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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.

*bins & bins* 

Tell them the NBPL  
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Receive 10% off your  
purchase at Bins and  
Bins when you  
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## SHOW US WHAT YOU'VE MADE!

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## Spice Club

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MARCH 2025:  
ONION  
POWDER



## THIS MONTH'S SPICE: ONION POWDER

### SWEET ONION SAUCE

#### INGREDIENTS

- 1 cup granulated sugar
- ½ cup + 1 tablespoon water
- 6 tablespoons white vinegar
- 4 ½ teaspoons red wine vinegar
- 1 teaspoon finely grated onion using a small holed grater or garlic press
- 1 tablespoon dijon mustard
- ¼ tsp. Sesame oil
- 1 tablespoon cornstarch
- 1 tablespoon dried minced onion
- 2 tsp. Dry mustard powder
- 1 tsp. salt
- ¾ tsp. Poppy seeds
- ½ tsp. Celery seed
- ¼ tsp. Onion powder
- ¼ tsp. Paprika heaping
- ¼ tsp. Ground black pepper heaping
- ⅛ teaspoon garlic powder heaping

#### INSTRUCTIONS

- Whisk all of the ingredients together in a small saucepan.
- Bring to a boil over medium-high heat, whisking often to prevent burning.
- Reduce the heat to low and simmer until thickened, about 5 minutes. Ensure to whisk frequently.
- Allow to cool completely, then transfer to an airtight container and label.
- Store in the refrigerator and use within 4 weeks, or freeze for longer storage.

This sauce is great to add to homemade subs, sandwiches, salads, and more!

This month's recipe is from  
dashfordinner.com

## DID YOU KNOW?

Onion powder is made of dehydrated and ground onions, and originates from ancient Middle Eastern and Indian cuisines but has since spread to cuisines all around the world.

Onion powder has antioxidant properties, anti-inflammatory compounds, and contains essential minerals like calcium and magnesium.

Sources:

Relish.com article:

<https://www.relish.com/food-wiki/153850/onion-powder-important-facts-health-benefits-and-recipes>

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