

# Fluvanna County Public Library

## Spice of the Month Club

### Smoked Paprika

**Flavor Profile:** smoky, woody flavor; also earthy and just a tiny bit fruity and bright.

Smoked Paprika is made from smoked and dried sweet peppers to produce a paprika with distinctive flavor. It adds delicious depth to Spanish dishes, like paella, as well as meats, potatoes, sauces and stews. Smoked paprika blends full flavor and rich color with a hint of smoke. Sprinkle on scrambled eggs or tomato soup, or onto chicken, fish or pork. It adds smoky intensity to seasoning rubs for heartier cuts of meat for roasting or grilling. Get creative and add this irresistible smoky-sweet taste to chili, sweet potatoes, beans, dips, roasted vegetables and meatless dishes. The spice's brilliant red color makes it a bold garnish for deviled eggs and potato salad or mix with sea salt for a unique rimming salt for cocktails.

#### Smoked Paprika vs. Paprika

The main difference between smoked paprika and paprika is that smoked paprika is made from red peppers that are dried and smoked over an oak fire before they are ground instead of simply being dried and ground. This lends a strong smoky flavor to smoked paprika that is not present in paprika. Both smoked paprika and paprika can be made with sweet, mild red peppers or hot, spicy red peppers, which means their difference is much less about heat than it is about smokiness.

#### Health benefits of paprika:

- Protection against Cardiovascular Disease
- Helps to Purify the Blood
- Keeps the Heart Healthy
- Helps Body Produce Red Blood Cells
- Helps to heal Wounds
- Helps Digestion Giving Body More Energy
- Can Prevent Hair Loss, and Maintain Hair Color
- Can Induce Sleep

Paprika contains high levels of vitamins C and E, with the former providing protection against cardiovascular diseases such as heart attacks and strokes. The iron, magnesium, phosphorus and potassium also found in paprika helps to purify the blood and keep the heart healthy. Meanwhile a paprika health benefit from its vitamin E content is that it can help the body to produce red blood cells and heal wounds.

#### Peruvian Kebabs with Ají Verde (Anticuchos) (6 Servings)

- 1 pound baby potatoes, scrubbed
- 1 tsp. ground cumin
- 1 tsp. oregano leaves
- 1 tsp. smoked paprika
- ½ tsp. salt
- 1 cup packed cilantro leaves
- ½ cup mayonnaise



- 2 jalapeño peppers, seeded
- 2 Tbsp. water
- 1 Tbsp. lime juice
- 1 pound boneless beef sirloin steak, cut into 1-inch cubes
- 1 Tbsp. oil

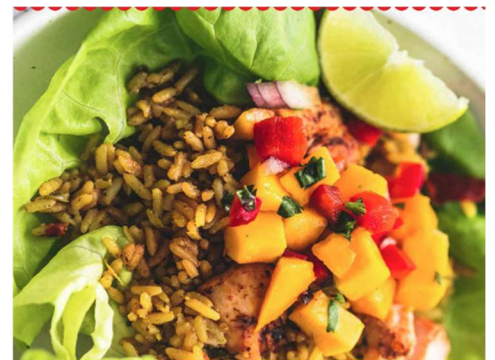
1. Pierce potatoes with a fork. Place in microwavable bowl. Microwave on MEDIUM-HIGH 5 to 6 minutes or until fork tender. Cool potatoes slightly.
2. Meanwhile, mix spices and salt in small bowl; set aside. Place cilantro, mayonnaise, jalapeño peppers, water, lime juice and 1 teaspoon of the spice mixture in blender container; cover. Blend on high speed until smooth. Cover. Refrigerate until ready to serve.
3. Alternately thread potatoes and beef onto skewers. Brush with oil and sprinkle with remaining 1 tablespoon spice mixture.
4. Grill skewers over medium-high heat 10 to 12 minutes or until beef is to desired doneness, turning occasionally. Serve skewers with sauce.

