

# CALLING ALL FOODIES!

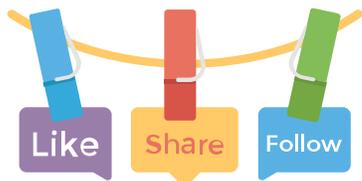
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

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](http://www.searlibrary.org)



 /SEARLibrary  
 @searlibrary

 Southeast Arkansas  
Regional Library  
Bradley, Chicot, Desha, Drew, & Lincoln Counties

# SPICE OF THE MONTH CLUB



## Cumin

Cumin (pronounced *COO-MIN*) spice is made from the seeds of the *Cuminum cyminum* plant from the *Apiaceae* or parsley family. Popular in Indian, Middle Eastern, Mexican, and Mediterranean cooking. Overall, cumin has a savory, nutty, and pungent flavor. However, the exact flavor and aroma can depend on the form (ground or seed) and how it's used in recipes. By itself, cumin is intense, bitter, and even a bit minty. When combined with other spices, herbs, or ingredients, cumin has a warm and earthy flavor with a hint of citrus.

Cumin is also known for its innumerable health benefits. These include its ability to ease digestion-related problems, improve immunity, and treat skin disorders. Cumin seeds may also help reduce the risk of anemia. It is also known to relieve respiratory disorders such as asthma and bronchitis.

Originally cultivated in Iran and the Mediterranean region, cumin is mentioned in the Bible in both the Old Testament (Isaiah 28:27) and the New Testament (Matthew 23:23). The oldest reference to cumin dates back 5,000 years as a mummification ingredient for the bodies of Egyptian pharaohs.

### FUN FACTS

- In the Middle Ages, it was believed that cumin kept chickens and spouses from running away.
- India is the largest manufacturer (70% of globally produced cumin) and the greatest consumer of cumin (Indians consume 90% of the produced cumin). India produces around 175,000 tons of cumin annually.
- Cuminaldehyde, cymene, and terpenoids are the major volatile components of cumin oil, which is used for a variety of flavors, perfumes, and essential oil. Cumin oil may be used as an ingredient in some cosmetics.

Source from Wikipedia  
<https://en.wikipedia.org/wiki/Cumin>

## Ginger Snaps



*Yields: 3 dozen*  
*Prep Time: 15 mins*  
*Cook Time: 10 mins*

### Ingredients

- 1 cup packed brown sugar
- $\frac{3}{4}$  cup vegetable oil
- $\frac{1}{4}$  cup molasses
- 1 large egg
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground cloves
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup white sugar for decoration

### Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix brown sugar, oil, molasses, and egg in a large bowl.
3. Combine flour, baking soda, ginger, cinnamon, cloves, and salt; stir into the molasses mixture.
4. Roll dough into 1  $\frac{1}{4}$ -inch balls.
5. Roll each ball in white sugar before placing 2 inches apart on ungreased cookie sheets.
6. Bake in the preheated oven until center is firm, 10 to 12 minutes.
7. Cool on wire racks.

*Recipe Source:*

<https://www.allrecipes.com/recipe/10757/moms-ginger-snaps/?print=>

## Maple-Ginger Chicken Thighs



*Yields: 8 servings*  
*Prep Time: 10 mins*  
*Cook Time: 55 mins*

### Ingredients

- 1 tablespoon olive oil, or to taste
- 1 cup pure maple syrup
- $\frac{1}{4}$  cup low-sodium soy sauce
- 2 tablespoons garlic-infused olive oil
- 1 tablespoon ginger powder
- 1 teaspoon sesame seeds
- 1 teaspoon ground black pepper
- 1 teaspoon ground cayenne pepper
- 2 pounds skinless, boneless chicken thighs
- 2 tablespoons chopped fresh parsley, or to taste

### Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a baking dish with olive oil.
2. Combine maple syrup, soy sauce, garlic oil, ginger powder, sesame seeds, black pepper, and cayenne pepper in a bowl.
3. Arrange chicken thighs in the prepared baking dish; pour maple sauce over top. Turn thighs in sauce using tongs or gloved hands until fully coated. Cover dish with aluminum foil.
4. Bake in the preheated oven for 40 minutes.
5. Uncover dish; flip thighs. Continue baking, uncovered, until an instant-read thermometer inserted into centers reads 200 degrees F (93 degrees C), about 15 minutes. Flip thighs again; sprinkle with parsley.
6. Rest before serving, 10 minutes.

*Recipe Source:*

<https://www.allrecipes.com/recipe/270738/maple-ginger-chicken-thighs/>