



## FIND MORE RECIPES AT THE NBPL!

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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.

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!

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## Spice Club

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JANUARY  
2023:  
CUMIN





## THIS MONTH'S SPICE: CUMIN

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### CARROT ZUCCHINI SOUP

#### INGREDIENTS

- 2 tablespoons **olive oil** or 1/4 cup **water** (for water saute)
- 1 medium **onion** (about 1 cup), chopped
- 2 **garlic** cloves, minced
- 1-inch fresh **ginger**, minced or grated
- 1 teaspoon ground **cumin**
- 1 teaspoon ground **coriander**
- 1/2 teaspoon **turmeric**
- 1/2 teaspoon **paprika**
- 4 – 5 medium **carrots** (about 2 cups), diced
- 2 medium **zucchini** (about 2 1/2 cups), chopped
- 3 1/2 cups **vegetable broth** (or water)
- 1 can ( 15oz) **coconut milk** (light or full fat)
- 1/2 **lemon**, juice of
- himalayan **salt** + **pepper** to taste

#### INSTRUCTIONS

- **Saute:** Heat oil in a large pot on medium heat, add onion and saute for 5 minutes. Add the garlic, ginger, cumin, coriander, turmeric, and paprika, cook 1 minute more, or until fragrant. Add carrots and zucchini, cook another 7 minutes or so.
- **Simmer:** Add the vegetable broth and bring to boil, cover, reduce heat to low, and simmer for 15 to 20 minutes.
- **Add remaining ingredients:** Turn off heat, add coconut milk and lemon juice.
- **Puree:** Using an immersion blender, purée vegetables until creamy. Alternatively, you can transfer the soup to a standing blender to puree, may take two batches depending on the size of your blender cup.
- **Warm as needed:** Return to low heat and warm through if needed.
- Serves 4 – 6

This recipe came from The Simple Veganista (<https://www.simple-veganista.com>)

## DID YOU KNOW?

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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)