<https://www.mccormick.com/recipes/main-dishes/peruvian-kebabs-with-aji-verde>

### **Caribbean Chicken and Rice Lettuce Wraps**

#### **Rice**

- 1 package Zatarain's® Caribbean Rice Mix
- 1 cup water
- 1 cup Unsweetened Coconut Milk
- 1 Tbsp. butter
- 2 pounds boneless skinless chicken breast, pounded to 1/2-inch thickness
- Salt, to taste
- Ground Black Pepper, to taste
- 1 tsp. garlic powder
- ¼ tsp. smoked paprika
- ½ tsp. Italian seasoning
- 1 Tbsp. oil
- 1 head butter lettuce



#### **Mango Salsa**

- 2 mangoes, diced
  - 1 red bell pepper, diced
  - 1/3 cup cilantro, roughly chopped
  - ½ red onion, diced
  - Juice of 1 lime
  - Salt, to taste
1. For the mango salsa stir together all ingredients in a medium bowl, cover, and chill until ready to use. (Can be prepped up to several hours in advance if desired)
  2. Melt butter in a large saucepan. Add rice mix and sauté for 20 to 30 seconds. Add water and coconut milk, cover and bring to a boil, then reduce to a simmer and cook for 20-25 minutes until rice is fully cooked. Fluff with a fork and allow to cool slightly.

3. While rice is cooking, season chicken with salt and pepper, garlic powder, paprika, and Italian Seasoning. Drizzle a large skillet with the oil, and cook chicken for 4 to 7 minutes on each side until chicken is cooked through. Dice into small cubes.
4. Scoop rice into butter lettuce leaves. Top with diced chicken, and mango salsa. Serve immediately.

<https://www.mccormick.com/zatarains/recipes/main-dishes/caribbean-chicken-and-rice-lettuce-wraps>

### Southwest Chicken and Black Bean Salad (6 Servings)

- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. smoked paprika
- ½ tsp. salt
- 1 pound boneless skinless chicken breasts
- ¼ cup plus 2 Tbsp. oil, divided
- 2 Tbsp. lime juice
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup grape tomatoes, halved
- 1 cup frozen corn, thawed
- 1/3 cup chopped red onion
- 1 package (10 ounces) torn Romaine lettuce



1. Mix spices and salt in small bowl. Set aside. Brush chicken with 2 tablespoons of the oil. Sprinkle with 1 teaspoon of the spice mixture.
2. Broil or grill over medium heat 6 to 8 minutes per side or until cooked through. Cut chicken into thin strips.
3. Mix remaining 1/4 cup oil, lime juice and remaining spice mixture in large bowl. Add chicken, beans, tomatoes, corn and onion; toss until well coated. Divide lettuce among 6 plates. Top with chicken mixture.

<https://www.mccormick.com/recipes/main-dishes/southwest-chicken-and-black-bean-salad>

### Cheesy Roasted Onions with Smoked Paprika (4-8 servings)

- 8 medium onions, preferably white
- 2 Tbsp. olive oil
- 4 Tbsp. grated parmesan cheese
- 1 pinch of grated nutmeg
- kosher salt or sea salt
- fresh ground black pepper
- 1 cup real cream
- ½ tsp. smoked paprika



1. Heat the oven to 350F.
2. Peel the onions, keep a bit of the root attached so that they don't fall apart, and arrange in a lightly oiled baking tray so that they fit snugly side by side.
3. Drizzle with the olive oil and bake until soft, about an hour but it could be longer.
4. Remove from the oven, and turn the heat up to 220 degrees C.
5. Combine the cheese, nutmeg, salt, pepper and cream in a jug or bowl, stirring well.
6. Pour it over the onions, and sprinkle with paprika.
7. Return the dish to the oven for 15 minutes until the cheese sauce is golden brown and bubbling.

