



FIND MORE RECIPES AT THE NBPL!

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!

SHOW US WHAT YOU'VE MADE!

Post your photos and tag us @north_baypl or email us at northbaypublib@gmail.com.



Spice Club

JUNE
2023:
THYME &
PAPRIKA



THIS MONTH'S SPICES: THYME AND PAPRIKA

EASY PIEROGI SAUSAGE & VEGGIE SHEET PAN DINNER

Ingredients

- 300g Kielbasa sliced into ¼ inch coins and then each coin sliced in half
- 625g bag frozen pierogies (approx 20-25)
- 1 large red onion peeled, and sliced
- 10-12 baby bell peppers or 2 large bell peppers, stemmed, seeds removed and sliced
- 3 cloves of garlic peeled and roughly chopped
- 4 tablespoon olive oil plus more if needed
- Salt and pepper to taste
- 2 tsp fresh thyme
- 2 tsp of smoked paprika
- 1 tbsp sriracha, Tabasco or your favourite hot sauce - optional

INSTRUCTIONS

1. Preheat oven to 400°F and grease 1 very large baking sheet or 2 smaller ones - or line with parchment paper
2. Place the veggies and pierogies onto the sheet pan.
3. Whisk together the olive oil, spices and hot sauce in a small bowl and then pour over the pierogies and vegetables. Toss gently to combine, then spread into an even layer on one side of the pan or on one of the sheet pans if splitting into two pans. (Feel free to add a little more oil or seasoning if needed and according to taste)
4. Cut the kielbasa in half lengthwise and then slice into half moons and arrange on the other side of the sheet pan or separate one if using 2.
5. Bake for 30 minutes flipping everything halfway through. Serve immediately hot out the oven with sour cream

This recipe came from Olive and Mango
(<https://www.oliveandmango.com>)

DID YOU KNOW?

Thyme is indigenous to the Mediterranean and has been used by ancient Greeks as a fumigant, which is the origin of its name.

Other culinary varieties of the plant include lemon thyme and wild thyme.

Paprika is the common name given to a variety of ground dried sweet red peppers (*Capsicum annum*), which vary in colour from bright red to brown and from sweet to hot or even bitter in flavour.

(from *The Spice and Herb Bible* 3rd edition by Ian Hemphill)