

SPICE OF THE MONTH CLUB

May 2023

Join us to discuss

Tuesday, 05/30 / 6:00pm / Conference Room

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes!



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This month's spice: Dill

History

Dill is native to Mediterranean regions and southern Russia. It is known to have been cultivated as far back as 3000 BCE by the ancient Babylonians and Assyrians. Dill was known to the Romans, who regarded it as a symbol of vitality: they sprinkled it over food given to gladiators. The first-century CE Roman scholar Pliny wrote of dill. Medieval writers believed it had magical properties that could ward off evil and enhance love potions and aphrodisiacs. It has been cultivated in England since 1570 and was more popular there in the 17th century than it is now. In America, dill seeds were referred to as "meeting house seeds," and were often brought as a snack to church services.

Use

Today dill seed and the herb are found in the cuisines of many countries; it seems to be most popular in Scandinavia, Germany, and Russia. Dill has a refreshing, refined taste that when used in modest amounts contributes an appetizing flavor to a wide range of food. Dill seeds are often used in pickles, and dill itself is frequently used in seafood and chicken dishes.



Salmon with Dill

Total prep and cook time: 30 minutes

Yields 4 servings

INGREDIENTS:

1 lb salmon fillets or steaks

¼ tsp salt

½ tsp ground black pepper

1 tsp onion powder

1 tsp dried dill weed

2 tbsp butter



STEPS:

1. Preheat oven to 400 degrees Fahrenheit.
2. Rinse salmon, and arrange in a 9x13 inch baking dish. Sprinkle salt, pepper, onion powder, and dill over the fish. Place pieces of butter evenly over the fish.
3. Bake in preheated oven for 20 to 25 minutes. Salmon is done when it flakes easily with a fork.

Ukrainian Dill Potatoes

Total prep and cook time: 30 hour

Yields 4 to 6 servings

INGREDIENTS:

- 2 lbs small new potatoes
- 2 tsp kosher salt, plus more
- 3 cloves garlic
- 1/4 cup unrefined sunflower oil
- 8 tsp dried dill



STEPS:

1. Measure 2 pounds new potatoes: If they're about an inch in diameter, leave them whole. If they're larger, cut into 1-inch chunks, making sure all the potatoes are roughly the same size to ensure even cooking.
2. Place the potatoes in a large pot and add enough water to cover by about 2 inches. Add 2 teaspoons kosher salt, cover, and bring to a boil over medium-high heat. Reduce the heat to low and gently simmer with the lid ajar until the potatoes can be pierced easily with a fork, being careful not to overcook them, 12 to 15 minutes.
3. Meanwhile, finely grate 3 garlic cloves on a Microplane or run through a garlic press and place in a small bowl. Add 1/4 cup sunflower oil and stir to combine.
4. Drain the potatoes and return to the pot. Add the garlic oil, dill, and a pinch of kosher salt. Gently toss to combine. Taste and season with more salt as needed.

Note: 2 tbsp fruity extra-virgin olive oil plus 2 tbsp walnut oil can be substituted for the sunflower oil.

Greek Lamb Meatballs

Total prep and cook time: 45 minutes

Yields 4 to 6 serving

INGREDIENTS:

- 1 medium lemon
- 2 tsp dried dill
- 1/2 cup mayonnaise
- 1 tsp kosher salt, divided
- 1/2 tsp freshly ground black pepper, divided
- 1 lb ground lamb
- 2 tsp dried oregano
- 2 tbsp extra-virgin olive oil



STEPS:

1. Finely grate the zest of 1 medium lemon into a large bowl and set aside.
2. Juice the lemon and add 1 1/2 tablespoons of the juice to a small bowl. Finely chop 2 tablespoons fresh dill and add to the bowl. Add 1/2 cup mayonnaise, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper to the bowl and whisk to combine. Refrigerate until ready to use.
3. Add 1 pound ground lamb, 2 teaspoons dried oregano, remaining 3/4 teaspoon kosher salt, 1/4 teaspoon black pepper to the bowl of lemon zest. Work the mixture together with your hands until all the ingredients are evenly combined. Do not overwork.
4. Line a rimmed baking sheet with aluminum foil. Form the meat mixture into 18 (1 1/2-inch) meatballs (about 2 tablespoons each) and place on the baking sheet.
5. Heat 2 tablespoons extra-virgin olive oil in a large skillet over medium-high heat until shimmering. Working in batches if needed to make sure the pan is not crowded, add the meatballs and cook, turning every minute, until browned all over and cooked through, about 15 minutes total. Serve with the sauce.