<https://www.food.com/recipe/cheesy-roasted-onions-with-smoked-paprika-63636>

### Classic Beef Paprika (4 servings)

- 2 Tbsp. olive oil
- 2 lbs. round steak, cubed
- 1 onion, sliced thin
- ¾ c. ketchup
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. brown sugar
- 2 tsp. salt
- 2 tsp. paprika
- ½ tsp. dry mustard
- 1 ½ c. water
- Slurry
- 2 Tbsp. flour
- ¼ c. water



1. Heat up olive oil in a large stock pan on medium-high heat
2. Slice 1 large onion and set aside
3. Mince 2 gloves of garlic and set aside
4. Gather the onions and garlic and dump into your stock pot; allow to sweat for 2-3 minutes, until the onions have softened a bit
5. While that's cooking, slice your beef into cubes
6. Add the meat into the pot and stir occasionally, until sides have browned
7. Stir in the ketchup, brown sugar, Worcestershire, paprika, dry mustard, salt, and pepper next; mixture will be thick
8. Slurry
9. Measure 1 ½ c. of water in a pyrex glass
10. Whisk 2 tbsp. of flour in the water until the lumps have dissolved
11. Pour the flour mixture into the pot, then cover and simmer for about 2 hours
12. Serve the beef paprika over noodles or potatoes, garnish with parsley and enjoy!

<https://shaunacontoits.com/classic-beef-paprika/>

### Sweet and Smoky Ribs (8-10 servings)

- 2 Tbsp. chili powder
- 2 Tbsp. onion powder
- 2 Tbsp. kosher salt
- 2 tsp. smoked paprika
- 2 Tbsp. packed light brown sugar
- 1 tsp. black pepper
- ½ tsp. cayenne pepper
- 3 racks baby back ribs (about 9 pounds total)
- 1 cup BBQ sauce, plus more for serving
- Watermelon and toasted baguette slices, for serving



1. Preheat the oven to 300°. Combine the chili powder, onion powder, salt, paprika, brown sugar, black pepper and cayenne in a medium bowl. Sprinkle the spice mix on both sides of each rack of ribs (use all of the spice mix). Wrap each rack individually in a double layer of foil and divide between 2 rimmed baking sheets. Bake the ribs until the meat will easily pull apart with a fork but the racks still hold together, about 2 hours 15 minutes to 2 hours 30 minutes.



2. When the ribs are finished roasting, preheat a grill to medium. Unwrap the ribs. Brush each side with 2 to 3 tablespoons BBQ sauce. Grill the ribs meat-side down until well marked and the ribs release easily from the grill, 3 to 4 minutes. Flip and continue grilling until well marked on the other side, 2 to 3 minutes.
3. Transfer the ribs to a cutting board and generously brush each rack with more sauce. Slice into 4-rib portions. Serve with watermelon and baguette.

<https://www.thepioneerwoman.com/food-cooking/recipes/a35980478/sweet-and-smoky-ribs-recipe/>

### Smoked Paprika Chicken (8 servings)

- 2 pounds boneless skinless chicken breasts substitution  
Substitutions available
- 2 Tbsp. oil
- 2 tsp. smoked paprika
- 1 tsp. garlic powder
- 1 tsp. whole thyme leaves
- ½ tsp. salt



1. Preheat oven to 375°F. Place chicken on large foil-lined baking pan. Brush chicken with oil. Mix remaining ingredients in small bowl. Sprinkle evenly on chicken.
2. Bake 20 minutes or until chicken is cooked through.

<https://www.mccormick.com/recipes/main-dishes/smoked-paprika-chicken>

### Deviled Eggs with Smoked Paprika and Chives

- 6 whole eggs
- ¼ cup mayonnaise
- 2 tsp. Dijon
- 1 tsp. lemon juice
- Kosher salt
- Freshly ground black pepper
- Chives thinly sliced, for garnish
- Smoked paprika for garnish



1. Place eggs in a small pot and cover completely with water. Set over medium-high heat and bring to a boil, then turn off the heat and let the eggs cool completely in the water.
2. Peel eggs, being careful not to break the whites. Rinse under cold water to wash off any remnants of shell. Cut each egg in half lengthwise and scoop out the yolks.
3. Transfer the yolks to the bowl of a food processor with the mayonnaise, Dijon, and lemon juice. Puree until smooth (Alternatively, everything can be mashed in a bowl with a fork, until smooth). Taste and season with salt and pepper.
4. Spoon the egg yolk mixture into the egg whites, using it all. Sprinkle with chives and paprika, to taste and serve.

