



History & Folklore of Cumin

Originally cultivated in Iran and the Mediterranean region. The oldest reference to cumin dates back 5,000 years as a mummification ingredient for the bodies of Egyptian pharaohs.

The ancient Greeks kept cumin at the dining table in its own container. Superstition during the Middle Ages cited that cumin kept chickens and lovers from wandering.

It was also believed that a happy life awaited the bride and groom who carried cumin seeds throughout the wedding ceremony.

What is Cumin Powder

Cumin powder, or ground cumin, is the ground version of whole cumin seeds. In Hindi, it is referred to as Jeera Powder. Ground cumin is a key ingredient in other popular spice blends like garam masala, chili powder, taco seasoning, berbere, and curry powder, just to name a few.

What does it Taste like?

Cumin has a tangy, musky scent and adds a warm, earthy, and slightly bittersweet flavor. It also adds smokey, savory, and slightly citrusy undertones to the dish.



Information

The "Spice up Your Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for 1 of the recipes.

Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to reference@townhall.lib.wi.us and you might be featured on the Town Hall Library Website

One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



Take & Make Spice Club Kit

Spice Up Your Life



September Ground Cumin

Chicken Fajitas



Ingredients

This recipe has a serving size of 4 people

- (1) Package of Flour tortillas
- (1) Tablespoon of Olive oil
- (1 ½) lbs. boneless, skinless chicken breasts, cut into ½-inch thick strips
- Veggies
 - (2) Bell Peppers (Sliced)
 - (1) Medium Onion (Sliced)
 - (1) Garlic clove or 1 teaspoon of minced garlic
- Spices that are mixed together into a blend
 - (4) teaspoons chili powder
 - **(2) teaspoons ground cumin**
 - (2) teaspoons paprika
 - (2) teaspoons granulated sugar
 - (1) teaspoon garlic powder
 - (1) teaspoon onion powder
 - Cayenne pepper/salt/pepper to taste

Sources

- <https://www.food.com/recipe/lemon-and-cumin-cookies-455002>
- <https://www.cookingclassy.com/sheet-pan-chicken-fajitas/>
- <https://downshiftoology.com/recipes/chicken-fajitas/>
- <https://spicecravings.com/cumin-powder-ground-cumin#Recipe>
- <https://www.mccormickscienceinstitute.com/resources/culinary-spices/herbs-spices/cumin#:~:text=The%20oldest%20reference%20to%20cumin,chickens%20and%20lovers%20from%20wandering.>

Chicken Fajitas

Once you've made your fajita seasoning, the chicken fajitas come together fast. Just follow these simple steps:

Directions for Oven Cooking



- Place the raw chicken and raw veggies on a rimmed baking sheet.
- Sprinkle over homemade fajita seasoning.
- Drizzle with olive oil and toss well.
- Bake until chicken is cooked through, tossing once halfway through.
- Serve in warmed tortillas.

Directions for Stove Top Cooking



- Season the chicken. Generously sprinkle the fajita seasoning on both sides of the chicken and use your fingers to press it in.
- Cook the chicken. Heat a large skillet over medium heat and lightly coat it with a drizzle of olive oil or avocado oil. Sear the chicken breasts for about 7-8 minutes on each side. Then remove them from the pan and let them rest for a few minutes before slicing them into strips.
- Sauté the bell peppers and onion. While the chicken is cooking, cut the bell peppers and onions into thin slices. Then sauté them in the same skillet over medium heat for a few minutes until caramelized.
- Mix together. Add the chicken back into the skillet, squeeze fresh lime juice on top, and stir everything together.

Recommended Extras:

Limes
Cilantro
Tomatoes
Avocado
Cheese



Lemon & Cumin Cookies



Ingredients

- (2 ½) cups flour
- (1) teaspoon baking soda
- (1 ¼) cups superfine sugar
- (9) tablespoons butter
- (2) egg yolks
- (2) freshly grated "zest of lemon"
- (4) tablespoons lemon juice
- **(2) teaspoons ground cumin**

Directions

- Sift flour and baking soda together and set aside.
- Beat sugar and butter together until light and fluffy.
- Gradually beat in egg yolks, lemon zest, and cumin.
- Fold in the flour mixture to form a soft dough.
- Shape into a 2" cylinder, wrap, and freeze until hard.
- Preheat oven to 325°F
- Line a baking sheet with parchment paper.
- Unwrap the dough and cut it into 1/4" slices.
- Place on a baking sheet, leaving room to spread.
- Bake until firm to the touch, about 10 minutes.
- Cool on a wire rack.