

CALLING ALL FOODIES!

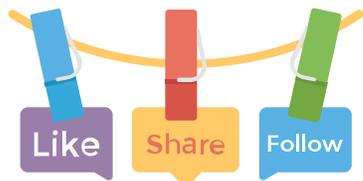
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

Once you’ve created your culinary masterpiece, we’d love to see! Share your pictures and tips with us on our Facebook (SEARLibrary) and Instagram (@searlibrary) pages.

Spice of the Month kits are free, but supplies are limited. Only one kit per household.



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SPICE OF THE MONTH CLUB



Black Garlic

Black garlic, botanically classified as *Allium sativum*, is a specialty aromatic belonging to the Amaryllidaceae family. The taste is described as sweet, savory, balsamic, and mellow, lacking the sharp, pungent bite of raw garlic. It is often described as having notes of dark chocolate or molasses. It is made from fresh garlic bulbs that have been aged at low temperatures and high humidity for several weeks, causing a Maillard reaction that turns the cloves black, followed by drying and grinding.

While high in antioxidants and amino acids, the fermentation process changes the nutrient profile compared to fresh garlic. It is rich in S-Allyl Cysteine (SAC), which helps with absorption. It varies in vitamin and mineral content, depending on the specific processes used to make the aged bulbs. The cloves are believed to contain vitamins A and C, which strengthen the immune system and support healthy organs, and fiber to aid digestion. Black garlic also provides minerals like iron and calcium to support bones and teeth, and it produces proteins for oxygen transport through the bloodstream. In general, Black garlic is believed to have anti-inflammatory and antioxidant properties to protect overall bodily health.

Black garlic’s story begins primarily in East Asia, where garlic itself has been cultivated for thousands of years. In places like Korea, China, and Japan, garlic has long been prized for its medicinal properties and as a cooking staple. At some point—likely centuries ago—people discovered that if garlic was stored in warm, humid conditions for extended periods, it would transform into something entirely different.

FUN FACTS

- The dark color and sweet flavor are caused by the *Maillard reaction*, a chemical reaction that converts sugars and amino acids.
- It typically takes 35 days for the fermentation process.
- Black Garlic is sometimes called “Black Gold.”
- Black garlic is also low in calories, naturally fat-free, and gluten-free Vegan-friendly

Black Garlic Burgers



Ingredients

- 1 1/2 Pounds Ground Beef
- 1 Tablespoon Black Garlic Powder
- 2 Teaspoons salt
- 1 Teaspoon pepper
- 4 Hamburger Buns
- Desired Toppings And Condiments, to garnish

Directions

1. Massage Black Garlic Powder into ground beef until well distributed. Divide meat into 4 equal pieces and shape into patties.
2. Place patties on greased grill grates over high heat. Season with half of salt and pepper. Cook for 2 to 3 minutes, then flip over. Season second side with remaining salt and pepper. Cook another 2 to 3 minutes for medium-rare, or to desired temperature, flipping every 3 to 4 minutes if needed.
3. Transfer to hamburger buns while hot.
4. Garnish as desired and serve immediately.

Recipe Sources:

<https://shop.woodlandfoods.com/recipes/black-garlic-burgers>

Steak and Potato Skillet



Ingredients

- 1 lb. baby yellow potatoes, halved (about 20)
- ¼ cup water
- 1 lb. top sirloin steak, cut into 1 ½" pieces
- 1 tbsp Black Garlic powder
- 2 tsp oil, divided
- 2 tbsp butter
- ¼ tsp each salt and pepper
- ¼ cup coarsely chopped parsley

White Steak Sauce

- ½ cup sour cream
- 1 tbsp Black Garlic powder
- 1 tbsp half and half or milk
- 1½ tsp Worcestershire sauce

Directions

1. Add the potatoes and water to a medium microwave-safe bowl. Cover and microwave for 5 minutes. Drain and set aside.
2. Toss the steak with 1 tbsp Black Garlic and 1 tsp oil in a large bowl.
3. Whisk together the sauce ingredients in a small bowl. Set aside.
4. Preheat the 12" Skillet with the remaining oil for 3 minutes. Place the seasoned meat into the skillet in a single layer. Cook for 3-4 minutes without moving to develop nice browning. Flip and cook another 2-3 minutes. Remove meat from pan, leaving any extra liquid.
5. Melt the butter in the skillet. When melted, add in the potatoes. Cook, stirring occasionally, until the potatoes have browned and are tender, about 5 minutes.
6. Return the meat to the skillet and cook briefly to heat through, about 1 minute. Remove from heat and add in the chopped parsley. Serve with the sauce.

Recipe Sources:

<https://www.pamperedchef.com/recipe/Main+Dishes/30+Minutes+or+Less/Steak+and+Potato+Skillet/2060468>