<https://sachaservedwhat.com/recipe/deviled-eggs-with-smoked-paprika-and-chives/>

### Smoked Paprika and Garlic Burgers

- 1 lb. ground beef (or turkey)
- 1 Tbsp. garlic powder
- 1 Tbsp. smoked paprika
- 1 tsp. black pepper
- 1 tsp. salt



- ½ tsp. onion powder
- 4 burger buns
- Lettuce, tomato, red onion, and pickles for serving
- Your favorite burger sauce or condiments

1. In a large bowl, combine the ground beef, garlic powder, smoked paprika, black pepper, salt, and onion powder.
2. Form the mixture into 4 equal patties.
3. Preheat the grill to medium-high heat. Grill the patties for about 5-6 minutes on each side, or until they reach your desired doneness.
4. Toast the burger buns on the grill for the last minute of cooking.
5. Assemble the burgers with your preferred toppings and serve immediately.

[https://thespiceway.com/blogs/recipes/smoked-paprika-and-garlic-burgers?srsId=AfmBOor6T4DLPQhJeaTLm0ObAPc57QhjbXh\\_9ByszJb5VqTmvrlfWJi](https://thespiceway.com/blogs/recipes/smoked-paprika-and-garlic-burgers?srsId=AfmBOor6T4DLPQhJeaTLm0ObAPc57QhjbXh_9ByszJb5VqTmvrlfWJi)

### **Corn Chowder with Bacon & Smoked Paprika**

- 1 small diced sweet onion
- 4 cloves minced garlic
- 4 ears corn
- 1/5 lb bacon chopped into 1/2 inch pieces
- 3 cups baby gold potatoes
- 2 tsp smoked paprika
- salt, to taste
- ½ tsp black pepper
- 4 cups vegetable broth
- 1 cup heavy cream
- 2 Tbsp. arrowroot starch or substitute cornstarch



1. Shuck the corn and fill a large pot with water. Bring to a boil, and then boil the corn covered for 8 minutes.
2. While the corn is boiling, be sure to dice the rest of the ingredients.
3. When the corn is done, remove it and either drain the pot (or use a different one) and heat it to medium. Cook the bacon until crispy. Remove with a slotted spoon and set aside. Drain the excess grease.
4. While the bacon is cooking, slice the corn off of the cob. Keep the cobs and the corn.
5. To the pot, add 1 tbsp of olive oil if needed, the 1 diced sweet onion and 4 minced garlic cloves. Sauté for a few minutes until soft.
6. Add in the 3 cups diced baby gold potatoes, 4 cups broth, 2 tsp smoked paprika, 1/2 tsp black pepper, corn from the cob AND the actual cobs.
7. Bring to a simmer and cover for about 25 minutes or until potatoes are fork tender. Remove the corn cobs. Taste for salt.
8. Pour in the heavy cream.
9. Make an arrowroot slurry by whisking the 2 tbsp arrowroot starch with 4 tbsp cold water. Add to the soup and simmer for 5 minutes to thicken.
10. Top the chowder with the bacon crumbles & green onion, if desired.

<https://seasonedbysilvie.com/corn-chowder-with-bacon-smoked-paprika/>

### **Library Resources**

The Complete Beans and Grains Cookbook by America's Test Kitchen – 641.331 AME

Vegan Africa by Kacouchia, Marie - 641.5636 KAC

### Paprika Chicken Alfredo Bake (8 servings)

- 16 ounces ziti pasta
- 2-3 cups cooked chicken breasts, thinly sliced or rotisserie (shredded or chopped)
- 1 Tbsp. olive oil
- 4-6 cloves garlic, minced
- 4 Tbsp. flour
- 1 cup chicken broth
- 1 ½ cups low-fat milk
- 1 ½ cups freshly-grated Parmesan cheese, divided
- ½ tsp. salt
- ½ tsp. black pepper
- 2 tsp. smoked paprika
- Green onions or fresh basil, chopped

