



**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.

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Tell them the NBPL
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Receive 10% off your
purchase at Bins and
Bins when you
mention our
Spice Club!

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YOU'VE MADE!**

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northbaypublib@gmail.com.



Spice Club

JANUARY
2025:
CURRY
POWDER



THIS MONTH'S SPICE: CURRY POWDER

15 MINUTE VEGETABLE CURRY

INGREDIENTS

- 24 oz. frozen mixed vegetables*
- 2 cups vegetable broth
- 1 13.5oz. can coconut milk
- 1 Tbsp curry powder
- 1/2 tsp dried ground ginger
- salt and pepper to taste

*You can use any type of frozen mixed vegetables, but stir fry style mixes tend to work best.

INSTRUCTIONS

- Add the frozen vegetables and broth to a soup pot (it's okay if the broth does not fully cover the vegetables). Place a lid on top and turn the heat on to high. Bring the broth up to a boil.
- Give the vegetables a good stir, turn the heat down to low, then add the coconut milk, curry powder, and ginger. Stir to combine, then let simmer for just a few more minutes.
- Taste the broth and add salt and pepper to your liking.
- Serve hot with bread or rice.

This month's recipe is from
budgetbytes.com

DID YOU KNOW?

Curry powder is a Western term for various Indian spices being mixed together depending on the dish being cooked.

Our "all-purpose" curry powder is most closely related to India's madras powder - which may contain cumin, cinnamon, nutmeg, and many more spices depending on the blend.

Britain assimilated the madras blend during India's colonial period, thus introducing the West to this blend.

Sources:

The Spice Bible by Jane Lawson

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