



Cooking with Conshy Spice Packet

Cumin

Cumin is a flowering plant that produces small, oblong seeds that are yellow-brown or beige in color. The seeds are ground or used whole as a spice. Cumin most likely originated in the Mediterranean region or Iran. There are many different varieties and cultivars of cumin, often grouped into three categories: brown, white, and black. Cumin has a distinctive flavor that can be described as earthy and nutty, with slightly bitter undertones and an aroma that carries a hint of lemon. It is usually used sparingly because of its potency. Cumin is a common ingredient in chili powder, curry powder, garam masala, and dhana jeera, a powdered spice mixture from South Asia.

There are many different ways to use cumin in your cooking:

- Use to add flavor for soups and stews
- Add it to your rice or couscous to add depth
- Add a hint of spice to savory breads, tarts, and other baked goods
- Cumin is great in your spice rub for chicken, pork, beef, and other meats
- Although less commonly used as a dessert spice, it can sometimes be found in recipes for rice pudding, chocolate cakes, and sorbets.

Recipe SUGGESTIONS:

Pot-Roasted Eggplant with Tomatoes and Cumin

Author: Paula Wolfert, Food & Wine **Active Time:** 25min **Total Time:** 1 hr 20 min **Yield:** 4

Ingredients

- 1 large eggplant (1 1/4 pounds)
- 4 garlic cloves, minced
- Kosher salt
- 1 cup drained, canned diced tomatoes
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons chopped parsley
- 1 tablespoon cilantro leaves
- 2 teaspoons sweet smoked paprika
- 3/4 teaspoon ground cumin
- Pinch of cayenne pepper
- 1 tablespoon fresh lemon juice
- Freshly ground black pepper



Scan Here for
Pot-Roasted Eggplant with Tomatoes
and Cumin





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Instructions

1. Heat a large enameled cast-iron casserole. Using a fork, prick the eggplant in a few places. Add the eggplant to the casserole, cover and cook over moderately low heat, turning once, until charred on the outside and soft within, about 40 minutes.
2. Transfer the eggplant to a colander set in the sink. Using a sharp knife, make a lengthwise slit in the eggplant; let drain for 10 minutes. Scrape the flesh into a bowl, discarding the skin and any hard seeds; mash to a puree and transfer to a large skillet.
3. Using the side of a large knife, mash the garlic to a coarse paste with 1 teaspoon of salt. Add the paste to the skillet along with the tomatoes, olive oil, parsley, cilantro, paprika, cumin and cayenne. Cook over moderate heat, stirring occasionally, until all the liquid has evaporated, about 10 minutes. Stir in the lemon juice and season with salt and pepper. Serve warm or at room temperature.

Moroccan Roasted Carrots

Author: Sylvia Fontaine **Yields:** 4 **Prep Time:** 10 min **Cook Time:** 35 min

Serve as a side dish or over lentils for a Moroccan-inspired vegetarian Bowl. From America's Test Kitchen-Complete Mediterranean Cookbook.

Ingredients

- 1 1/2 lbs whole carrots, peeled
- 2 tablespoons olive oil
- 1 tablespoon brown sugar, honey, or maple syrup
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons fresh orange juice
- 1/2 teaspoon Aleppo chili pepper (or sub chili flakes or 1/4 teaspoon cayenne)
- 1/4 teaspoon cumin
- 1/8 teaspoon cinnamon
- 1/4 cup chopped cilantro (or Italian parsley)
- orange zest



Scan Here for Moroccan Roasted Carrots



Directions

1. Preheat oven to 425 F
2. Scrub or peel the carrots then cut into 3-4 inch pieces. Cut in half length-wise, and quarter the thicker pieces so all are relatively the same thickness (no bigger than 1/2 inch thick).
3. In a small bowl mix oil, sugar, salt and pepper. The brown sugar will help the carrots caramelize. Toss this with the carrots and spread out in a single layer on a parchment-lined sheet pan. Roast for 20 to 25 minutes, stirring the carrots halfway through. Carrots should be tender and slightly caramelized.
4. Whisk the orange juice, aleppo chili pepper, cumin and cinnamon.
5. Toss with dressing with the roasted carrots and garnish with fresh cilantro or parsley and orange zest.



