



Cooking with Conshy Spice Packet

Spanish Smoked Paprika

Paprika originated in central Mexico. It was brought to Spain during the 16th century and became popular throughout Europe. The most common varieties of paprika are Spanish paprika and Hungarian paprika. 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.

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

- Paprika is used as a seasoning ingredient in soups, stews, marinades, and casseroles
- Sprinkle on salads
- Add it to mac & cheese for a little smoky flavor
- Add it to your scrambled eggs, or make a frittata!
- Use as a garnish on deviled eggs
- Brush onto meats, poultry, and fish.
- Hungarians sometimes sprinkle the sweetest varieties on desserts!
- It's a prominent ingredient in Hungarian goulash and Spanish *chorizo*.

Recipe SUGGESTIONS:

Spanish Garlic Soup with Homemade Croutons

Health Spanish garlic soup, or Sopa de Ajo. A humble recipe using 7 simple ingredients and is ready in 15 minutes from start to finish. The most nourishing bowl of healthy restorative soup.

Author: Abra Pappa **Prep Time:** 2min **Cook Time:** 13 min **Yield:** 4

Ingredients

- 1/4 cup olive oil
 - 8 cloves garlic, sliced (not too thin)
 - 1/4 tsp salt
 - 2 tsp smoked paprika
 - 2 tbsp white wine
 - 4 cups chicken stock (or vegetable)
 - 2 large eggs, beaten
- Homemade Croutons
- 1 cup bread, sliced into cubes
 - 2 tbsp olive oil
 - 1/2 tsp smoked paprika
 - 1/4 tsp sea salt





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Instructions

Croutons

1. Preheat oven to 350°
2. Toss bread cubes with olive oil, paprika, and salt. Spread out in single layer on baking sheet.
3. Bake for 15 minutes or until browned. Allow to cool and set aside. (If you have extra they will keep well in a sealed container for up to 1 week)

Garlic Soup

1. In a large pot over medium-low heat, add olive oil and garlic. Slowly simmer garlic until fragrant - but not brown- for 3 minutes. Add salt and wine, cook to burn off alcohol for an additional 2 minutes.
2. Add paprika, stir well to combine. The aroma will be intoxicating.
3. Add chicken stock (or vegetable or even water will work) bring to a boil, reduce heat, and simmer for 10 minutes.
4. In a small bowl whisk 2 eggs, slowly drizzle the eggs into the soup and cook for 2 minutes.
5. Serve immediately, piping hot, with a few croutons on top.

Sheet Pan Smoked Paprika Chicken with Chickpeas

Author: Suzy Karadsheh **Yields:** 8 **Prep Time:** 10 min **Cook Time:** 30 min

Sheet pan chicken with chickpeas and carrots is a comforting, casual meal — perfect for entertaining a group of friends or family! I use boneless skinless chicken thighs, but bone-in on thighs or boneless skinless breasts would work as well. Just have a look at my tips in the post as the cooking time will vary based on what part of the chicken you use. Serve this chicken dinner with nothing more than some crusty bread to mop up the flavorful juices.

Ingredients

Tomato Rub

- ½ cup extra virgin olive oil
- Juice of 2 large lemons, about ½ cup
- 5 tablespoons tomato paste
- 5 large garlic cloves, minced
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons smoked paprika
- 1 teaspoon Aleppo pepper flakes

Chicken and Vegetables

- 1 teaspoon extra virgin olive oil
- 6 carrots, peeled, halved lengthwise, and cut into 2 inch pieces
- 2 medium onions, halved and cut into ½ inch slices
- 1 15-ounce can of chickpeas, drained
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 10 boneless skinless chicken thighs



