



# SPICE CLUB: CUMIN

## ABOUT

Cumin is the small, dried fruit or seed of an annual plant that belongs to the parsley family. The plant has blue-green, linear leaves and white or pink flowers. There are two types of Cumin: Black and White. Cumin is used in two different forms: as a seed or ground into powder.

Cumin in seed form is often used to stir fry with vegetables. It can be used in some cheeses such as Leyden cheese, and in some traditional breads from France. When roasting the seeds, do not keep them on the fire for too long as they will turn very bitter (approximately half a minute). Cumin in powder form is often an ingredient of curry powder, garam masala, taco seasoning, chili powder, and Baharat.

It is also used in marinades, soups, and chermoula. The pungent aroma of cumin lingers and is warm and slightly sweet. Combined with chickpeas and tahini, cumin is the spice that makes hummus taste like hummus. Cumin is wonderful on lamb, beef, chicken, and fish; with chickpeas, lentils, eggplant, peppers, and cooked tomato; or combined with spices like paprika, coriander, and cilantro. It's also perfect with garlic.

Cumin is considered to be a digestive and has "cooling" properties. It has been known to relieve flatulence and colic. It is also used, in the East, to increase lactation and reduce nausea during pregnancy.

## FUN FACTS

- In the Middle Ages it was believed that Cumin kept chickens and lovers from running away!
- If Cumin was carried during a wedding, happiness would follow!
- Cumin was used to pay taxes!
- Cumin was also used as a preservative in mummification!
- Cumin is the second most popular spice in the world after black pepper!
- Cumin is sometimes confused with caraway; however, cumin is larger in size, lighter in color, and hotter in taste!
- Cumin can also ease stress and anxiety!

# Roasted Cauliflower with Cumin

## Ingredients

For 4 servings

- 1 head cauliflower, divided into florets
- 1 tablespoon olive oil
- 2 teaspoons cumin
- 1 teaspoon turmeric
- ½ teaspoon chili powder
- 1 teaspoon salt



## Preparation

- 1) Preheat oven to 450°F (220°C).
- 2) In a mixing bowl combine the cauliflower, olive oil, cumin, turmeric, chili powder, and salt and mix with tongs until evenly coated.
- 3) Place seasoned cauliflower on parchment lined baking sheet and roast in preheated oven for 15 minutes or until lightly browned.
- 4) Enjoy!

# Cumin Lime Shrimp

## Ingredients

For: 4 servings

- 1½ pounds shrimp, peeled and deveined
- 1½ teaspoon ground cumin
- Kosher salt
- 3 tablespoons olive oil
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- Pinch of red-pepper flakes
- ¼ cup lime juice
- 1 teaspoon lime zest
- 3 tablespoons roughly chopped cilantro



## Preparation

- 1) In a large bowl, toss together the shrimp and the cumin until well coated. Season with kosher salt and toss again.
- 2) Heat the olive oil in a 12-inch skillet over medium heat. Add half the shrimp to the pan in one layer and cook undisturbed until they just start turning pink, about 1 minute. Flip and cook for about 1 minute more, then remove from the pan and set aside. They may not be fully cooked at this time, and that's O.K. Repeat with remaining shrimp and leave in the pan.
- 3) Add the reserved shrimp back to the pan with any juices that have accumulated. Stir in the ginger, garlic and red-pepper flakes, and cook for about 30 seconds, stirring to make sure the garlic doesn't burn. Add the lime juice to pan and scrape up any brown bits that have formed at the bottom of the pan. Cook until the mixture is reduced by about half, about 1 minute more. Stir in the lime zest and scatter with the cilantro.