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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**  
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## Spice Club

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FEBRUARY  
2024:  
CHILI FLAKES



## THIS MONTH'S SPICE: CHILI FLAKES

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### CHILI GARLIC GREEN BEANS

#### INGREDIENTS:

- 24 ounces green beans topped and tailed
- 1/2 cup water
- 2 tablespoons butter
- 2-3 cloves garlic minced
- 1 teaspoon chili flakes (or to taste)
- Salt & pepper to taste

#### INSTRUCTIONS:

- Add the water to a deep skillet over high heat. Bring to a boil.
- Add the beans to the skillet and cover the pan. Reduce the heat to medium. Allow the beans to steam for 10 minutes.
- Give the beans a taste and if they're close to being as cooked as you like them, drain the water. If not, cover the pan again and continue cooking until desired tenderness is almost reached.
- Add the butter, garlic, and chili flakes to the pan. Toss the beans (easiest with tongs) in the melted butter and garlic. I sauté the beans for a couple minutes, tossing continuously, until the garlic is slightly cooked. You can cook them for a bit longer if you wish.
- Season the beans generously with salt & pepper and serve immediately. Serves 4.

This month's recipe is from [saltandlavendar.com](http://saltandlavendar.com)

## DID YOU KNOW?

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Chili flakes are made of a variety of dried and crushed red chili peppers.

The peppers are usually cayenne-type peppers which range from 30,000–50,000 Scoville unit range.

The terms “red chili flakes” and “red pepper flakes” are used interchangeably, and are the same thing.

Chili flakes are thought to have antioxidant properties because of the capcasin they contain.

(from [Relish.com](http://Relish.com))