

# SPICE OF THE MONTH CLUB

October 2023

## Join us to discuss

*Tuesday, 10/31 / 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: Amchur

### History

Amchur (sometimes spelled amchoor) is made from dried unripe fruit of the mango tree. There are two forms: dried in slices and ground. When they are ground, the resulting powder is fine and varies in color from a pale gray to a yellowish beige, depending on whether and how much tumeric powder has been added. The aroma of ground amchur is warm, fruity, and slightly resinous. The flavor is fruit-like and pleasantly acidic.



### Use

Amchur powder is used for its souring abilities. It is a good substitute for lemon juice--1 tsp amchur powder can replace 3 tbsp lemon juice. Its pleasing acidic taste also makes amchur a convenient alternative to tamarind in curries and vegetable dishes and chickpeas. In spice blends it adds a more agreeable tang than citric acid, which is somewhat harsh by comparison. Amchur is often an ingredient in marinades because of its tenderizing effect on meat and its compatibility with other marinating spices, such as ginger, pepper, coriander, cumin, and star anise.

# Tangy Chickpea Curry

*Total prep and cook time: 25 minutes*

*Yields 4 servings*

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## INGREDIENTS:

1 tbsp ghee	½ garam masala
1 onion, minced	¼ tsp fine sea salt
3 cloves garlic, minced	¼ tsp ground Kashmiri chile
1 ½ tsp ground coriander	1 cup crushed tomatoes, with juice
1 tsp ground cumin	2 cups cooked chickpeas
½ tsp ground tumeric	1 cup water
1 ½ amchur powder	Sea salt and freshly ground black pepper

## STEPS:

1. In a large saucepan over medium heat, melt ghee. Add onion and garlic and sauté for 3 minutes, until soft. Add coriander, cumin, tumeric, amchur, garam masala, salt, and ground chile and cook, stirring, for another 2 minutes, until well combined. Add tomatoes, chickpeas, and water and mix well. Reduce heat and simmer, stirring occasionally, for 15 minutes, until thickened. Season with salt and pepper to taste.

# Pav Bhaji

*Total prep and cook time: 2 hours*

*Yields 4-5 servings*

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## INGREDIENTS:

For pav bhaji masala spice blend:

1 tsp chilli powder	4 black cardamom pods
2 tsp coriander seeds	1 tsp ground ginger
2 tsp cumin seeds	1 tsp turmeric
8–10 black peppercorns	1 tsp amchoor (mango powder)
5cm/2in piece cassia bark or cinnamon, broken into pieces	
6 whole cloves	
2 star anise	
1 tsp fennel seeds	

## For bhaji

14 oz potatoes (peeled weight), any variety, chopped into small chunks  
7 oz carrots (peeled weight), chopped into small chunks  
5 ½ oz cauliflower florets, cut into small chunks  
3 ½ oz peas  
2 fl oz sunflower oil  
1 tsp cumin seeds  
10 ½ oz red onions (peeled weight), finely chopped  
5 large garlic cloves, finely chopped  
½ oz fresh root ginger, peeled and grated  
14 oz tomatoes, finely chopped  
2–3 green chillies (bird's eye or similar), chopped and seeds left in  
1 tsp salt  
1–2 tsp tamarind paste (diluted in 3 ½ fl oz water)  
1 tsp red Kashmiri chilli powder  
1 tsp turmeric  
1 tsp ground cumin  
1 tsp ground coriander  
2 green peppers, seeds removed, chopped into small chunks  
2 tsp pav bhaji masala  
1 ¾ oz salted butter  
handful fresh coriander, chopped  
1 lime, juice only

## STEPS:

1. To make the masala spice blend, place all of the spices in a blender or spice grinder and blitz to a powder. Keep in an airtight, clean jar and use when required.
2. To make the bhaji, place the potatoes, carrots, cauliflower and peas in a large saucepan, cover with water and cook until soft. Drain and set aside.
3. Heat the oil in a separate saucepan over a medium heat. Once hot, add the cumin seeds. As soon as they start to pop, add 250g/9oz onions and cook for 4–5 minutes. Add the garlic and ginger and cook for another minute. Add the tomatoes, chillies and salt and cook for a further 4–5 minutes. Add the tamarind water, chilli powder, turmeric, ground cumin and ground coriander. Mix well and cook for a few minutes. Make sure the tomatoes are properly broken down before adding the green peppers and pav bhaji masala. Cook until the oil start to separate, stirring occasionally so the mixture does not burn. Add the cooked vegetables, stir and cook for 8–10 minutes over a low heat. Once the vegetables are well coated, blend the mixture with a hand blender until all the vegetables are smooth. Add 25g/1oz butter, half of the chopped coriander and half of the lime juice and mix.
4. To serve, ensure the bhaji is warm and add the remaining butter and onions. Serve in soft rolls finished with a squeeze of lime juice and a sprinkle of coriander to each individual serving.



# Garlic-Ginger Chicken With Cilantro and Mint

*Yields 4 servings*

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## INGREDIENTS:

- 8 garlic cloves, finely chopped
- 3 tbsp fresh lemon juice (from about 1 lemon)
- 2 tbsp finely chopped fresh ginger
- 3 tbsp plus 1 tsp extra-virgin olive oil
- 1 tbsp finely chopped cilantro leaves, plus more for garnish
- 1 tbsp finely chopped mint leaves, plus more for garnish
- 1 tbsp ground coriander (freshly ground is best)
- 1 tsp amchur (dry mango powder)
- 1 tsp ground turmeric
- $\frac{3}{4}$  tsp kosher salt
- $\frac{1}{2}$  tsp red chili powder
- 4 skinless, boneless chicken breasts ( $\frac{1}{2}$ – $\frac{3}{4}$  lb. each)



## STEPS:

1. Mix garlic, lemon juice, ginger, 3 tbsp oil, 1 tbsp cilantro, and 1 tbsp mint in a medium bowl to form a paste.
2. Mix coriander, amchur, turmeric, salt, and chili powder in a small bowl. Add spice mixture to garlic-ginger paste and stir well to combine. Transfer marinade to a large resealable bag.
3. Place chicken breasts in marinade and seal bag tightly. Using your hands, gently massage marinade onto chicken, making sure to evenly coat each breast. Chill 2 hours.
4. Heat a large skillet over medium-high. Once pan is quite hot, add remaining 1 tsp oil, swirling pan to coat the entire surface. Reduce heat to medium. Remove chicken from marinade and cook, undisturbed, until lightly golden on one side, 1–2 minutes. Flip chicken and continue to cook until golden brown on the other side, 1–2 more minutes. Reduce heat to low, cover, and cook (without peeking!) 10 minutes. Remove pan from heat and let chicken sit, covered, 10–15 minutes, depending on thickness of the breasts. Don't uncover, or you'll release the hot steam that cooks the chicken.
5. Check to make sure the breasts are cooked through—there shouldn't be any pink in the middle, and if you have an instant-read thermometer, the chicken should register 165°. Transfer chicken to a cutting board and slice into strips. Transfer to a platter. Garnish with cilantro and mint.