

## Cooking with Paprika

Paprika contributes a warm, natural color and mild spiciness to dishes. Used commercially in cheeses, processed meats, tomato sauces, chili powders and soups, it's also a key ingredient in Spanish sausages (like chorizo), Hungarian goulash, chicken paprikash, and Indian tandoori chicken. Many Portuguese and Turkish recipes also rely upon paprika. It's often paired with cabbage, potatoes, and other vegetables.

While paprika will improve the appearance of an hors d'oeuvre it's been sprinkled on, to release its flavor it needs heat, preferably moist heat. That's why some cooks stir paprika into a little hot oil before adding it to dishes. Also keep in mind that, because it has a high sugar content, paprika burns easily. So you won't want to add it to a dry pan when roasting spices, for example.

Some suggestions for cooking with paprika:

- \* Sprinkle in tomato sauces, chili, soups and stews.
- \* Add to breading for chicken or fish.
- \* Include in paellas and other grain dishes.
- \* Stir into cheese spreads. Or combine with yogurt and a little olive oil for an instant dip.
- \* Add to marinades or use as a meat rub.
- \* Use as an emulsifier in oil and vinegar dressings.
- \* Sprinkle on potato spears or other vegetables before roasting.



By the way, if your paprika is tamer than you'd like, add some cayenne to taste. And be sure to buy the freshest product you can and replenish often, because the flavor of paprika dissipates quickly.

## Why Buy Bulk Spices?

Want the freshest spices along with the most flexibility and fun while shopping? Then buying in bulk is for you. Comparison shop for a few spices, and you'll see why bulk is your best choice:

- » **Price**  
You'll pay from three to 10 times more for the same amount of spice if you buy it in bottles instead of in bulk! (You—and the environment—have to pay for all those jars and labels, after all.)
- » **Freshness**  
As you measure your spices from the bulk jars, relish the aroma, color and texture of each. You know that these spices are fresh because the stock is updated often. They're bright, not faded, richly aromatic, not faint. Your senses can't judge the color or aroma of prepackaged spices, because they're hidden away.
- » **Versatility**  
Whether you're stocking up on your favorite cooking staples or just buying a pinch of this or that for a particular recipe, when you buy in bulk, you'll always have the right amount. You don't have to buy an entire package of that exotic spice you'll use only once a year, and you don't have to purchase multiple packages of a basic pickling spice to last through canning season.
- » **Fun**  
Shopping for bulk spices can be quite fun! Grab a container of an unfamiliar seasoning blend such as "Chinese Five Spice". Take home a few ounces and then find a recipe on [www.frontiercoop.com](http://www.frontiercoop.com). Buying in bulk allows you to expand your cooking to interesting and different cuisines, without expanding your budget. Have some fun - shop in bulk!

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32 PAPRIKA

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## Paprika

Recipes for...

- » Yogurt Dip
- » Paprika Meat Rub
- ... and more!



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# Q&A

## Does paprika contain vitamin C?

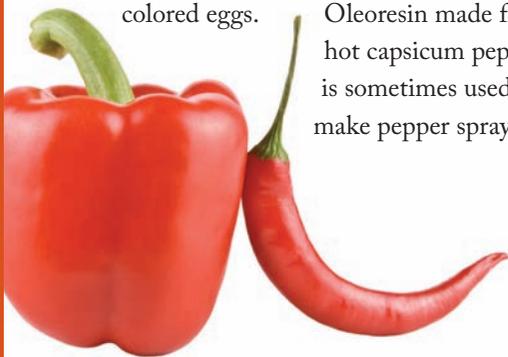
Yes. In fact, when the scientist Dr. Szent Gyorgyi ran out of supplies of vitamin C for his work in 1932, he tested paprika peppers—abundant in his Hungarian city—for vitamin C content and found them a very rich source. (In 1937, Gyorgyi won a Nobel Prize for his work with vitamin C.)

