



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.

bins & bins 

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

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Spice Club

MARCH 2026:
CUMIN



THIS MONTH'S SPICE: CUMIN

BEEF PLOV

INGREDIENTS

- 2 lbs beef chuck roast or beef stew meat, (cut into 2-inch chunks)
- 2 onions, diced
- 4 carrots, julienned
- 1/2 cup canola oil
- 3 cups Jasmine Rice, rinsed
- 4 cups water
- 1 head garlic, sliced crosswise
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 tsp Lawrys Seasoned Salt
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp paprika

INSTRUCTIONS

- Preheat a 6-quart heavy Dutch oven pot over medium heat. Sear the beef until browned. Add 4 cups of water and bring to a boil. Then reduce the heat to low, cover, and simmer for 1 hour until the beef pieces are tender.
- Remove the beef with a slotted spoon and pour the water into a liter measuring cup. Add additional water to make 4 cups of liquid in total. Set aside for cooking with the rice later.
- Return the pot to the stove. Wipe and clean it; heat to medium heat. Add the oil, carrots, and onion and sauté for 15 minutes. Add the beef pieces back to the pot and add all the spices. Stir well.
- Top with rice and the garlic head. Pour the reserved beef water over the rice and lightly shake to avoid stirring. Bring everything to a light boil, then cover and simmer for 30 minutes.

This month's recipe is from
<https://www.alyonascooking.com/>

DID YOU KNOW?

Ground cumin comes from the dried seeds (which are actually the fruit of the plant!) of the cumin plant and is related to other spices such as aniseed, caraway and coriander. It is believed to be indigenous to the Middle East.

It was used by ancient Egyptians as part of the mummifying process before they started using cinnamon and cloves. It was also a popular flavouring the Middle Ages. Cumin is also one of the main ingredients in curry powder.

(from The Spice Bible by Jane Lawson and The Spice and Herb Bible 3rd Ed. by Ian Hemphill and The Complete Book of Spices by Jill Norman)

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make!