice of Hungary and is widely used in both Hungarian (think goulash) and Spanish (think chorizo) cuisines.

Use

Paprika features a pungent smoky flavor that can vary greatly depending on the origin of the peppers. It is often used as a seasoning ingredient in soups, stews, marinades and casseroles. It can be sprinkled on salads, used as a garnish on deviled eggs, or brushed on meats, poultry and fish.

Paprika is an excellent substitute for chili powder, as it delivers the same flavor profile without the heat.

source: The Spice & Herb Bible (Third Edition) by Ian & Kate Hemphill & AtoZ Food America by World Trade Press

Easy Grilled Tilapia with Paprika

Grilled tilapia with paprika is an easy and quick weeknight dinner recipe. Start with economical tilapia, add simple spices and a few minutes on the grill. It's time to eat more fish and this favorable healthy dish fits that need.

Prep Time	Cook Time	Total Time
8 mins	10 mins	18 mins

Course: Fish, Main Course Cuisine: American Servings: 4 serving Calories: 146kcal
Author: Dan Mikesell AKA DrDan

Ingredients

- [ ] 1 lb Tilapia about 4-6 medium fillets
- [ ] 3 tablespoons oil not EV olive oil
- [ ] 2 teaspoons paprika
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon pepper

Instructions

1. Pat dry the tilapia. If frozen, thaw completely.
2. Preheat grill with a griddle on medium heat with a grill surface temperature of 450°-500° and hood open. Spray griddle with grill rated Pam or brush with oil (Not EV olive oil).
3. In a small bowl mix 3 tablespoons vegetable oil, 2 teaspoons paprika, 1 teaspoon garlic powder, 1 teaspoon salt and ½ teaspoon pepper.
4. Brush oil/spice mixture on both sides of the fillets and place on griddle.
5. Cook about 4 minutes per side with lid OPEN.

Nutrition

Calories: 146kcal | Carbohydrates: 1g | Protein: 23g | Fat: 6g | Saturated Fat: 1g | Cholesterol: 57mg | Sodium: 642mg | Potassium: 374mg | Fiber: 1g | Sugar: 1g | Vitamin A: 493IU | Calcium: 11mg | Iron: 1mg

source: www.101cookingfortwo.com (2020)

Grilled Marinated Sliced Potatoes

These potatoes are an easy, tasty side dish for the next time you fire up the grill. Feel free to add herbs like basil or oregano, and serve with your favorite grilled entrée. The potatoes are meant to marinate for an hour, but you can cook them immediately if you don't have time. The longer they sit, the more flavor they will have.

Cook Time	Total Time
10 mins	10 mins

★★★★★
4.5 from 6 votes

Servings: 6 servings Calories: 195kcal

Ingredients

- 6 medium russet or yukon gold potatoes washed
- 1/2 cup water
- 1/4 cup olive oil extra virgin
- 1 tbsp paprika
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 tsp onion powder

Instructions

1. Cut potatoes into thick slices, about 1/2-inch each. Add potato slices to a large bowl (or Ziploc bag).
2. In a mixing bowl, add olive oil, water, onion powder, paprika, kosher salt and black pepper. Stir all ingredients together until combined.
3. Pour oil and spice mixture over potatoes. Stir potatoes until well coated with oil and spice mixture. Cover bowl (with plastic wrap) and place in refrigerator for 1 hour.
4. After one hour, remove potatoes from refrigerator and place each slice on a medium-high heated grill.
5. Cook for 4-5 minutes, then turn slices over and cook for an additional 4-5 minutes, or until a fork goes through easily. Remove from grill and serve.

