



Read It and Eat It: The Hybrid Model

Original Program:

We would get together every 6 weeks in person to talk about a particular chef or cuisine. Everyone who came to the meeting would bring a dish they had made from the book selection and we would all eat and chat about what we liked, didn't like, or changed.

Now:

Read It and Eat It is a Take and Make program where patrons register to receive a packet of spices. These spices are packaged up and made available for pick up along with an informational sheet. All registered patrons are then automatically registered for our virtual meetings. These meetings are optional, but a lot of fun.

Additional Info:

Cost: around \$100 per season (we meet about once a month now)
spices (this can be what creates variation in cost)

source: www.theheadnut.com

plastic envelopes

Questions? Feel free to contact me: Sarah Ward, sward@sailsinc.org

Read It and Eat It: Fall/Winter Spice Exploration



Virtual Meetings (all start at 7pm):
October 29th: Ground Sumac
November 19th: Turmeric
December 17th: Harissa
January 21st: Hawaij
February 25th: Fennel

By registering for the spice pick up you have already been registered for the virtual meetings. You should have received a confirmation email, if you did not please check in with Sarah, sward@sailsinc.org. You will get an automatic event reminder two days before and Sarah will email everyone the log in information for the virtual meeting separately.

Read It and Eat It: Fall/Winter Spice Exploration

October 29th: Ground Sumac

Region of origin: Middle East

Uses: Sumac is a versatile seasoning that adds a bright red color and a tartness, similar to lemon juice, to a dish. One of the most common uses for sumac is in the spice blend za'atar.



Photo credit to spicesinc.com

The name sumac comes from the Aramaic word *summaq* which means "dark red." As far back as 2,000 years ago, sumac was noted for its healthful properties, namely as a diuretic and anti-flatulent, by Roman Emperor Nero's physician, Pedanius Dioscorides. Before lemons made their way into Europe, the Romans used sumac to add a tanginess to dishes.

In North America, indigenous peoples and early pioneers used sumac to treat a variety of ailments, from coughs and sore throats to stomachaches and wounds.

The flavor of sumac is quite surprising as the deep red spice is reminiscent of fresh lemon juice. This sweet but sour taste is followed by an astringent powerful punch. While having a diverse flavor profile, sumac still blends exceptionally well with other spices such as allspice, chili, thyme, and cumin.

Source: The Spruce Eats

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October 29th: Ground Sumac

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November 19th: Turmeric



The use of turmeric dates back nearly 4000 years to the Vedic culture in India, where it was used as a culinary spice and had some religious significance. It probably reached China by 700 ad, East Africa by 800 ad, West Africa by 1200 ad, and Jamaica in the eighteenth century. Turmeric's botanical name is *Curcuma longa*.

The plant reaches barely three feet in height and produces both a flower and a rhizome, or stem that is found underground. The rhizome has an appearance similar to ginger; it is this root-like stem that produces the yellow turmeric spice. Though it can now be found throughout the tropics, India has been the largest producer of turmeric since ancient times.

Before turmeric can be used, the turmeric rhizomes must be processed. Rhizomes are boiled or steamed to remove the raw odor, gelatinize the starch, and produce a more uniformly colored product. The rhizomes are removed from the water and dried in the sun immediately to prevent overcooking.

The rhizome has a pepperlike aroma and a somewhat bitter warm taste and has a strong staining orange-yellow colour. It is the ingredient that colours and

flavours prepared mustard and is used in curry powder, relishes, pickles, and spiced butters for vegetables, in fish and egg dishes, and with poultry, rice, and pork.



Source: PBS.org, NCBI.nlm.nih.gov, and Britannica.com
Where did we order the spices from? www.theheadnut.com

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November 19th: Turmeric

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December 17th: Harissa

Region of origin: North Africa

Harissa powder is the ground spice blend of the spicy, earthy North African paste with a base of smoked chili peppers. It can be used as a dry rub

on meats or as a spice in place of any other spice blend in your favorite recipe, such as tacos, tagines, braised meats, curries, or even tofu.



