

Spice: Paprika



Description

Paprika is a spice made from the ground dried red peppers of the *Capsicum annuum* species. It comes in colors ranging from bright red to light brown. Its name is derived from the Hungarian word *paparka*, which in turn is derived from the Latin word *piper*.

Origin

Paprika originated in central Mexico. It was brought to Spain during the 16th century and became popular throughout Europe.

Varieties

The most common varieties of paprika are Spanish paprika and Hungarian paprika. Spanish paprikas (*pimentons*) range from sweet and mild (*dulce*) to hot and spicy (*picante*). Among the eight grades of Hungarian paprika are rose (*rozsa*), which is pale red and mild, and strong (*eros*), which is light brown and hot.

Flavor Profile

Paprika has a pungent smoky flavor that ranges from sweet and mild to hot and pungent. Paprika peppers may be smoked prior to grinding, giving them a deep earthy flavor. Because paprika's flavors vary so widely, substituting one type of paprika for another in a recipe will affect the overall flavor of the dish.

Nutrient Profile

Paprika is a rich source of carotenoids such as zeaxanthin, which gives paprika its bright red color. Paprika is a good source of vitamin A, vitamin E, and pyridoxine. It also has modest amounts of vitamin K, niacin, riboflavin, pantothenic acid, thiamin, iron, and manganese. The spicier varieties contain capsaicin, the compound that gives peppers their heat.

Preparations

Paprika is used as a seasoning ingredient in soups, stews, marinades, and casseroles. It can be sprinkled on salads, used as a garnish on deviled eggs, or brushed on meats, poultry, and fish. Hungarians sometimes sprinkle the sweetest varieties on desserts. It's a prominent ingredient in Hungarian goulash and Spanish *chorizo*.

Source: Elizabeth Freitas for World Trade Press

Roasted Chickpeas with Garlic, Cumin and Paprika

Source: theperfectpantry.com

4 servings

INGREDIENTS

- 1 can (14-15 oz) of chickpeas, rinsed and drained
- 1 Tbsp olive oil
- 2 cloves garlic, roughly chopped
- 3/4 tsp sweet Hungarian paprika
- 3/4 tsp ground cumin
- Coarse sea salt
- Fresh black pepper

DIRECTIONS

1. Preheat oven to 400°F.
2. Dry the chickpeas on a paper towel, and spread them on a rimmed baking sheet. Sprinkle with oil and garlic, and toss everything well with your hands to make sure the chickpeas are coated. Spread evenly on the baking sheet, and roast for 20 minutes, shaking the pan every few minutes to cook the chickpeas evenly.
3. While the chickpeas are roasting, prepare a plate with paper towels. Drain the cooked chickpeas on the paper towels and, while they're still warm, toss with paprika, cumin, salt and pepper.

Grilled Cauliflower Steaks

These grilled cauliflower steaks are not just beautifully caramelized with a flavorful smoky taste, the presentation is lovely! A delicious change from boring old steamed cauliflower. I like my cauliflower a little on the firm side, so add a few extra minutes if you like it softer. Recipe by France C. Source: allrecipes.com.

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Ingredients

- ¼ cup olive oil
- 1 lemon, juiced
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 1 teaspoon brown sugar
- ½ teaspoon chili powder
- 1 pinch ground black pepper
- 2 large heads cauliflower
- 2 tablespoons minced cilantro (Optional)

Directions

1. Preheat an outdoor grill to medium-high heat and lightly oil the grate.
2. Whisk oil, lemon juice, garlic, salt, smoked paprika, brown sugar, chili powder, and black pepper together in a bowl; set aside.
3. Remove the tough bottom leaves from each cauliflower, taking care not to remove the stem. Place the cauliflower heads onto a cutting board with the stem side facing upwards; cut vertically on both sides of the stem to remove the loose florets. Cut each cauliflower vertically through the stem into 2 even "steaks", 1 to 1 1/2 inches thick; remove any remaining small leaves from each steak. Place cauliflower steaks on a baking sheet.
4. Brush one side of each steak with some of the oil mixture. Place steaks on the preheated grill, oiled-side down; grill for 5 minutes. Brush more oil mixture on top of steaks and gently flip over; grill until golden brown and slightly charred, 5 to 7 minutes more. Drizzle with any remaining oil and remove to a plate. Sprinkle with cilantro.

Recipe Tip

You can grill the extra cauliflower florets in a grill basket alongside the steaks, or you can refrigerate them for another use.

