

Spiceworld

This issue, we take a look at chilli's mild-mannered cousin, paprika

Story: McCormick Senior Home Economist, Michelle Thrift

From the sweeter, milder branch of the *Capsicum annum* family comes paprika, a cousin to chilli

pepper. Paprika is used to add colour and flavour to food. There are many different types of paprika, including sweet, mild, hot, pimento, smoked, Spanish and Hungarian – all prized for their vibrant colour. Paprika, made from the dried roots of the plant, is only available ground and first gained popularity when it was brought to Hungary from Turkey.

Like all *Capsicum* species, Paprika is a New World spice, native to the Caribbean and Central America.

It took hold in Europe after being introduced by Bulgarians and Turks in the 1600s. Today, Paprika is produced in Spain, Peru, South Africa, Israel and the United States.

The essential elements

Most paprika is mild to pungent and sweet in flavour with a hint of bitterness. It has a pleasantly fragrant aroma. There are several different variations, each with several important differences:

- Domestic Paprika is fresh, green and vegetable-like.
- Spanish Paprika exhibits a more fermented and piquant flavour.
- Hungarian Paprika is the mildest and sweetest with a deep red colour.

Always check the label, which should give you a guide to flavour and pungency level.

Paprika can be used in a variety of ways throughout the year, and in summer it goes well with many BBQ foods such as fish, meats and salads.

Additionally, you can:

- Mix with oil and a little garlic powder or dried chillies for a spicy coating for potato wedges.
- Sprinkle on light, delicate foods like egg mayonnaise or white sauce to add colour and flavour.
- Stir into pork and chicken dishes to add depth, flavour and colour.
- Use with saffron in paella for an authentic Spanish dish.
- Stir into a little lemon juice and olive oil for a salad dressing.
- Paprika is an excellent substitute for chilli without the heat, so next time a recipe asks for chilli, try a sweet or mild paprika instead.

How to use it

Never add paprika directly to a hot pan as the sugar contained in paprika caramelises and burns. It is best to sprinkle paprika on dishes at the end of cooking, however the sweeter and milder paprika can be added earlier in the cooking process.

A good guide for the amount of paprika to use is for every 500g of vegetables or carbohydrates use two to four teaspoons of sweet paprika. You can use up to half a cup when cooking red and white meats or seafood, depending on the amount of flavour and colour you want to add.

Paprika is also used as a garnishing spice to give a colourful appearance to dishes such as salads, fish, meat, chicken, soups, eggs and vegetables. It works especially well with tomatoes and lemons. Paprika is also used in many seasoning blends.

What else does it do?

Gram for gram, paprika has more vitamin C than citrus fruit. This discovery won Albert Szent-Györgyi, a Hungarian scientist, the Nobel Prize in 1937. Paprika is also high in antioxidants.

For more recipes and information, visit mccormick.com.au



Chicken Stroganoff



Serves 4

Hints and tips

For a richer sauce, use full fat sour cream or creme fraiche in place of the light sour cream

Chicken Stroganoff

Prep time: 10 minutes
Cooking time: 25 minutes
Difficulty: easy

Ingredients:

1 tbsp oil
500g chicken, sliced
1 large onion, sliced
200g mushrooms, sliced

1½tsp McCormick
Paprika Sweet
Hungarian Style
1 tsp McCormick
Oregano Leaves
200g light sour cream
50g tomato paste

Method:

Heat oil in a large pan and panfry chicken.

Remove and set aside.

Fry off onions and mushrooms for 4-5 minutes and add in paprika and oregano. Fry for a further 1-2 minutes.

Add chicken back into the pan with the sour cream and tomato paste. Simmer gently for 15

minutes and serve with fettuccine or rice tossed with fresh parsley.



Spanish Chicken & Prawn Rice Pilaf

Spanish Chicken and Prawn Rice Pilaf

Prep time: 10 minutes
Cooking time: 25 minutes
Difficulty: easy

Ingredients:

1 tbsp oil
1 onion, finely diced
200g chicken, sliced
1½ tbsp McCormick Paprika Sweet Hungarian Style
1 tsp McCormick Chilli Flakes
2 tsp McCormick Ground Turmeric
3 cloves fresh garlic, peeled and sliced
1½ cups basmati rice
2 tbsp tomato paste
1 litre low salt chicken stock
12 green prawns
1 cup fresh parsley
1 lemon

Method:

Heat oil in a large frying pan or wok and fry onion, chicken, paprika, chili, turmeric and garlic for 3-4 minutes. Add in rice and tomato paste then stir for a further 2 minutes and turn heat to low.

Add a cup of stock at a time to the pan and stir regularly until liquid soaks into the rice. Add prawns five minutes before serving and finish with parsley.



Hints and tips

Season with a wedge of lemon and cracked pepper once served.

Makes 12 pies



Serves 4



Your chance to

win!