1. Preheat oven to 375 degrees F.
2. Cook the pasta al dente, according to package directions. Drain and place back into the the pot.
3. In a medium saucepan, heat the olive oil over medium heat. Add the garlic, stirring frequently, until golden, 1 to 2 minutes.
4. Whisk in the flour until smooth, about 2 minutes. Gradually whisk in the chicken broth, milk, salt, pepper and smoked paprika. Bring to a low boil, stirring constantly. Lower the heat and simmer, stirring gently, until the mixture thickens for another 3 minutes. Add 1 cup Parmesan cheese; mix well.
5. Pour the sauce over the pasta and toss; add the chicken and mix well. Spread the pasta mixture in a prepared (greased) baking pan, and top with ½ cup more Parmesan cheese.
6. Bake for 20-25 minutes, until the cheese is melted and just barely starts to turn golden. Garnish with green onions or chopped fresh basil; serve.

<https://reluctantentertainer.com/paprika-chicken-alfredo-bake/>



### Air Fryer Chicken Tenders

- 12 chicken tenders
- ¼ cup mayonnaise
- 1 Tbsp. Dijon mustard
- 1 garlic clove, minced
- ½ cup gluten free panko
- ½ cup gluten free flour
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. garlic powder
- ½ tsp. smoked paprika

1. To a small bowl, add mayo, mustard and garlic. Stir together.
2. Add tenders to the bowl with wet ingredients. Toss to coat all of the tenders. Set aside.
3. To a medium bowl, add panko, flour, oregano, basil, garlic powder and smoked paprika. Stir to mix everything together.
4. Dredge both sides of tenders in panko mixture. Press firmly to coat and set on a plate.
5. Heat an Air Fryer to 400°F. Spray with cooking spray.
6. In batches, cook the chicken 5 to 6 minutes on each side, until the chicken is cooked through and crispy and golden on the outside. Garnish with parsley and serve with lemon wedges.



## Vegan Black Bean Stuffed Sweet Potatoes (6 servings)

- 6 whole medium sweet potatoes, cooked

### Black Bean Filling:

- 1 Tbsp. avocado oil
- ½ cup diced red onion
- ½ cup diced red pepper
- 2 garlic cloves, minced
- 14 oz. can low sodium black beans, drained and rinsed
- 1 cup frozen sweet corn
- ¼ cup chopped fresh cilantro
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- ¼ tsp. salt

### Fresh Salsa:

- 2 Roma tomatoes, diced
- 2 Tbsp. finely diced red onion
- 1 garlic clove, minced
- 1 Tbsp. chopped fresh cilantro
- dash of salt
- juice of half lime

### Guacamole:

- 2 large avocados, mashed
- 1 Tbsp. lime juice
- dash of salt

### Black Bean Filling:

1. Heat a large skillet to medium high heat.
2. Add avocado oil and onion to the pan. Sauté the onion until they are translucent, about 2-3 minutes.
3. Then immediately add garlic and red pepper. Sauté for an additional 2-3 minutes.
4. Add corn, black beans, fresh cilantro, cumin, smoked paprika and salt. Using a spoon mix to combine the ingredients and cook another 3 minutes. Remove from heat and set aside.

### Fresh Salsa:

1. To a small bowl, add Roma tomato, red onion, garlic, cilantro, lime juice and salt. Toss to mix everything. Set aside.

### Guacamole:

2. To a small bowl, add avocado, lime juice and salt. Mash the avocado and mix together. Set aside.
3. Assemble the Stuff Sweet Potatoes:
4. Slice each cooked sweet potato in half, deep enough so that you can stuff them. Top each sweet potato with 1/2 cup of the black bean mixture, 1/4 cup fresh salsa and 2 tablespoons of guacamole.
5. Serve

