

CALLING ALL FOODIES!

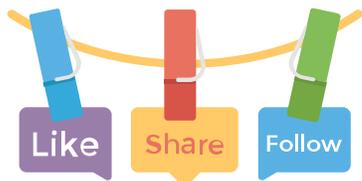
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

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.



www.searlibrary.org



 /SEARLibrary
 @searlibrary



Sumac is a vibrant, tangy spice derived from the dried berries of the wild sumac plant, primarily *Rhus coriaria*. Its tart, lemony taste with subtle fruity undertones and brilliant red-purple hue make it a staple in Middle Eastern and North African cuisines. Unlike lemons or vinegar, its acidity is softer, offering a more rounded flavor. The word "sumac" comes from the Aramaic word *summaq*, meaning "dark red."

Sumac has been used for centuries, not just as a culinary ingredient but also for medicinal purposes. Before lemons became widely available, they were used as a souring agent in ancient Rome. It was a staple in Persian kitchens and even featured in Greek medicine. Sumac tea was brewed as a remedy for various ailments, including digestive issues and fever.

While sumac is best known as a culinary ingredient, its uses extend beyond the kitchen. Some creative applications include beverages, natural dye, and household cleaner.

FUN FACTS

- Sumac is perennial plant that can survive from 30 to 50 years in the wild.
- Sumac contains a variety of nutrients and antioxidants that may play a role in lowering blood sugar and alleviating muscle pain.
- North America has its own native Sumac that thrives in the midwest. Native Americans used this variety of sumac for flavoring and used the berries to make Sumacade, a drink similar to lemonade.
- Sumac shrubs belong to the same family as pistachios, cashews, and mangoes: the Anacardiaceae family.

Source from Specialty Produce
https://specialtyproduce.com/produce/Sumac_8137.php

Sumac Grilled Chicken Thighs



Ingredients

For the Marinade

- 1 medium yellow onion, quartered
- 3 large garlic cloves
- 2 teaspoons sumac, plus more for garnish
- 1 teaspoon Aleppo pepper
- 1 teaspoon coriander
- 1/2 teaspoon ground allspice
- 1 lemon, juiced
- Extra virgin olive oil
- 8 to 10 boneless skinless chicken thighs (about 2 pounds)
- Kosher salt
- Black pepper

Directions

1. To the bowl of a food processor fitted with a blade, add the onion, garlic, sumac, Aleppo pepper, coriander, allspice, lemon juice, and enough olive oil to generously coat the chicken (I used 1/4 cup). Close the lid and pulse several times until well combined into a thick, chunky marinade.
2. Pat the chicken thighs dry and season very well on both sides with kosher salt and black pepper.
3. Place the chicken in a zip-top bag and pour the marinade on top. Close the bag and massage so that all the chicken is well covered with the marinade. Refrigerate anywhere from 30 minutes and up to overnight, turning the bag over occasionally.
4. Shake excess marinade off the chicken and arrange the chicken thighs on the hot grill. Cover for 5 minutes, then turn the chicken over, cover, and grill until cooked through, another 3 to 5 minutes. Chicken is ready with its internal temperature, taken at the thickest part, is at least 165°F, and its temperature will raise by about 5 degrees as it rests.
5. Transfer the chicken to a large serving platter and rest for about 5 minutes.
6. Serve with pickled vegetables, pita bread, and lemons.

Recipe Source:

<https://www.themediterraneanandish.com/sumac-grilled-chicken-thighs/>

Sumac Lemon Cake



Ingredients

- Zest of 4 lemons
- 2 cups sugar
- 1 tablespoon sumac
- 1 teaspoon vanilla extract
- 1 cup unsalted butter softened to room temperature
- 4 large eggs at room temperature
- 3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1/4 cup plus 2 tablespoons lemon juice
- 1/2 cup plain greek yogurt

Lemon Syrup

- 1/2 cup sugar
- 1/2 cup lemon juice

Directions

1. Preheat oven to 350 F. Generously butter and flour a 10 cup bundt pan.
2. Zest the lemon over the sugar then rub the sugar between your fingers to release the oils in the zest. Add the butter, vanilla, salt and sumac and beat in a stand mixer until very light and pale.
3. Add the eggs, one at a time, beating for a full 30 seconds before adding another.
4. In a small bowl whisk together the lemon juice and yogurt.
5. Add dry ingredients (flour and leavening) to the bowl and beat on low. Once the dry are halfway mixed in, add the lemon juice and yogurt.
6. Beat until the batter is fully mixed together, scraping the bottom to ensure all bottom bits are mixed in and beating again. Scoop batter into prepared bundt pan.
7. Bake for 45-55 minutes, until a toothpick comes out clean.
8. Let the cake cool briefly in the pan while you prepare the syrup. Poke lots of holes into and all over the cake with thin skewer.
9. In a small pot, make the syrup: cook together the sugar and lemon juice until the sugar is melted and the mix begins to boil.
10. Once it's done, shut off the heat and pour the syrup over the cake while it's still in the pan.
11. Let the syrup set into the cake for about 10 minutes. Then turn the cake over onto a cooling rack and pour the rest of the syrup on top.
12. Once cake is cool and syrup is set, dust with powdered sugar or make a glaze with citrus juice and powdered sugar.

Recipe Source:

<https://buttermilkbysam.com/meyer-lemon-sumac-cake/>