Summer is the perfect time to barbecue. McCormick makes it easy with their Marinade in a Bag range

This range of ready-to-use, liquid marinades come in a flavour sealed bag. All you have to do is place up to one kilo of meat into the ziplock bag, reseal and rest for 30 minutes to let the marinade work its magic. Then simply remove from the bag and cook. Yes, that's really all there is to it!

Available in four flavours, you can choose from Honey & Soy, Teriyaki, Sticky BBQ or Red Wine & Garlic. McCormick® Marinade in a Bag is available in Coles supermarkets nationally. To find out more, visit mccormick.com.au

To celebrate the launch of McCormick Marinade in a Bag we have two

McCormick Marinade in a Bag Packs valued at more than \$200 each to give away. Each pack includes a Smokey Joe Weber, cooler bag, BBQ mitt, the complete range of McCormick Marinade in a Bag, 2 x McCormick Grill Mates Classic BBQ, 2 x McCormick Grill Mates Blazin' Pepper Steak, 2 x McCormick Grill Mates Bush Lamb, 2 x McCormick Grill Mates Mediterranean and 12 McCormick Herbs and Spices.

To win, send an email with the subject title 'BBQ pack' to familyhealth@globepublishing.com.au and tell us your favourite tip for a successful barbecue. Please include, your name, address and a daytime contact number.

Send your entry to familyhealth@globepublishing.com.au

TERMS AND CONDITIONS

Information on how to enter and prizes form part of the conditions of entry for this game of skill.

1. The promotion commences at 12.01am AEST on 5 December 2012 and closes at 5.00pm AEST on 10 January 2013 (Promotional Period). All entries must be received before the end of the Promotional Period.
2. Entry is only open to Australian residents, 18 years and over. Employees of the Promoter, its agencies associated with this promotion and their immediate families are ineligible to enter.
3. To enter the competition, eligible entrants must send an email to familyhealth@globepublishing.com.au answering, in 25 words or less, the question, "What is your favourite barbecue tip?". Only one entry per eligible entrant permitted.
4. The Promoter will not be responsible for any late, lost or misdirected entries. The Promoter reserves the right, in its sole discretion, to disqualify any entry not made in accordance with these terms and conditions. Incomplete entry forms will be ineligible for winner selection by the judges.
5. All entries will be judged based on the creativity of the answer to the question by a panel of judges at Suite 315, 22-36 Mountain Street, Ultimo, NSW 2007 on 11 January 2012. The winners will be notified by phone within five days of entry judgement and the results will be published in a future issue of Family Health.
6. The judges' decision is final and no correspondence will be entered into. The two entries judged as the most creative from all entries by the panel of judges will each win a McCormick Marinade in a Bag Pack containing a Smokey Joe Weber (\$99), cooler bag (\$25), BBQ Mitt (\$10), the complete range of McCormick Marinade in a Bag (\$12), 2 x McCormick Grill Mates Blazin' Pepper Steak (\$10), 2 x McCormick Grill Mates Bush Lamb (\$10), 2 x McCormick Grill Mates Classic BBQ (\$10), 2 x McCormick Grill Mates Mediterranean (\$10), and 12 McCormick Herbs and Spices (\$30). Value: \$216
7. The prizes cannot be exchanged, transferred or redeemed for cash. Total maximum total prize pool value is \$432.
8. The Promoter reserves the right to re-judge in the event of any

entrant being unable to satisfy these competition conditions or forfeiting or not claiming a prize. If any prize remains unclaimed or forfeited through ineligibility or otherwise, the Promoter will conduct a further judging, as required, at the same time and place as the original judging on 17 January 2013. Any winners will be notified by phone within two days of entry judgement.

9. All entries become the property of the Promoter.
10. The Promoter accepts no responsibility for any tax implications that may arise from the prize winnings.
11. The Promoter and any of its employees, contractors and agents or employees of their contractors and agents, shall not be liable for any loss or damage whatsoever that is suffered by any entrant or winner (including but not limited to indirect or consequential loss), or for any personal injury suffered or sustained as a result of taking any prize, except for any liability that cannot be excluded by law. The Promoter shall not be responsible for any entries that are not received or are otherwise interfered with due to problems with delivery services.
12. If this promotion is not capable of running as planned due to any reason, including unauthorised intervention, fraud, or any other causes beyond the control of the Promoter, which corrupt or affect the administration security, fairness, integrity or proper conduct of this promotion, the Promoter reserves the right (subject to any applicable law) in its sole discretion to cancel the competition or to disqualify any individual who has tampered with the entry process. The Promoter reserves the right to take any action that may be available.
13. In the case of the intervention of any outside agent or event which naturally changes the result or prevents or hinders its determination, including but not limited to vandalism, power failures, tempests, natural disasters, acts of God, civil unrest, strikes; the Promoter may in its absolute discretion cancel the promotion and recommence it from the start on the same conditions subject to state legislation.
14. The Promoter collects personal information in order to conduct the Promotion and entry is conditional on providing this information.
15. All personal information will be stored at the office of the Promoter.
16. The Promoter is Globe Publishing, ABN 9311 6377 354, Suite 315, 22-36 Mountain Street, Ultimo NSW 2007.