

# Spice Up Your Life

**January 10**  
**Turkish Spice**



## A Brief History...

Situated at the crossroads of Europe, Asia and the Middle East, Turkey's geographic location puts it on one of the most important trade routes that maintained its prominence throughout the centuries: the Silk Road. Spices were an essential part of the goods moved from east to west in terms of both variety and quantity. It therefore comes as no surprise that this experience of Turkey, which remained as a bridge in the global spice trade for centuries, poses a considerable part of its culinary culture and heritage today.

In the unique and delicious dishes of Turkish cuisine, spices are not used in excess but carefully and in moderation, there certainly are used in an extensive variety, making spices an indispensable part of any recipe in almost all dishes. Some of the most popular spices in Turkish culture are thyme, red pepper flakes, mint, cumin, sumac, clove, cinnamon, bay leaves and saffron. Many of these spices grow naturally in Turkey, such as thyme, found in the Aegean and Mediterranean regions; Saffron, cultivated in Safranbolu, Turkey; and Bay leaves, grown in many regions of the country as well!

## Turkish Spice Kit

What's in the kit?

In each spice kit, you will receive all the spices needed to make **Turkish Kebabs**. Please tag us on Facebook and/or Instagram with pictures of your recipe or e-mail them to us at [events@hhhlibrary.org](mailto:events@hhhlibrary.org)

This kit includes:

- 🍷 4 teaspoons sweet paprika
- 🍷 1 teaspoon Kosher salt
- 🍷 2 teaspoons garlic powder
- 🍷 3 teaspoons oregano dried
- 🍷 1 ½ teaspoons cumin
- 🍷 1 ½ teaspoons ground coriander
- 🍷 1 teaspoon sumac
- 🍷 ½ teaspoon cayenne
- 🍷 ¼ teaspoon cinnamon

# Recipe

For the **Turkish Kebabs**, you will need the 4 teaspoons of the Turkish spice blend and:

- 🍷 3 cloves of garlic, minced to a fine paste
- 🍷 3 tablespoons extra-virgin olive oil
- 🍷 1 tablespoon tomato paste
- 🍷 1 ¾ pounds (800 g) boneless lamb leg, trimmed of most fat and cut into 1-inch chunks
- 🍷 20-24 cherry tomatoes
- 🍷 Flatbread, for serving

Directions:

## **Step 1: Prepare the Spice Kit**

Add of the included spices to a small bowl and stir to mix.

## **Step 2: Prepare the Marinade**

Mix together the garlic, olive oil, tomato paste, and spice kit.

## **Step 3: Prepare the Kebabs**

Add the meat to the marinade and toss. Let marinate for at least 2 hours.

## **Step 4: Prepare to Cook**

Prepare a charcoal fire in an outdoor grill, switch on the gas if you have an outdoor gas grill, or preheat the broiler to high.

## **Step 5: Cook the Kebabs**

Thread the meat onto 7 long skewers and the tomatoes onto an eighth one. Grill over high heat or broil 3 to 4 minutes on each side, or until the meat and tomatoes are done to your liking. Slip the meat and tomatoes off the skewers onto flatbread and serve immediately.

# Sources

Analida. "Turkish Seasoning Blend." Analida's Ethnic Spoon, 20 July 2022, <https://ethnicspoon.com/turkish-seasoning-blend/>.

Helou, Anissa. "Turkish Lamb Kebabs." Epicurious, Epicurious, 24 May 2018, <https://www.epicurious.com/recipes/food/views/turkish-lamb-kebabs>.

Melling, Stuart. "The Spices of Turkish Cuisine – What You Need to Know." Shop Smart, 9 May 2020, <https://shopsmart.guide/what-you-need-to-know/the-spices-of-turkish-cuisine-what-you-need-to-know/>.

## Next Month: Mexican Mole