

SPICE OF THE MONTH CLUB

September 2024

Join us to discuss

Tuesday, 9/24 / 6:00pm / Annex

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: Cayenne Pepper

History

As with other chilis, cayenne pepper was used throughout Central and South America for thousands of years before the Spanish and others began exporting them throughout the world. There is some disagreement about how this pepper got its name. Most people acknowledge that the name is related to the capital of French Guiana, which is also named Cayenne. However, people disagree on which name came first: the pepper or the city.



Use

In addition to providing heat, cayenne pepper also offer a complex flavor profile that includes hints of fruitiness and earthiness. This combination of heat and flavor makes it a versatile ingredient in various cuisines around the world.

Sources: *The Spice and Herb Bible, Third Edition* by Ian Hemphill & Kate Hemphill

<https://www.sonoranspice.com/blogs/sonoran-spice-product-guides/the-complete-guide-to-the-cayenne-pepper>

<https://www.savorysuitcase.com/how-to-use-cayenne-peppers-in-cooking/>

Slow-Roasted Salmon with Parsley and Cayenne

Total prep & cook time: 1 hour, 30 minutes

Yields 6 servings

INGREDIENTS:

- 1 tablespoon packed brown sugar
- 1 ½ teaspoons kosher salt, divided
- ½ teaspoon cayenne pepper
- 1 (2½-pound) skinless center-cut salmon fillet, about 1½ inches thick
- ¼ cup extra-virgin olive oil
- 2 tablespoons chopped fresh parsley
- 2 teaspoons grated lemon zest plus 1½ tablespoons juice



STEPS:

1. Adjust oven rack to middle position and heat oven to 250 degrees. Combine sugar, 1 teaspoon salt, and cayenne in small bowl. Sprinkle salmon all over with sugar mixture.
2. Place salmon, flesh side up, in 13 by 9-inch baking dish. Roast until center is still translucent when checked with tip of paring knife and thickest part registers 125 degrees (for medium-rare), 55 to 60 minutes.
3. Meanwhile, combine oil, parsley, lemon zest and juice, and remaining ½ teaspoon salt in bowl.
4. Remove dish from oven and immediately pour oil mixture evenly over salmon. Let rest for 5 minutes. Using spatula and spoon, portion salmon and sauce onto serving platter. Stir together any juices left in dish and spoon over salmon. Serve.

Red Pepper Almond Sauce

Total prep and cook time: 15 minutes

Yields 4 servings

INGREDIENTS:

- 5 teaspoons sherry vinegar
- 1 garlic clove, minced
- $\frac{3}{4}$ teaspoon table salt
- 2 red bell peppers, stemmed, seeded, and quartered
- 1 tablespoon vegetable oil
- $\frac{1}{4}$ cup whole almonds, toasted
- 2 teaspoons toasted sesame oil
- $\frac{1}{2}$ teaspoon smoked paprika
- Pinch cayenne pepper



STEPS:

1. Combine vinegar, garlic, and salt in small bowl and set aside.
2. Toss bell peppers with vegetable oil in bowl until evenly coated. Grill bell peppers, skin side down, over hot fire (covered if using gas), until most of surface is well charred, 5 to 7 minutes. Flip and cook until lightly charred on second side, about 2 minutes. Transfer bell peppers to bowl and cover tightly with aluminum foil.
3. Pulse almonds in food processor until finely chopped, 10 to 12 pulses. Add sesame oil, paprika, cayenne, vinegar mixture, and bell peppers (do not remove skins) and process until smooth, about 45 seconds, scraping down sides of bowl as needed. Loosen with water as needed and season with salt to taste.

Baked Macaroni and Cheese with Sausage and Peppers

Total prep and cook time: 1 hour

Yields 4 servings

INGREDIENTS:

4 (8-inch) pita breads, divided
1 (28-ounce) can whole peeled tomatoes, drained
3 cups jarred roasted red peppers, divided
¼ cup extra-virgin olive oil
4 garlic cloves, sliced thin
1 tablespoon tomato paste
2 teaspoons ground coriander
2 teaspoons smoked paprika

INGREDIENTS (cont.):

1 teaspoon ground cumin
½ teaspoon table salt
¼ teaspoon pepper
¼ teaspoon cayenne pepper
8 large eggs
½ cup coarsely chopped fresh cilantro leaves and stems
1 ounce feta cheese, crumbled (¼ cup)
¼ cup pitted kalamata olives, sliced

STEPS:

1. Cut enough pita bread into ½-inch pieces to equal ½ cup (about one-third of 1 pita bread). Cut remaining pita breads into wedges for serving. Process pita pieces, tomatoes, and half of red peppers in blender until smooth, 1 to 2 minutes. Cut remaining red peppers into ¼-inch pieces and set aside.
2. Heat oil in 12-inch skillet over medium heat until shimmering. Add garlic and cook, stirring occasionally, until golden, 1 to 2 minutes. Add tomato paste, coriander, paprika, cumin, salt, pepper, and cayenne and cook, stirring constantly, until rust-colored and fragrant, 1 to 2 minutes. Stir in tomato–red pepper puree and reserved red peppers (mixture may sputter) and bring to simmer. Reduce heat to maintain simmer; cook, stirring occasionally, until slightly thickened (spatula will leave trail that slowly fills in behind it, but sauce will still slosh when skillet is shaken), 10 to 12 minutes.
3. Remove skillet from heat. Using back of spoon, make 8 shallow dime-size indentations in sauce (7 around perimeter and 1 in center). Crack 1 egg into small bowl and pour into 1 indentation (it will hold yolk in place but not fully contain egg). Repeat with remaining 7 eggs. Spoon sauce over edges of egg whites so that whites are partially covered and yolks are exposed.
4. Bring to simmer over medium heat (there should be small bubbles across entire surface). Reduce heat to maintain simmer. Cover and cook until yolks firm over, 4 to 5 minutes. Continue to cook, covered, until whites are softly but uniformly set (if skillet is shaken lightly, each egg should jiggle as a single unit), 1 to 2 minutes longer. Off heat, sprinkle with cilantro, feta, and olives. Serve immediately, passing pita wedges separately.