Photo credit to World Spice Merchants

INGREDIENTS

- 1/2 cup dried chiles minced
- 2 tablespoons smoked paprika
- 2 tablespoons cumin seeds
- 2 tablespoons coriander seeds
- 1 tablespoon sea salt
- 1 tablespoon garlic powder
- 1 teaspoon caraway seeds

INSTRUCTIONS

- Toast the cumin, coriander, and caraway seeds on a dry pan over low-medium heat. Toast only until they are fragrant.
- Remove the seeds from the heat and, using a mortar and pestle, grind them into a powder.
- Transfer the powdered seeds into a bowl, then add remaining ingredients.

Mix thoroughly.

- Serve immediately or store in an air tight container.

NOTES

Choose your chili pepper wisely to add nuance to the harissa spice mix. Here are four excellent alternatives:

- Ancho chilies: Mild and slightly smoky
- Guajillo chilies: Mild and sweet
- Chipotle chilies: Medium and smoky
- Thai chilies: Hot and earthy

Leave the seeds in when dicing for a hotter harissa. Remove the seeds for a milder version.

Source: <https://www.pepperscale.com/harissa-seasoning/> and allrecipes.com



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December 17th: Harissa

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January 21st: Hawajj



Photo credit to Food.com

Hawajj spice (also known as Hawayej, Hawaj, and Hawayij) means “mixture” in Arabic. It’s a spice blend with primarily cumin and black pepper and often contains cardamom, coriander, turmeric, cinnamon, ginger, and cloves. There are two primary blends of hawajj – one for savory dishes and one used in coffee and desserts.

Hawaij is primarily used in Yemeni and Israeli cuisine. The savory mixture is often used in soups, curry dishes, and rubs on meat. The mixture for coffee and desserts can be used in cakes and other baked goods.

Yield 1.5 C

INGREDIENTS

6 1/2 Tablespoons black peppercorns

1/4 cup cumin seed

2 1/2 Tablespoons coriander seeds

1 1/2 tablespoons green cardamom pods

1 1/2 teaspoons whole cloves

3 1/2 Tablespoons ground turmeric

INSTRUCTIONS

Put everything except the turmeric into a frying pan & dry fry (no oil required) for a couple of minutes.

Allow to cool, grind using a spice / coffee grinder or mortar & pestle. Add the turmer, mix well & store in an container in a cool, dark place.

Source: <https://thishealthytable.com/> and www.food.com



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January 21st: Hawaij

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February 28th: Fennel

Fennel yields both a herb and a spice. All plant parts are edible: roots, stalks and leaves, with the spice coming from the dried seeds. A warm, sweet and aromatic spice it is similar to a wild anise. Native to the Mediterranean, it is an



ancient and common plant known to the ancient Greeks and spread throughout Europe by Imperial Rome. It is also grown in India, the Orient, Australia, South America and has become naturalized in the US. Photo credit to The Spice House

As a herb, fennel leaves are used in French and Italian cuisine's in sauces for fish and in mayonnaise. In Italy fennel is also used to season pork roasts and spicy sausages, especially the Florentine salami finocchiona. It is traditionally considered one of the best herbs for fish dishes.

Fennel Spice Rub

INGREDIENTS

1 cup fennel seeds
3 tablespoons coriander seeds
2 tablespoons white peppercorns
3 tablespoons kosher salt

INSTRUCTIONS

Put the fennel seeds, coriander seeds, and peppercorns in a heavy pan over medium heat. Watch carefully, tossing frequently so the seeds toast evenly. When light brown and fragrant, pour the seeds onto a plate to cool. They must be cool before grinding, or they will gum up the blades.

Pour the seeds into a blender and add the salt. Blend to a fine powder, shaking the blender occasionally to redistribute the seeds. Store in a tightly sealed glass jar in a cool, dry place, or freeze.

Source: foodnetwork.com  **NORFOLK**
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February 28th: Fennel

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