Smoked Paprika Goulash for the Slow Cooker

This slow cooker Hungarian-style goulash is a very rich and flavorful beef dish with a thick, red and smoky-tasting sauce. Great for making a day ahead and reheating. Instead of noodles, you can serve over rice, or potatoes. Recipe by Tara Jill Emerson. Source: allrecipes.com

Prep Time: 15 mins

Cook Time: 4 hrs 30 mins

Total Time: 4 hrs 45 mins

Ingredients

- 1 tablespoon vegetable oil
- 3 onions, sliced
- 3 cloves garlic, chopped
- ¼ cup smoked Spanish paprika
- 2 teaspoons kosher salt
- 1 teaspoon coarsely ground black pepper
- 3 pounds lean beef stew meat, cut into 1-inch cubes
- 3 tablespoons vegetable oil, divided
- 1 ½ cups water
- 1 (6 ounce) can tomato paste
- 1 (10 ounce) package egg noodles
- ½ cup sour cream (Optional)
- 8 sprigs fresh parsley (Optional)

Directions

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Cook and stir onions until they soften and begin to brown at edges, 8 to 10 minutes. Add garlic and cook for 1 minute. Transfer mixture to a slow cooker. Cover and set cooker to Low heat.
2. Mix together paprika, salt, and pepper in a large bowl. Toss meat cubes in the paprika mixture until evenly coated.
3. Heat one tablespoon of the oil in the skillet over medium-high heat. Put a third of the beef cubes into the skillet and cook until nicely browned on all sides. Transfer to the slow cooker. Pour 2 tablespoons of water into the skillet and scrape browned bits from the pan; pour liquid into the slow cooker. This prevents paprika from burning when you brown next batches of beef. Add another tablespoon of oil to the skillet and cook next batch the same way; repeat for third batch.
4. Stir tomato paste and the rest of water into the slow cooker; cover. Cook on High for 4 to 5 hours (or on Low for 6 to 9 hours).
5. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in egg noodles and cook uncovered, occasionally stirring, until noodles have cooked through, but are still firm to the bite, about 5 minutes. Drain.
6. Serve goulash over noodles with a dollop of sour cream and a sprig of parsley.

Tips

To prepare a day in advance, transfer the goulash to a pot after cooking in the slow cooker and refrigerate overnight. Reheat on the stovetop over medium-low heat until goulash comes to a low simmer, 15 to 20 minutes.

Chicken Paprikash Soup

Convert a beloved Hungarian chicken dish into a comforting soup that's quick and easy enough for a weeknight.
By Melissa Knific, realsimple.com.

Hands On Time: 30 mins

Total Time: 30 mins

Ingredients

- 2 tablespoons unsalted butter
- 1 medium red bell pepper, chopped (1¼ cups)
- 1 small sweet onion, chopped (1 cup)
- ¾ teaspoon kosher salt, divided
- 3 tablespoons sweet paprika
- 1 (14½ oz) can diced fire-roasted tomatoes
- 6 cups lower-sodium chicken broth
- 4 ounces extra-wide egg noodles (2 cups)
- 4 cups shredded cooked chicken (such as rotisserie)
- ⅔ cup sour cream
- ½ cup chopped flat-leaf parsley, plus more for topping

Directions

1. Melt butter in a large pot over medium. Stir in bell pepper, onion, and ¼ teaspoon salt. Cook, stirring occasionally, until vegetables start to soften, about 5 minutes.
2. Stir in paprika and cook for 30 seconds.
3. Add tomatoes and broth to the pot and stir. Bring to a boil over high. Stir in noodles and reduce heat to medium. Simmer, stirring occasionally, until noodles are tender, about 8 minutes.
4. Stir in shredded chicken and simmer, undisturbed, until heated through, about 2 minutes.
5. Transfer 2 to 3 ladles of soup to a large heatproof bowl. Slowly whisk in sour cream until fully combined.
6. Return the mixture to the pot and stir until combined. Add parsley and remaining ½ teaspoon salt. Serve topped with more parsley.

Hungarian Paprika Mushrooms

- Source: Elizabeth | At Elizabeth's Table
- Serves: 4
- Prep: 5 minutes
- Cook: 15 minutes
- Total: 20 minutes

Ingredients

- 1 cup basmati rice, dry
- 24 ounces of mushrooms, sliced
- 2-4 Tablespoons vegetable broth
- 1 medium onion, finely chopped
- 1/2 teaspoon Paprika

- 1/2 Cup Unsweetened Oat Milk (or dairy if preferred)
- Salt, to taste
- Fresh parsley

Instructions

1. Cook the rice according to the package instructions.
2. Add the chopped onion to a large pan along with 2 tablespoons of vegetable broth. Cook over medium heat, until soft. Add more vegetable broth as necessary to prevent sticking.
3. Add the mushrooms, paprika, and salt. Cover and cook for 5-7 minutes, stirring occasionally, until the mushrooms are soft.
4. Add in the oat milk and bring to a boil. Allow the milk to thicken.
5. Remove from the heat and serve with the rice and fresh parsley. Enjoy!