

Cooking with Conshy Spice Packet

Sumac

"When ripe, the berries make an excellent lemon-tinged spice for meats and vegetables."

-Ariel Lawhon, The Frozen River

Ground sumac is a versatile spice, and can be added to a meat rub, used as a flavoring in vegetable dishes and is the perfect seasoning for homemade hummus. Sumac is great for lamb and duck as it cuts through the fattiness of the meat. Sumac is at its best when sprinkled over a dish before serving. Sumac is also a good choice when looking to add a lemon flavor to a dish but don't want to add a liquid to the recipe.

Recipe SUGGESTIONS:

Baked Feta with Sumac and Grapes

- Author: BBCgoodfood.com <https://www.bbcgoodfood.com/recipes/baked-feta-sumac-grapes>
- Total Time: 45 minutes
- Yield: serves 6 to 8 people

"A modern dinner party starter that's great for a budget - salty feta, sweet grapes, tangy sumac and aniseed dill create contrasting yet complementary flavors."

Ingredients

- 1 small red onion, halved and sliced
- 2 tbsp red wine vinegar
- 1 tsp golden caster sugar
- 350g red grapes, left on the vine in small bunches
- 2 tbsp olive oil
- 2 tsp sumac
- ½ small pack dill, chopped
- 2 x 250g blocks feta
- bread or sesame flatbreads, to serve (optional)



Instructions

1. Put the red onion in a bowl and add the vinegar, sugar and pinch of salt. Massage everything together with your fingers for 1 min – this will slightly pickle the onions. Heat oven to 350F.
2. Scrunch up a sheet of baking parchment and use to line a gratin dish. Add the grapes, drizzle over 1 tbsp olive oil, 1 tsp sumac, most of the dill and some seasoning, then toss everything to coat. Nestle the blocks of feta in among the grapes, then scatter over the onions and any of the pickling vinegar, the remaining oil and sumac. You can now leave in the fridge for up to 24 hrs, or bake straight away.
3. Bake for 30-35 mins until the feta is browning and the grapes look juicy. Scatter over the remaining dill, then serve in the middle of the table with bread for scooping up the cheese, grapes and juices.

<https://www.bbcgoodfood.com/recipes/baked-feta-sumac-grapes>

Cooking with Conshy Spice Packet

Sumac Chicken with Vegetables

Prep Time 10 minutes
Cook Time 40 minutes

Yield: 4-6 servings
Author: Piquantpost.com

Ingredients

- 3 Tbsp olive oil
- 1 Tbsp Sumac
- 1 1/4 tsp salt, divided
- 1/2 Tbsp brown sugar
- 1 pound cauliflower florets, cut into 2" pieces
- 12 oz (~1 package) baby carrots, halved lengthwise
- 1 pound skinless chicken thighs
- 1 lemon, sliced
- 1 red onion, cut into wedges
- chopped parsley (optional), for garnish



Instructions

1. Preheat the oven to 425 degrees F. Next, in a small bowl, add oil, Sumac spice, 1 tsp salt, and brown sugar.
2. On a non-stick or foil lined baking sheet, place the carrots and cauliflower in 1 layer. Toss them in half of the oil / spice mixture, rubbing with your hands to thoroughly coat. Then, rub remaining oil / spice mixture on chicken and add to baking sheet. Next, add the lemon slices to the pan.
3. Bake for 20 minutes then stir the vegetables. Sprinkle the onion wedges on the pan.
4. Bake for 20 more minutes, or until the chicken is cooked through. Serve garnished with parsley and extra lemon wedges.

<https://piquantpost.com/blogs/recipes/sumac-chicken-with-vegetables>

Strawberry Sumac Cake

Prep: 25 minutes
Bake: 50 minutes

Yield: Makes one 9-inch pan; serves 6- 8
Author: Nicole A. Taylor

Ingredients:

- 1 cup chopped hulled fresh strawberries (1-inch dice), plus 1 cup strawberries, halved
- 1 teaspoon ground sumac
- 1 teaspoon sugar
- 1/2 teaspoon almond extract

Cooking with Conshy Spice Packet

- 1 cup plus 1 tablespoon “everyday” olive oil
- 2 cups all-purpose flour
- 1 cup stone ground yellow cornmeal
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3 large eggs
- 1 cup plus 2 tablespoons sugar
- 1/2 cup half-and-half
- 1/4 teaspoon ground sumac (or a dash more if you like it tangier)



Instructions:

1. Combine the diced strawberries, sumac, sugar, and almond extract in a small bowl and set aside to macerate while you’re preparing the cake.
2. Preheat the oven to 350 degrees. Grease a 9-inch round cake pan or springform pan with 1 tablespoon olive oil.
3. In a large bowl, whisk together the all-purpose flour, cornmeal, salt, baking soda, and baking powder to combine. Set aside.
4. In the bowl of a stand mixer fitted with the whisk attachment or in a medium bowl using a handheld mixer, beat the eggs and 1 cup sugar on medium-high speed until very pale and light yellow in color, about 3 minutes. The mixture should thicken and make ribbons that slowly lose their shape when they fall off the whisk attachment. With the mixer on high speed, slowly add the remaining 1 cup olive oil and beat until everything is combined and the mixture is thickened further.
5. Reduce the speed to medium-low and slowly begin adding the dry ingredients in three additions, adding the half-and-half halfway through. Mix until just combined.
6. Remove the bowl from the stand mixer and fold in the diced strawberries and their liquid. Pour the batter into the prepared pan, smoothing the top with a spatula. Arrange the halved strawberries on the top. Bake for 40 to 50 minutes, until the cake is golden brown and a toothpick inserted into the center comes out clean.
7. In a small bowl, mix the remaining 2 tablespoons sugar with the sumac. Sprinkle the cake with the sumac sugar while still slightly warm.
8. Allow the cake to cool in the pan on a wire rack for 20 minutes. Turn the cake out of the pan onto the rack or release the springform ring and remove it. Let cool completely before serving. Store leftover cake in an airtight container or wrapped in plastic wrap at room temperature for up to 4 days.

<https://cooking.nytimes.com/recipes/1023222-strawberry-sumac-cake?algo>

What did you make with your Sumac?

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HAPPY COOKING!