

SPICE OF THE MONTH

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August's spice is cumin!

You know that complex, earthy flavor you sometimes detect in food ranging from falafel to fajitas? That's cumin.

Cumin, which is a relative of parsley, is the dried fruit of a plant that has its origins in the Middle East. Recipes and menus dating back to ancient Egypt, Rome, and Greece have been discovered. And while it's a very popular flavoring for many dishes from that region (falafel, hummus, and shakshouka come to mind), cumin has become ubiquitous in many cultures and regions.

Available in both black and brown varieties, this modest-looking spice can be found in dishes and spice mixes from Sub-Saharan and Northern African countries; central, southeast, and northern parts of Asia; Mediterranean countries; Caribbean and West Indian countries — as well as many places in South and Central America.

Cumin has a chameleon-like ability to complement a variety of foods, from fish to fruit, legumes, meat, eggs, and much more.

And although it's found primarily in savory dishes, cumin can even be used (sparingly!) to round out the flavors of drinks and desserts.

This month's kits contain ground cumin, but it can also be used in its whole seed form.




Sources - cumin

All the books listed here are available to check out from the Croton Free Library.

- *Dangerous Tastes: The Story of Spices* by Andrew Dalby
- *Cooking with Herbs and Spices* by Judy Guilliard

These recipes are from:

- *Curried Favors: Family Recipes from South India* by Maya Kaimal MacMillan
- *Soup for Every Body* by Joanna Pruess
- *Nile Style* by Amy Riolo
- *Arabesque: A Taste of Morocco, Turkey, and Lebanon* by Claudia Roden
- *America: The Great Cookbook* ed. by Joe Yonan



What did you cook with your cumin?
Post it on social media with the hashtag
#CrotonSpiceClub and tag us, or send a
photo & description to gglazer@wlsmail.org!

Cumin purchased from Penzey's Spices.