

Spice Library

Pittsburg Public Library

March: Smoked Paprika

Hungarian Paprika Chicken

Ingredients:

- 1 lb chicken thighs
- 1 cup chicken broth
- 1 tbsp smoked paprika
- 1/2 cup sour cream
- 1/2 medium onion (diced)
- salt and pepper to taste



Instructions:

Sauté onion, add chicken, season with smoked paprika, and cook until browned. Add broth to deglaze pan, simmer for 15 minutes, then stir in sour cream. Season to taste.

Serve over rice and garnish with fresh herbs like chives, parsley, or dill.

Add your favorite vegetables, garlic, or anything else you desire—or level up and make your own chicken broth!



March: Smoked Paprika

Smoked paprika has a mild, sweet, and slightly fruity taste, often described as similar to a bell pepper with a subtle earthiness and a distinct smoky flavor.

Origins:

- Paprika comes from the dried pods of the *Capsicum annuum* pepper plant, which originated in Central and South America. Paprika is especially associated with Hungarian cuisine, but is also used in Spanish and other Central European cuisines.

Nutritional Benefits:

- Paprika is rich in calcium, potassium, and phosphorus; and contains vitamin A, capsaicin, and carotenoids, which may help prevent inflammation and improve cholesterol, eye health, and blood sugar levels.

Color:

- Paprika can range in color from bright orange to deep red. The red color comes from carotenoids.



What is the Spice Library?

Stop by the Pittsburg Public Library each month to pick up the Spice of the Month, along with a specially curated recipe by Heather Horton, chef and owner of TOAST. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at the Patron Services Desk at the Library, with one per family per month, while supplies last. For more information, please call the Pittsburg Public Library at 620-231-8110.

Special thanks to Heather Horton and our friends at TOAST Restaurant!

