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Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at Bins and Bins at 107 Shirreff Ave., North Bay, ON.

Tell them the NBPL sent you!
Receive 10% off your purchase at Bins and Bins when you mention our Spice Club!

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Spice Club

SEPTEMBER
2023:
GARAM
MASALA



THIS MONTH'S SPICE: GARAM MASALA

GARAM MASALA ROASTED SWEET POTATOES

INGREDIENTS

- 2 pounds sweet potatoes, cleaned and cut into approximately 1/2 inch cubes
- 2 tablespoons olive oil
- 2-3 teaspoons garam masala
- Salt and fresh ground black pepper to taste
- 1 tablespoon maple syrup, 2 tablespoons if you want them sweeter
- 2 tablespoons fresh lemon juice

INSTRUCTIONS

1. Preheat oven to 425° F. For less clean up, line a rimmed sheet pan with parchment paper or foil.
2. Place the cubed sweet potatoes on the sheet pan. Drizzle the olive oil over them and sprinkle with the garam masala, salt, and pepper. Use your hands to toss them until they're coated.
3. Spread the sweet potatoes out into a single layer making sure there is some space in between them so they don't steam. Place the sheet pan in the oven and roast for 10 minutes. Remove the sheet pan and use a spatula to toss the sweet potatoes around. Roast them for another 10 minutes or until they're tender.
4. Remove the sweet potatoes from the oven and drizzle them with the maple syrup and fresh lemon juice. Toss together and serve.

DID YOU KNOW?

Garam masala is a spice blend traditionally made up of cardamom, cinnamon, cloves and pepper. However, like all blends, it can have as many variations as there are cooks.

Garam masala is similar to curry powder but without the hot spices and turmeric.

(from *The Spice Bible* by Jane Lawson and *The Complete Book of Spice* by Jill Norman)

This month's recipe came from
Recipe Runner
(<https://reciprunner.com/>)