Of course, no matter how high its nutritional value, relying on adequate quantities of powdered spice for your nutritional needs is significantly harder than picking up an orange or tomato. One teaspoon of paprika may contain up to 30% of the recommended daily amount of vitamin A and 4% of the recommended amounts of vitamin C and iron.

## What is paprika oleoresin?

A natural food coloring and flavoring that comes from a concentrated liquid form of paprika, paprika oleoresin is used in commercial foods like sauces, cheeses, and meats. It's also given to chickens to make them produce darker-colored eggs.

Oleoresin made from hot capsicum peppers is sometimes used to make pepper sprays.



For more recipes with paprika, visit [www.frontiercoop.com](http://www.frontiercoop.com)

# SPICE UP COLOR AND FLAVOR WITH SEVERAL VARIETIES

For such a common spice, there's a lot of mystery surrounding paprika. What is this richly colored powder, exactly, and how do you use it (beyond sprinkling it on deviled eggs, of course)?

Paprika is simply the ground pods of *Capsicum annuum* pepper plants bred for their rich red color and sweet flavor. One such variety is a sweet red pepper called the tomato pepper, but different varieties are grown in different regions, all having thick, red, sweet flesh. (Peppers originally used for paprika were typically hotter than those used today.)

You'll find United States, Hungarian, and Spanish paprika. (Most domestic paprika is grown in California and Texas.) Smoked paprika, is made from peppers that are slowly dried over a wood fire, yielding a rich, smoky flavor.



## Yogurt Dip

This quick-to-mix dip couldn't be easier or tastier! Serve with whole grain crackers or fresh veggies. (If the yogurt is very tart you may choose to omit the lemon juice/vinegar.)

- ½ cup yogurt
- 2 to 4 tablespoons lemon juice or 2 to 4 tablespoons apple cider vinegar
- 1 finely chopped green onion
- ½ teaspoon kelp
- ½ to 1 teaspoon paprika
- 1 minced garlic clove

Combine all ingredients. Refrigerate until ready to serve. Makes about ¾ cup.

## Rub it In

This meat rub is so easy to make, but so flavorful! To use on tofu, tempeh, or soft vegetables, simply shake on rather than rub in.



- 4 tablespoons olive oil
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon onion powder
- 1 teaspoon cayenne
- ½ teaspoon garlic powder

Mix all ingredients together and rub into meats, poultry, or vegetables. Then refrigerate for one hour before grilling.

Makes about ½ cup.

## Chicken with Dried Cherries, Capers, and Chilis

Paprika always complements chicken. Here, it provides color and subtle flavor that melds perfectly with an array of flavors.

- 1 teaspoon paprika
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 4 bone-in chicken breast halves, skinned
- 2 tablespoons extra-virgin olive oil
- 1 small red onion, chopped
- 1½ cups chicken broth
- ½ cup dried cherries
- 2 tablespoons capers
- 2 tablespoons honey
- 1 teaspoon ground cumin
- 1 cinnamon stick, broken in half
- 1 to 2 hot chili peppers, seeded and diced

Preheat oven to 400 degrees.

In a small bowl, combine the paprika, salt, and black pepper. Place the chicken in a large shallow roasting pan. Brush with 1 tablespoon of the oil and sprinkle with the paprika mix.

Roast for 45 minutes, or until thermometer inserted into the thickest portion registers 180 degrees and the juices run clear.

Meanwhile, heat the remaining 1 tablespoon oil in a medium saucepan over medium heat. Add the onions and cook for 5 minutes, or until soft. Add the broth, cherries, capers, honey, cumin, and cinnamon stick. Bring to a boil, reduce the heat to medium-low, and simmer for 20 minutes, or until the cherries are plump and the sauce has thickened. Stir in the chili peppers.

When the chicken is cooked, for extra flavor, if desired, drain off the pan juices and stir them into the cherry sauce. Remove and discard the cinnamon stick before serving.

Place the chicken on a serving platter and top with the sauce.