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Directions



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1. Position one rack in the center of the oven and another one 4 or 5 inches under the broiler. Preheat the oven to 425°F
2. Prepare the tomato rub: In a small bowl, combine the olive oil, lemon juice, tomato paste, garlic, cumin, paprika, and Aleppo pepper. Whisk well to combine.
3. Prepare the chicken and vegetables: Lightly brush a large sheet pan with some of the olive oil. In a large bowl, combine the carrots, onions, and chickpeas. Season well with salt and black pepper (about ½ tsp each). Add 4 tablespoons of the tomato rub and a small drizzle of olive oil (about 1 tsp), and mix well to coat. Transfer the mixture to the sheet pan.
4. Pat the chicken dry and season with salt and black pepper on both sides. Place the chicken in the bowl and add the remaining tomato mixture, tossing until the chicken is well coated.
5. Transfer the chicken to the sheet pan along with the chickpeas and vegetables. Roast on the center rack until the chicken is cooked through, 25 to 30 minutes. Then move the sheet pan up to the top rack directly under the heat and broil until the chicken gains some color, 3 to 4 minutes, watching carefully. The onions and carrots may also gain some char.
6. Serve with your favorite rustic bread.

One Pot Creamy Tomato Beef Pasta

Author: Nagi **Prep Time:** 10 min **Cook Time:** 20 min **Serves:** 4

This is a beefy pasta cooked with Italian seasonings in a creamy tomato sauce. Epitome of homemade comfort food with the convenience of one-pot cooking! Love how the pasta absorbs the flavor of the sauce.

Ingredients

- 1 1/2 tbsp olive oil
- 2 garlic cloves, finely minced
- 1 onion, finely chopped
- 1 lb beef mince/ground beef
- 2 tsp Italian herbs (or a mix of oregano, parsley basil)
- 2 tbsp tomato paste
- 14 oz can crushed tomatoes (or tomato passata)
- 1/2 tsp red pepper flakes (chilli flakes, optional)
- 1 1/2 tsp cooking salt/kosher salt
- 1/2 tsp black pepper
- 4 cups chicken stock/broth, low sodium
- 12oz fusilli, penne, elbow macaroni or other short pasta
- 3/4 cups thickened / heavy cream
- Parmesan cheese, finely grated, for serving
- Parsley, finely chopped, optional



Directions



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1. Heat the oil on high heat in a large heavy-based pot. Cook garlic and onion for 1 1/2 minutes.
2. Add beef and cook, breaking it up as you go, until you can no longer see red meat. Add the Italian herbs and cook for 30 seconds, then add tomato paste and cook for 1 minute to cook out the raw flavor.
3. Add crushed tomato, chicken stock, salt, pepper and red pepper flakes, if using. Stir, then add the pasta.
4. Bring the liquid to a simmer, then cook for 15 minutes, stirring every couple of minutes then more frequently towards the end (ensure pasta doesn't stick to base) until the pasta is just about cooked.
5. Add cream, then simmer for a further 1 to 2 minutes. It will still be quite saucy - this is what you want! Pasta absorbs liquid quickly, so it will still be nice and oozy when you start eating.
6. Remove from the stove. Give it a good stir then ladle into bowls. Serve with parmesan and parsley.

Smoked Paprika Hummus

Author: Nagi **Prep Time:** 5 min **Serves:** 4

This is a beefy pasta cooked with Italian seasonings in a creamy tomato sauce. Epitome of homemade comfort food with the convenience of one-pot cooking! Love how the pasta absorbs the flavour of the sauce.

Ingredients

- 200g (1 cup) chickpeas (cooked)
- 3 tablespoons tahini
- 1/2 teaspoon sea salt
- 1 teaspoon smoked paprika
- 1 large clove of garlic
- 4 tablespoons water
- 3 tablespoons lemon juice



Directions

1. Juice the lemons and discard the skins.
2. Blend all the ingredients together using either a food processor, jug blender, or hand blender - until creamy smooth.
3. You can eat this right away, although it works best when chilled first.
4. Serves well with pitta bread, crackers, or with salad.
5. Don't forget to add a sprinkle of paprika on top to be posh.

What did you make with your Paprika?

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