



What Is Smoked Paprika?

Smoked paprika, is a Spanish cousin to the more commonly used sweet Hungarian paprika. In Spain, smoked paprika is called pimentón and is a staple in Spanish cuisine. It is a key element of dishes like paella and chorizo, where it is added for both flavor and color. It is made by first slow-roasting red peppers over an oak fire before grinding them into a fine powder. It's got a smoky, woody, spicy flavor. While sweet paprika is a good choice for lighter dishes like garlic chicken, smoked paprika works better for hearty recipes like baked beans or roasted vegetables .

Interesting facts

- The pepper plants used to make paprika are native to central Mexico and didn't appear in Europe until Christopher Columbus brought them over to Spain in the 1400s.
- Smoked Paprika is rich in minerals, vitamins, and antioxidants. Its beneficial compounds possess anti-inflammatory qualities, promote normal digestion, can improve your cholesterol & eye health, and enhance blood sugar regulation.
- Smoked Paprika can be added to all sorts of foods like beef chili, taco meat seasoning, meatloaf, or BBQ sauce or sprinkle a few dashes on popcorn, eggs, or hummus to add a little smoky flavor.



“Spice of Life” is a monthly “Take & Make Spice Club Kit” featuring a variety of unique spices, herbs, or blends.

This kit includes:

- Information on the featured spice
- 2-3 recipes
- A small packet of featured spice - enough for at least 1 of the recipes.

The kits are free, but supplies are limited.
Please take only one kit per household.



Share your experience with us

Once you have created your culinary masterpiece at home, you're welcome to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice on the library's Facebook page, and may even be featured on our Spice of Life webpage.



490 East Grand Avenue
Wisconsin Rapids WI 54494

715-422-5136

www.mcmillanlibrary.org



Take & Make Spice Club Kit



October Smoked Paprika



Paprika-Spiced Roasted Pumpkin Soup

(Yields 4 servings)

INGREDIENTS

6 cups cubed pumpkin
1 cup diced carrots
½ onion, sliced in 1-inch wedges
3-4 cloves garlic
3-4 tablespoons olive oil
¼ teaspoon sea salt
½ **teaspoon smoked paprika**
black pepper
about 2 cups vegetable stock or water



INSTRUCTIONS

Preheat oven to 395°F. Add the pumpkin, carrots and onion to a large enough mixing bowl. Drizzle with olive oil, salt, paprika and a good crack of black pepper. Toss well to coat. Transfer to a large parchment-lined tray. Wrap the garlic cloves in aluminum foil and place on the tray. Roast for 20 minutes until everything is tender and caramelized. Remove from oven and set aside. While the veggies are cooling, boil the vegetable stock in a large pot. Add a pinch more salt. Once it comes to boil, reduce heat to medium-low and tip in the roasted veggies & garlic, taking care to also pour in any leftover oil from the baking tray. Give it a good stir and let it simmer for 5-7 minutes, before removing from heat. Once cooled down, blend everything in blender until smooth. Serve garnished with a sprig of basil or toasted pumpkin seeds.

Smoked Paprika Roast Chicken

(Yields 4 servings)



INGREDIENTS

1 (4- to 5-pound) whole roasting chicken
2 tablespoons smoked paprika
2 tablespoons melted unsalted butter
1 teaspoon garlic powder
1 ½ teaspoons salt
½ teaspoon pepper
4 tablespoons honey
2 tablespoons lemon juice

INSTRUCTIONS

Preheat the oven to 325°F. Pat the chicken dry thoroughly with paper towels. Mix together the paprika, melted butter, garlic powder, salt, and pepper. Spread over the entire surface of the chicken and place the chicken in a shallow baking pan. In a small pot, heat the honey and lemon juice until the honey fully dissolves. Remove from the heat and set aside. Bake for approximately 1 hour to 1 hour and 15 minutes. Baste with the lemon-honey mixture after 35 minutes, and then every 15 minutes after that. You may need to adjust total cooking time depending on how big your chicken is. The bird is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh. Add more salt and pepper to taste.

Recipe Sources

- https://www.simplyrecipes.com/recipes/smoked_paprika_roasted_chicken/
- <https://thefooddiaries.co/2020/07/18/paprika-spiced-roasted-pumpkin-soup-recipe/>
- <https://www.walderwellness.com/garlic-shrimp-with-smoked-paprika-honey/>

Garlic Shrimp with Smoked Paprika & Honey

(Yields 4 servings)



INGREDIENTS

Approx. 36 large shrimp,
thawed, peeled & deveined
3 tablespoons olive oil, divided
2 large cloves garlic, thinly sliced
1½ teaspoons smoked paprika
1 teaspoon honey
Salt & pepper, to taste

INSTRUCTIONS

Pat shrimp dry with a paper towel and place in a small bowl. Toss them in 1 tablespoon olive oil and a bit of salt & pepper. Heat a skillet over medium-high heat. Once the pan is hot, place the shrimp on the pan in a single layer with a bit of space between each piece - you may need to do this in stages, depending on size of pan. Cook the shrimp for 1-2 minutes per side, then remove and set aside in a bowl. They'll be opaque, pink, and slightly browned when done. In the same pan, add remaining olive oil and garlic. Sauté for 1 minute, until browned and slightly fragrant. Stir in smoked paprika and honey, then add cooked shrimp back into the pan. Toss to coat. Remove pan from heat and serve shrimp immediately. Season with salt & pepper, as desired.