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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.

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Spice Club

DECEMBER
2024:
ROSEMARY



THIS MONTH'S SPICE: ROSEMARY

ROASTED MAPLE GLAZED SPICED NUTS

INGREDIENTS

- 4 cups lightly salted mixed nuts or raw, unsalted mixed nuts
- 3 Tbsp. unsalted butter
- 5 Tbsp. maple syrup
- 2 tsp. smoked paprika or regular paprika
- 1 Tbsp. dried rosemary
- ½ tsp. Sriracha (optional)
- ¾ tsp. kosher salt split - omit if using nuts that are already lightly salted.

INSTRUCTIONS:

- Heat oven to 325 degrees Fahrenheit.

To Make The Glaze:

- Melt 3 Tbsp. unsalted butter in a small bowl. Make sure the butter is melted but not browned or burned.

- To the butter add 5 Tbsp. maple syrup, 2 tsp. smoked paprika, 1 Tbsp. dried rosemary, ½ tsp. Sriracha, and ½ tsp. kosher salt (if using unsalted nuts. Omit if using lightly salted nuts). Stir until completely combined. The mixture will look somewhere between a glaze and a paste.

Roast The Nuts In The Oven:

- Line a baking sheet with a piece of parchment paper. Arrange the mixed nuts on top of the parchment paper.
- Pour the glaze over the nuts and toss them in the glaze using a spatula. Make the all of the nuts are completely coated in the glaze and that they're spread out evenly over the baking sheet.
- Once the nuts are totally coated in the glaze pop the baking sheet in the oven for 18-20 minutes. Remove the baking sheet after 10 minutes and stir the nuts with a wooden spatula. This will prevent them from forming clumps and sticking together.
- Roast for another 8-10 minutes, keeping an eye on the nuts to prevent them from burning.
- Remove the baking sheet after 20 minutes, stir again with a wooden spatula to prevent them from clumping, and sprinkle them with another ¼ tsp. kosher salt (add the salt for both lightly salted and unsalted nuts in this step). Toss until combined.
- Allow to cool completely before serving.

DID YOU KNOW?

Rosemary comes from the Mediterranean region. Its botanical name comes from ros (“dew”) and marinus (“sea”), referencing the areas around the Mediterranean Sea where it grows abundantly. Fresh rosemary leaves, when bruised, give off an aroma that is fragrant, pine-like, cooling, minty, and refreshing.

Rosemary can be dried immediately after harvesting to prevent the loss of volatile oils. Hanging cut branches upside down in a dark, well-aired, warm place works well.

Sources:

The Spice and Herb Bible 3rd Ed. by Ian Hemphill

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This month's recipe is from
therusticfoodie.com