



JULY 2025

SMOKED PAPRIKA



Welcome to the AAPLD Spice Club!

Each month, we'll provide a free "take-and-make" spice kit featuring a unique spice, herb, or blend. Each kit includes a small packet with enough for two recipes and two simple recipe suggestions. After creating your dish at home, we'd love for you to share your photos, feedback, and tips at info@aapld.org.

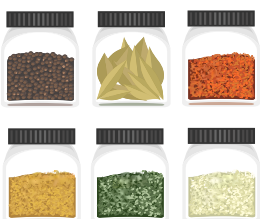
A new spice will be featured each month from February to November, with kits available starting the first Monday at the Adult Services desk at both library branches (Harnish and Eastgate). Supplies are limited, so we kindly ask each household to take only one kit.

Paprika comes from dried and ground peppers (*Capsicum annuum*), native to Mexico and Central America. It was introduced to Europe in the 16th century via Spanish and Portuguese invaders. Spain and Hungary became major paprika producers. Hungarian paprika, especially from Szeged and Kalocsa, is world-renowned for its depth of flavor. The word "paprika" comes from the Hungarian language, derived from the Serbo-Croatian *papar* (pepper). Smoked paprika gets its flavor by drying the peppers over oak wood fires.

Culinary Uses Paprika is essential in Hungarian dishes like goulash, chicken paprikash, and *halászlé*. In Spain, smoked paprika (*pimentón*) flavors chorizo, stews, and *paella*. A dash adds color and mild heat to veggies, eggs, soups, and sauces. Paprika varies from sweet to hot to smoked, depending on the pepper and how it's dried.

Health Benefits Paprika is packed with antioxidants, including capsanthin, carotenoids, and vitamin E, which help protect cells from damage. It's an excellent source of vitamin A, known for supporting vision and a strong immune system. The capsaicin found in hot varieties may help reduce inflammation and boost metabolism. Additionally, paprika provides iron and vitamin B6, both important for red blood cell formation and brain function.

Fun Facts: Paprika is often used in food styling to add a rich red hue to dishes. In Hungary, paprika is considered the "national spice", and families often have their own blends passed down through generations.



ALLERGEN WARNING AAPLD is not responsible for any reactions or sensitivities to spice. Please be aware that the spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.

HUNGARIAN CHICKEN PAPRIKASH



Ingredients

- 2 pounds bone-in chicken thighs, or legs
- 1 large yellow onion, thinly sliced
- 1 bell pepper, seeds removed, thinly sliced
- 2 garlic cloves, minced
- 3 teaspoons smoked paprika
- ¼ teaspoon cayenne pepper
- 1 tablespoon tomato paste
- ½ teaspoon salt, to taste
- ½ teaspoon black pepper
- 1 tablespoon olive oil, or butter
- 2.5 cups low-sodium chicken broth
- ¾ cup cold sour cream, full-fat
- 1 tablespoon all-purpose flour

Instructions

- Season chicken thighs generously with salt and pepper on both sides.
- In a large skillet, heat oil or butter over medium heat. Add chicken thighs, skin side down, and brown them for about 4-5 minutes on each side. Remove chicken from the skillet and set aside on a separate plate.
- In the same skillet, add sliced onions and peppers. Saute for about 3-4 minutes until the onions are translucent. Add minced garlic and cook for another minute.
- Reduce heat to the lowest setting. Add 3 teaspoons paprika and 1 tablespoon tomato paste. Cook for about 1-2 minutes, stirring continuously to prevent it from burning.
- Return the chicken to the skillet and pour in about 2.5 cups of chicken broth, so the meat is halfway submerged. Bring it to a gentle boil, cover, and let it simmer for about 30 minutes or until the internal temperature of the chicken is 165°F.
- In a measuring cup or a bowl, combine ¾ cup of cold sour cream and 1 tablespoon of flour. Mix until smooth. Remove about 3 tablespoons of the hot liquid from the skillet and slowly whisk it into the sour cream.
- Once the chicken is fully cooked, remove it from the skillet onto a clean plate. Slowly stir the sour cream mixture into the pan. Cook for another 5-6 minutes on low, uncovered, until the sauce thickens. Stir it occasionally so it does not boil. Taste the sauce and add more salt if needed.
- You can pour the sauce over the plated chicken or return the meat to the skillet to keep it warm until serving.
- Serve with rice, mashed potatoes, or polenta. Optionally, garnish with fresh parsley.