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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

MARCH 2024:
SUMAC



THIS MONTH'S SPICE: SUMAC

SUMAC SALAD DRESSING

INGREDIENTS:

- ½ clove of garlic, (minced)
- 1 teaspoon fresh thyme, (leaves plucked and minced)
- ½ Lemon, (juiced)
- ½ tablespoon honey
- ½ teaspoon salt
- ¼ teaspoon fresh pepper
- 1 tablespoon sumac
- ¼ cup olive oil

INSTRUCTIONS:

- Add all of the ingredients to a jar and shake until the dressing is well combined and emulsified. Serve it with any salad. If storing for later make sure to give it another good shake before serving.

Notes:

This recipe stores well in the fridge if making a big batch, just let it come back to room temperature for 20-30 minutes before shaking again.

This dressing also makes a great marinade for grilled chicken. Let the chicken sit in the dressing overnight or for at least 5-6 hours and then prepare on the grill or the oven.

DID YOU KNOW?

Sumac is a Mediterranean spice made from the “berries” of sumac trees. These “berries” are actually small, dark-red fruits of the tree that grow in small clusters.

Sumac trees or shrubs are related to cashew trees. There are many varieties of these trees, but only six are usable for culinary use.

Sumac has a citrus or sour or tart flavour that has been used to add a lemon-y flavour to dishes.

(from from The Spice Bible by Jane Lawson and The Spice and Herb Bible 3rd Ed. by Ian Hemphill)

This month's recipe is from
redwoodkitchen.com