

Cooking with Conshy Spice Packet

Peppermint Leaves

There are few ingredients as versatile and brilliant as dried mint. Americans are discovering that this herb is much more than just a garnish, breath mint, or star ingredient in a classic Southern cocktail. Because of its importance in Mediterranean, Southeast Asian, Middle Eastern, and Latin American cuisines, Americans' consumption of mint has increased 83 percent over the past two decades. Mint is simultaneously pleasant, warm, fresh, and aromatic, with a cool aftertaste, and is great for balancing spicier foods. Dried mint has a cooling menthol-like aroma and tastes sweet and woody with hints of eucalyptus. It adds a depth and earthiness to dishes that may taste different than fresh mint. Mint is also thought to have stress-relieving qualities, making it a popular ingredient in a variety of essential oils, candles, and lotions.

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

- Dried mint is used in making chutney and pesto
- Sprinkle on salads or spoon into dressings
- Add it to your favorite casseroles, or stew, or curry recipes
- Excellent with heavier meat-focused dishes like lamb burgers, meatballs, or for rubs, for roasting, grilling, or frying
- Sprinkle on your vegetable dish
- Add it to your beverages to make them even more refreshing, like lemonade

Recipe SUGGESTIONS:

Aush (Afghani Chili)

Aush is a delicious alternative to American-style chili. It's not too spicy but combines intriguing flavors. I adapted this recipe from a traditional Afghani family favorite. It may be cooked in a slow cooker, Dutch oven, or soup pot. Try it also with ground lamb or ground turkey. Aush is traditionally a noodle dish, but feel free to substitute cooked rice. You can also use a package of cooked small or medium egg noodles instead of fettuccini.

- **Author:** Bonnie C
- **Yield:** 6 servings
- **Prep Time:** 15 minutes
- **Cook Time:** 3 hours 10 minutes

Ingredients

- 1 pound ground beef
- 1 onion, coarsely chopped
- 1 (28 ounce) can diced tomatoes, with juice
- 1 tablespoon minced garlic
- 1 teaspoon crushed red pepper flakes
- 1 ½ tablespoons ground cumin



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Aush (Afghani Chili)

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- 2 teaspoons chili powder
- 1 ½ tablespoons dried mint
- 2 tablespoons garam masala
- 1 (15 ounce) can garbanzo beans (chickpeas), drained
- 1 (10 ounce) box frozen chopped spinach, thawed and drained
- 1 (16 ounce) package fettuccine, broken in half
- 1 cup sour cream

Instructions

1. Brown ground beef in a skillet over medium heat; remove beef with a slotted spoon to a large pot, reserving drippings in the skillet.
2. Cook and stir onion in reserved drippings until golden brown; remove with a slotted spoon and add to beef in the pot.
3. Stir tomatoes with juice, garlic, red pepper, cumin, chili powder, mint, garam masala, garbanzo beans, and spinach into beef mixture; simmer over low heat for 3 to 6 hours.
4. Fill a large pot with lightly salted water and bring to a rolling boil over high heat; stir in fettuccini and return to a boil.
5. Cook pasta uncovered, stirring occasionally, until cooked through but still firm to the bite, about 8 minutes.
6. Drain well; stir pasta into the chili along with sour cream. Serve hot.

Turkish Ezogelin Soup With Red Lentils, Bulgur, and Rice

Author: Elizabeth Taviloglu, the Spruce Eats

Prep: 10 mins

Cook: 30 mins

Servings: 4 to 6 servings

Ingredients

- 1 medium onion, very finely chopped
- 1 1/2 cups red lentils
- 1/2 cup large-grain rice, such as Baldo
- 1/4 cup coarse bulgur
- 1 heaping tablespoon all-purpose flour
- 4 tablespoons butter, or margarine
- 2 tablespoons sweet red pepper paste, or tomato paste
- 8 cups beef broth, or bouillon
- 2 teaspoons salt
- 1 teaspoon hot red pepper flakes, or to taste
- 1 teaspoon dried mint, or to taste
- Slice of lemon, for garnish



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Turkish Ezogelin Soup With Red Lentils,
Bulgur, and Rice



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Instructions

1. Melt 3 tablespoons of the butter or margarine in a large, covered saucepan. Add the onion, and fry until it becomes translucent and very tender.
2. Next, add the flour, and stir until bubbly. Be careful not to let the flour brown or burn.
3. Mix the pepper or tomato paste with 2 tablespoons of water, then add to the flour. Stir until well combined.
4. Next, slowly add the beef broth while stirring. Continue stirring the mixture over high heat until it comes to a boil.
5. Wash the red lentils, rice, and bulgur together in a fine wire strainer until the water runs clear. Add them to the boiling mixture. Add the salt, then reduce the heat, and cover the pan. If you are using bouillon, you may need to reduce the added salt. Let the soup slowly simmer until the rice and bulgur are very soft and the lentils have fallen apart after about 20 minutes.
6. Melt the remaining 1 tablespoon of butter in a small skillet or pan. Add the hot pepper flakes and mint, and stir over the heat for a minute or two.
7. Then, stir the butter and spices into the soup, and let it simmer a few minutes more. If the soup seems too thick, add a little more water or broth. Adjust the salt and spices to your taste.
8. Serve a slice of lemon along with each bowl of soup as a garnish. You can also place small bowls of red pepper flakes and mint on the table to sprinkle on top of the soup.

Cucumber Laban (Lebanese Yogurt Sauce)

This cool and creamy cucumber laban Lebanese yogurt sauce is perfect with grilled meats, salmon, or as a side salad with a variety of Lebanese specialties.

Author: Liz Della Croce, The Lemon Bowl

Prep: 10 minutes

Servings: 4

Ingredients

- 2 cups plain low fat yogurt
- 2 cups cucumber finely chopped
- 1 juice of lemon
- 2 tablespoons dried mint
- 2 cloves garlic grated
- ½ teaspoon salt
- ¼ teaspoon pepper



Scan Here for
Cucumber Laban
(Lebanese Yogurt Sauce)



Instructions

1. Combine all ingredients in a medium bowl and mix well.
2. Check for seasoning and add more lemon, garlic, mint or salt depending on your personal preference.

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Mint Peas Recipe

This super easy green peas with mint recipe is truly "easy-peasy"! It's the perfect quick and flavorful addition to any dinner, ideally paired with your favorite meat dish.

Author: Gabriela, The Bossy Kitchen Servings: 4

Prep Time: 10 mins Cook Time: 10 mins



Scan Here for
Mint Peas Recipe



Ingredients

- 1 small onion or 2-3 green onions
- 1-2 tablespoons vegetable oil or butter
- 1 pound frozen or fresh green peas
- ½ teaspoon dried mint or 1-2 teaspoons of fresh chopped mint
- ½ teaspoon salt or to taste
- ¼ teaspoon Ground black pepper
- ½ cup water or enough to barely cover the peas
- Optional: lemon juice, for serving

Instructions

1. In a pan, add the chopped onion and sauté it in oil/butter for a few minutes until becomes translucent.
2. Add the green peas and enough water to barely cover them.
3. Add salt and pepper to taste and let the peas simmer until they get soft but not mushy.(about 5-7 minutes)
4. When peas are soft, add the chopped mint or the dried one.
5. Serve the peas as a side dish next to any kind of meat.

What did you make with your mint?

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HAPPY COOKING!