

Recipes



Paprika, *Capsicum annuum*

Tips:

- Combine paprika with other dried herbs and spices to create rubs for poultry, meat or fish.
- Use as a seasoning with olive oil prior to roasting potatoes, sweet potatoes, carrots or other vegetables.
- Season soups and stews, especially carrot, squash or pumpkin soup with favorite type of paprika.
- Mix into hummus and other dips or spreads.
- Top hummus with hot smoked Spanish paprika, fresh lemon juice, and chopped parsley or fried chickpeas, hot smoked Spanish paprika and chopped parsley.
- The flavor of paprika is released when heated.
- Paprika flavor varies by the type, the type of peppers used, and method of production. In general, there is sweet paprika (no heat), Hungarian which varies in flavor from very mild, to pungent, to strong, and Spanish (pimentón) which come in mild, spicy and smoked.

Smoky Spiced Sugar Rub

This sweet, lightly spiced rub is perfect on steaks, but also on chicken, pork, and lamb.

½ cup packed light brown sugar
1 tablespoon ground coriander
1 tablespoon kosher salt
2 teaspoons ground cumin
2 teaspoons smoked paprika

In a small bowl, whisk all of the ingredients until well combined. Can be made ahead. Store the smoky spiced sugar rub in an airtight container for up to 3 months. Makes about ½ cup.

Justin Chapple
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Beef Tenderloin Tips with Caraway and Marjoram

1 ½ pounds beef tips	3 tablespoons paprika
¾ cup chopped onion	4 tablespoons catsup
¼ cup butter	1 ¼ teaspoon salt
1 ½ teaspoon caraway seed	6 hot boiled potatoes
1 tablespoon fresh marjoram	3 hard-boiled eggs, sliced
2 cloves garlic, minced	Fresh parsley for garnish
2 cups water	

Sauté onion in butter; add beef, caraway, marjoram, garlic, salt, and 2 cups water. Bring to a boil, cover, and simmer 1 hour or until meat is tender. Combine paprika, catsup, and 2 tablespoons water. Add to meat and simmer another 10 minutes. Serve in a casserole with whole boiled potatoes and egg slices, garnished with chopped fresh parsley.

Virginia Chaney, HSA Central Ohio Unit

The Herb Society of America's Essential Guide to Growing and Cooking With Herbs

Lebanese Onion Sauce

4 large onions, sliced
6 tablespoons butter
2 teaspoons spice mixture (see below)

Spice Mixture

1 tablespoon cinnamon
1 tablespoon paprika
1 tablespoon salt
¾ teaspoon cayenne pepper

Warm a heavy pan over low heat and add butter. As butter begins to melt, toss in onions and cook, stirring frequently, for 30-40 minutes. Keep heat low to avoid burning the butter. When onions are done, sprinkle the spice mixture over the onions and toss thoroughly.

Serve the Lebanese Onion Sauce with meatloaf, with chopped tomatoes as a garnish. You might also try adding a bit of the spice mixture to your favorite meatloaf recipe.

Spice Mixture

Stir spices together and keep in a tightly covered jar.

Ruth Mary Papenthien, HSA Virginia Commonwealth Unit,
Colonial Triangle of Virginia Unit

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Paprika Shrimp with Orange and Avocado Salsa

2 medium navel oranges
5 tablespoons extra-virgin olive oil
Kosher salt
1 ripe avocado, cut into medium dice
1/3 cup thinly sliced scallions (from about 4 slender scallions, both white and green parts)

1 tablespoon fresh lime juice
2 teaspoons sweet paprika, preferably Hungarian
½ teaspoon ground cumin
1 teaspoon Tabasco or other hot sauce
1 ½ pound large (21 to 25 count) shrimp, peeled and deveined

In the oven, position a rack 4 inches from the broiler and heat the broiler to high.

Segment the oranges: Slice the ends off one of the oranges with a small, sharp knife. Stand the orange on one of its cut ends and slice off the skin in strips, cutting below the bitter white pith. Working over a small bowl, cut the orange segments free from the membrane, letting each segment fall into the bowl as you go. Squeeze any remaining juice from the membranes into the bowl. Repeat with the other orange. Cut all of the orange segments into half crosswise and return them to the bowl. Add 2 tablespoons of the olive oil, $\frac{3}{4}$ teaspoon salt, the avocado, scallions, and lime juice to the oranges and toss gently to combine.

Combine the remaining 3 tablespoons of the oil, 1 teaspoon salt, the paprika, cumin, and Tabasco in a medium bowl; stir well. Add the shrimp, tossing to coat. Arrange the shrimp on a foil lined rimmed baking sheet. Broil until the shrimp are opaque and cooked through, about 4 minutes. Serve the shrimp with the salsa.

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Skillet Pork Tenderloin with Mustard and Smoked Paprika

2 tablespoons Dijon mustard
1 $\frac{1}{2}$ teaspoons smoked paprika (hot or sweet)
1 teaspoon kosher salt

Two 1-pound pork tenderloins
2 tablespoons extra-virgin olive oil

Preheat the oven to 425°F. In a small bowl, stir the Dijon with the paprika and salt. Spread the mixture all over the pork.

In a large ovenproof skillet, heat the olive oil over moderately high heat. Add the tenderloins and cook until browned on the bottoms, about 5 minutes. Flip the pork and transfer the skillet to the oven. Roast for 15 to 20 minutes, until an instant-read thermometer inserted into the thickest part registers 135°F. Transfer to a work surface and let rest for 10 minutes, then cut the pork into thick slices and serve.

Serving suggestion: roasted squash and garlicky green beans.

Julia Turshen
Food & Wine, February 2017

**Do you have a recipe using paprika to share?
Please send it to educator@herbsociety.org**