

FYI...

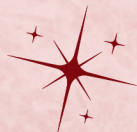


What do cashews, mangos, and poison oak have in common? They're all part of the Anacardiaceae subfamily of plants, along with this month's spice: sumac!

"Sumac" is the name given to a variety of different plants, including poison sumac. You probably won't confuse the poison for the spice. While they have the same name, edible sumac is a result of drying and grinding red berries, and poison sumac only has white berries.

Sumac gets its name from the Aramiac word "summaq" which translates to "dark red." Sumac is commonly used in Middle Eastern cuisine, but it has spread all over the world.

Because of the bright color, some varieties of sumac have been used to create dyes. In 8th century Japan, one sumac dye was used to color the emperor's clothes, and it was forbidden for anyone else to wear that specific color.



BOOK RECOMMENDATIONS



COOKBOOK
Sumac: Recipes and Stories
by Anas Atassi

📍 641.595 ATA

This cookbook provides a personal perspective on Syrian food, with 80 recipes ranging from breakfasts to beverages. If you're looking for more ways to use this month's spice, check it out!

NON-FICTION

Brothers of the Gun

by Marwan Hisham and Molly Crabapple

📍 956.91 HIS



A coming-of-age story that combines Marwan Hisham's experience in the Syrian war with stunning illustrations from Molly Crabapple.

Many thanks to BulkBarn for their support and assistance!



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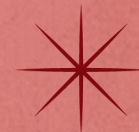


SPICE OF THE MONTH CLUB



**August 2024
Spice of the Month:**

GROUND SUMAC



SUMAC LEMON BARS

Ingredients

- 2 cups and 1/4 cups flour
- 1 cup room-temperature butter
- 1/2 cup and 1 1/2 cup sugar
- 3 teaspoons ground sumac plus additional for decoration.
- 4 eggs
- 2/3 cup lemon juice



Directions

- Preheat oven to 350°F.
- Combine 2 cups flour, 1/2 cup sugar, butter, and sumac. Blend until the mixture reaches the texture of wet sand.
- Line a 9x13 baking pan with parchment paper.
- Add dough combination to the baking pan. Press evenly.
- Bake for 30 minutes or until golden brown.
- Combine 1/4 cup flour and 1 1/2 cups sugar. Whisk in eggs, then lemon juice. Mix well but do not beat.
- When the crust is done, remove it from the oven. Pour the egg mixture on top.
- Rotate and bake for a second time for an additional 20-25 minutes.
- Remove from the oven and let it cool completely.
- When the lemon bars are fully cooled, sprinkle the top with sumac to decorate.



SHORBAT ADAS (RED LENTIL SOUP)

Ingredients

- 4 tablespoons olive oil
- 4 onions
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1 tablespoon cayenne pepper
- 2 1/3 cups red lentils
- 7 1/2 chicken or vegetable stock
- 2 tablespoons lemon juice
- 1 tablespoon sumac



Directions

- Chop the onions into small pieces.
- Heat the oil in a large pot over medium heat. Add the chopped onions and fry until softened and golden, about 5 minutes.
- Add turmeric, cumin, and cayenne pepper. Fry for 1 minute until the spices are fragrant.
- Add the lentils to the pot. Stir well.
- Add the stock to the pot and bring to a boil.
- Once boiled, reduce the heat to low. Cover the pot and simmer for 20 minutes. Stir occasionally.
- After the lentils are fully cooked, use a blender to puree the soup until it is smooth.
- Add lemon juice as well as salt and pepper, to taste.
- Serve, topping with sumac.

Interested in Shorbat Adas? Check out "Sumac: Recipes and Stories" from Syria by Anas Atassi! More info in the Book Recommendations.

**Try these recipes, or get creative!
Have fun in the kitchen!**

Please email photos of your recipes to
kdewaal@gppl.ca.

SUMAC CHICKEN WITH ROASTED VEGETABLES

Ingredients

- 6 tablespoons olive oil
- 3 tablespoons ground sumac
- 1 teaspoon salt
- 1 tablespoon brown sugar
- 1 teaspoon paprika
- 1 teaspoon dried basil
- 1 small head cauliflower
- 3 carrots
- 1 red onion
- 4 chicken thighs
- 4 chicken drumsticks
- 3 cloves garlic
- 1 tablespoon lemon juice



Directions

- Preheat oven to 425°F.
- Chop carrots, cauliflower, and red onion into bite-sized pieces. Mince garlic cloves.
- Whisk 3 tablespoons olive oil to combine with sumac, salt, brown sugar, dried basil, and paprika.
- Combine half of the oil and spice mixture with the chopped vegetables. Toss until evenly coated.
- Line 2 baking sheets with foil. Add the vegetables to the baking sheets.
- Rub the chicken with the remaining half of the oil and spice mixture. Add to the baking sheets.
- Place the baking sheets in the oven and cook for 15 minutes.
- Toss the vegetables and rotate the baking sheets.
- Return the baking sheets to the oven and continue to cook for 15-20 minutes, until the chicken reaches an internal temperature of 165°F.
- Mix the remaining 3 tablespoons of oil with minced garlic. Pour over chicken and vegetables and serve.