Nutrition

Calories: 195kcal | Carbohydrates: 27g | Protein: 3g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Sodium: 188mg | Potassium: 654mg | Fiber: 3g | Sugar: 1g | Vitamin A: 550IU | Vitamin C: 37.1mg | Calcium: 30mg | Iron: 1.4mg

Cajun-Style Grilled Shrimp

Makes: 6 to 8 appetizer servings or 4 main-course servings | Time: 25 to 30 minutes | D M

When it comes to seafood, shell-on versus shell-off can open a heated discussion. I find cooking in the shell almost always enhances the natural flavor of the sea. (And you don't have to do all the peeling!) It's your choice. Just be sure to serve these with plenty of napkins on hand. If you go with small shrimp, skewer them or use a perforated grill pan. You can also make this with crawfish, though most folks will have to buy frozen crawfish tails. Because of their smaller size, you'll have to cook them in a grill pan so they don't fall through the grate.

- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon cayenne
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- 2 pounds extra-large or jumbo shrimp, peeled and deveined if you like
- 2 tablespoons good-quality olive oil

1 Start the coals or heat a gas grill for medium-high direct cooking. Make sure the grates are clean.

2 Put the salt, paprika, garlic, cayenne, oregano, and pepper in a small bowl; whisk to combine. Put the shrimp in a large bowl and toss with the oil. Sprinkle the spice mix over the shrimp and toss until evenly coated with the spices. (You can prepare the shrimp up to several hours ahead, cover, and refrigerate until you're ready to grill.)

3 Put the shrimp on the grill directly over the fire (see "Grilling Shrimp," page 125). Close the lid and cook, turning once, until the shrimp are opaque all the way through and the spice mix looks crusty, 3 to 5 minutes per side depending on their size and how hot the fire is. Transfer the shrimp to a serving platter, let cool for a few minutes, then have at it.


Cajun-Style Grilled Shrimp with Corn on the Cob (page 404)

source: How to Grill Everything by Mark Bittman (2018)

Spare Ribs with Sweet Ancho-Cumin Rub

Makes: 4 to 6 servings | Time: 3 to 4½ hours, largely unattended | I M

Spare ribs are most tender when cooked slowly the entire time on the grill, so they require some patience. They'll make you happy simply roasted with fire. If you want to add smoke (see page 10), do it at the beginning and for not more than an hour or so; otherwise the smoke flavor starts to overshadow the rich taste of the pork. This style of ribs, served without sauce, is known as "dry" ribs. If you want to make a sauce available at the table, see the list on page 457.

1 tablespoon sugar
2 teaspoons salt
2 teaspoons black pepper
2 teaspoons ground cumin
2 teaspoons ancho chile powder
2 teaspoons paprika
About 4 pounds spare ribs

1 Start the coals or heat a gas grill for medium to medium-low indirect cooking. Make sure the grates are clean. If using charcoal, put a drip pan under the indirect side of the grill; for gas, empty, clean, and replace the fat trap.

2 To make the rub, stir the sugar, salt, pepper, cumin, ancho powder, and paprika together in a small bowl. Rub into the ribs on both sides. (You can do this up to several hours ahead of cooking.)

3 When the grill is ready, put the ribs, meaty side up, on the indirect side of the grill, with one of the long sides closest to the fire. Close the lid. Maintain the temperature between 250° and 300°F, though 300°F the whole time is fine. Every half hour, turn, move, and rotate the racks for even cooking. Cook until the meat is tender enough that you can easily cut between the ribs, 2 to 4 hours total, depending on how hot the fire is.

4 Transfer to a cutting board and let rest until cool enough to handle, then cut between the ribs, put on a platter, and serve.

source: How to Grill Everything by Mark Bittman (2018)

Chris's Best Ever Rub

Makes: ½ cup | Time: 5 minutes | MV

From Chris Schlesinger, cookbook author, restaurateur, and good friend. This is, hands down, the best rub in my repertoire. It's versatile and flavorful, spicy without being hot, and just a touch of sugar promotes a deeply colored crust. Delicious on ribs, salmon, chicken, vegetables—just about anything.

- 2 tablespoons sugar
- 2 tablespoons paprika
- 1 tablespoon salt
- 1 tablespoon ground cumin
- 1 tablespoon black pepper
- 1 tablespoon chili powder (to make your own, see page 456)

Stir the sugar and spices together in a small bowl. Store in an airtight container away from heat and light for up to several months.

source: How to Grill Everything by Mark Bittman (2018)