

SPICE OF THE MONTH

AT THE CROTON FREE LIBRARY

January's spice is curry! (and part 1 of our Curry Quarterly series)

As we head into Year Three (!) of our Spice of the Month kits, we want to thank you for making this program a success. We've made so much delicious food since January 2022, and we can't wait for more.

*A few tweaks for 2024: We're including fewer recipes on paper, but adding suggestions for additional recipes to offer more robust information about each spice. We hope this saves paper and leads you to check out more cookbooks from the Library. Another new feature: The packaging of these kits is now **safe for home and industrial composting!** See Elevate Packaging for details, and check out the Spice of the Month section of our website for details: crotonfreelibrary.org/books-more/spice-of-the-month*

We hope these kits help our community feel inspired about the food we cook and eat together. As usual, please share photos of your dishes via email or social media! If you have feedback or ideas for the future, please tell us at crotonref@wlsmail.org.

So, what's the big deal about curry?

Curry is a spice-lover's MVP! It's one of the most interesting, personal, and ubiquitous blends of all time — associated primarily with India but also common all over East and Southeast Asia, as well as the Caribbean.

The word “curry” itself describes a wide variety of stews, braises, and soups. They're recognizable by a heady aroma of blended spices that often include coriander, ginger, turmeric, and cumin. Dishes themselves are often called *curries*, after the all-important spice blends.

To kick off our Curry Quarterly series, we have a sweet curry powder in this month's kit. It contains turmeric, fenugreek, coriander, cumin, ginger, nutmeg, fennel, cinnamon, cardamom, cloves, and both white and black pepper. This blend offers a warm flavor and aroma without the piquancy sometimes associated with curries, making it a great way to introduce these spices to anyone who's unfamiliar with them. Stay tuned for more!

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

Our sources:

- *India's Vegetarian Cooking: A Regional Guide* by Monisha Bharadwaj
- *Dangerous Tastes: The Story of Spices* by Andrew Dalby
- *Cooking with Herbs & Spices* by Judy Gilliard

The recipes in this kit are:

- Indonesian Pork Ramen with Coconut Curry Soup, from *Simply Ramen* by Amy Kimoto-Kahn (p. 40-1)
- Roasted Vegetable Curry from *Simple Suppers* by The Moosewood Collective (p. 53)

See our cookbook collection for additional recipes, like:

- Curried Turkey and Couscous Salad, from *Not Your Mother's Weeknight Cooking* by Beth Hensperger (p.238-9)
- Super Regal Coronation Chicken, from *Food for Friends* by Levi Roots (p.54)
- Masala Tomato Lentil (p. 46) or Classic Mulligatawny (p. 59), from *The Soupbox Cookbook* by Jamie Taerbaum and Dru Melton

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

Sweet curry purchased from Penzey's.