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Creamy Green Chili Tortilla Soup

Author: Tieghan Gerard, Half Baked Harvest **Prep Time:** 20 min **Cook Time:** 30 min

Total Time: 50 min **Serves:** 6

Ingredients

- 1 yellow onion diced
- 1 poblano, chopped
- 2 jalapeños, seeded and chopped
- 2 teaspoons cumin
- 2 ½ teaspoons taco seasoning
- kosher salt and black pepper
- 1 pound boneless, skinless chicken breasts or thighs
- 3 cups salsa verde
- 2 cans (4 ounce) diced green chiles
- 3 ½ cups chicken broth
- 6 ounces cream cheese, melted
- 1 cup shredded cheddar cheese
- ½ cup fresh cilantro, chopped
- lime zest and juice
- lots of salted tortilla chips
- yogurt, avocado, and green onion, for serving



Scan Here for
Creamy Green Chili Tortilla Soup



Directions

Stove

1. Heat the olive oil in a large pot over medium heat. Add the onion and cook until fragrant, about 5 minutes. Stir in the poblano, jalapeños, cumin, taco seasoning, and a pinch each of salt and pepper. Cook for 5-10 minutes, until very fragrant. Add the chicken, salsa verde, canned chiles, and 4 cups of broth. Season with salt and pepper. Partially cover and simmer over medium-low heat for 20 minutes, until the chicken is cooked through.
2. Melt the cream cheese in the microwave for 10-15 seconds.
3. Pull the chicken out and shred using two forks. Stir in the cream cheese until smooth, then stir in the shredded chicken and cheddar cheese. Cook for 5 minutes, until the cheese is melted. Remove from the heat and stir in the cilantro and lime juice.
4. Ladle the soup into bowls and top with tortilla chips. Then finish as desired with a dollop of yogurt, avocado, green onions, and cilantro. Enjoy!

Crockpot

1. In the bowl of your crockpot, layer the onion, poblano, and jalapeños. Add the chicken, cumin, taco seasoning, and a pinch each of salt and pepper. Pour over the salsa verde, canned chiles, and 3 cups of broth.



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2. Cover and cook on low for 6-7 hours or on high for 4-6 hours. Shred the chicken using two forks. Stir in the cream cheese, whisking until mixed. Then add the cheddar cheese, cilantro, and lime juice.
3. Ladle the soup into bowls and top with tortilla chips. Then finish as desired with a dollop of yogurt, avocado, green onions, and cilantro. Enjoy!

Cumin Chili

Author: Food & Wine **Yields:** 4

You'll get a clear taste of cumin in this great cold-weather chili made with ground beef, beans, and green bell pepper. If you want a hotter chili, add as much cayenne as you like.

Ingredients

- 1 1/2 tablespoons cooking oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 1 1/2 pounds ground beef
- 1 28-oz can whole tomatoes with their juice, broken up
- 2 tablespoons tomato paste
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/4 teaspoon fresh-ground black pepper
- 1 15-oz can drained and rinsed canned pinto or kidney beans



Scan Here for Cumin Chili Recipe



Directions

1. In a large saucepan, heat the oil over moderately low heat. Add the onion, bell pepper, and garlic and cook, stirring, until the vegetables start to soften, about 10 minutes. Increase the heat to moderate. Add the ground beef and cook, stirring, until the meat is no longer pink, about 5 minutes.
2. Stir in the tomatoes, tomato paste, cumin, oregano, salt, and black pepper and bring to a simmer. Reduce the heat and simmer, partially covered, for 10 minutes. Add the beans and simmer, partially covered, until the vegetables are tender and the chili thickened, about 5 minutes longer.

Notes

Variation Add one ten-ounce package of frozen corn, thawed, to the chili along with the beans.

What did you make with your Cumin?

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to try out in 2025?**



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