



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

AUGUST
2023:
CAYENNE
PEPPER



THIS MONTH'S SPICE: CAYENNE PEPPER

SWEET AND SPICY CAYENNE CHICKEN

INGREDIENTS

- ½ pound chicken thighs & drumettes
- 2 teaspoons vegetable oil
- 1 teaspoon butter
- 1 tablespoon onion diced
- 1 garlic clove minced
- ¼ tablespoon ground cayenne pepper
- 1 teaspoon sugar
- 2 teaspoons all-purpose flour
- ½ cup canned crushed tomatoes
- ½ cup chicken broth
- 1 tablespoon sour cream
- Egg noodles cooked according to package directions
- salt and pepper to taste

INSTRUCTIONS

- Preheat the oven to 400°F. Season the chicken with salt and pepper. In the Dutch oven, heat the oil and 1 tablespoon of butter over medium-high heat
- Add chicken and brown on both sides. Remove chicken and set aside.
- Add the onions and saute until translucent, about 2 minutes. Add the garlic and saute another minute.
- Stir in the cayenne, sugar, and flour and cook another 4-5 minutes stirring constantly.
- Add the tomatoes and chicken broth and stir until well combined.
- Add the chicken and transfer to oven. Bake uncovered for 25-30 minutes or until the chicken is thoroughly cooked and the sauce thickens.
- Move the chicken to the side of the dutch oven or remove, then stir in the sour cream until it is well combined.
- Cook the egg noodles according to package instructions. Serve chicken and sauce over a bed of egg noodles.

DID YOU KNOW?

Cayenne pepper gets its name from the city Cayenne, located in French Guiana, and is made from a variety of hot chilies, not a single pepper as some might think.

Historically, it has been used medicinally in relation to cardiovascular and circulatory ailments.

Cayenne's potency is best determined by its colour - the less red it is, the hotter it will be!

(from The Spice Bible by Jane Lawson)

This month's recipe came from
A Weekend Cook
(<https://aweekendcook.com/>)