SPICE CLUB

February's Spice: Khmeli Suneli

About this spice: The country of Georgia is well known for the subtle blend of herbs in its khmelisuneli, which is used liberally to flavor kharcho, a thick stew-like soup made from beef, lamb, or chicken. In Georgia and in Russian markets, the pale gold to light brown mix can be purchased readymade. This savory mixture of dried herbs (marjoram, basil, savory, dill, and others) includes black pepper, coriander seeds, and Georgian or Imeretian saffron (marigold or safflower petals).*

*Adapted from: The Magic of Spice Blends: A Guide to the Art, Science, and Lore of Combining Flavors by Aliza Green.)

The first rule of Spice Club is...
try something new!





Join us for a talk by James Beard-nominated chef and cookbook author Bonnie Morales.

Bonnie is the author of Kachka: A Return to Russian Cooking and Executive Chef & Co-owner of Kachka, a restaurant in Portland, Oregon that serves food from Russia and former Soviet republics such as Ukraine, Belarus, Georgia, and Uzbekistan.

Wednesday February 26

6:00 PM

LEDDING LIBRARY – Community Room

10660 SE 21st Ave, Milwaukie, OR 97222





Spoke & Word Books will also be hosting a Cookbook Club on **Thursday, March 6 at 6:15 pm** spotlighting Bonnie's book.

CITY OF MILWAUKIE



A vegan-friendly pureed soup. The sweetness of the carrots caramelizes and truly highlights the spices in Khmeli Suneli.







Instructions

1. Preheat oven to 425°F and line a baking sheet with parchment paper.

ROASTED

CARROT

- 2. Combine carrots, shallots, garlic cloves, and jalapeno. Drizzle olive oil over vegetables and sprinkle with salt and Khmeli Suneli. Toss everything together until the vegetables are evenly coated.
- 3. Spread seasoned vegetables out onto prepared baking sheet in a single layer.
- 4. Roast vegetables for 25 minutes or until the carrots are tender and slightly caramelized. Stir or toss during roasting for even cooking.
- 5. Once done, remove vegetables from oven and let cool slightly.
- 6. Add roasted vegetables to a large pot along with 4 cups of vegetable broth. Heat on medium until bubbling. Using an immersion blender*, blend until soup is smooth and creamy, about 1-2 minutes. To adjust thickness, more broth can be added. Taste and adjust the seasoning if needed.
- 7. Ladle the hot roasted carrot soup into bowls and top with a dollop of sour cream and a sprinkle of chopped pistachios for garnish.



KHARCHO (BEEF SOUP)

Kharcho (pronounced harcho), is a hearty beef soup in tomato broth with a wonderful blend of herbs and spices.









Ingredients

- 1 pound carrots, peeled
- 3 tablespoons olive oil • 3 teaspoons Khmeli Suneli
- spice, ground
- 3 teaspoons Sea Salt
- 2 shallots, cut in half lengthwise
- 2 cloves garlic, whole
- 1 jalapeno, cut lengthwise
- 4 cups vegetable broth

Garnish:

- Sour cream
- Chopped pistachios

Ingredients

- 2 lbs beef (traditionally chuck or brisket)
- 1 medium onion (finely chopped)
- 1 celery stalk (finely chopped)
- 1/2 cup rice (uncooked, rinsed)
- 4 cups beef broth + 4 6 cups
- 15 oz can diced tomatoes
- 1 Tbsp red wine vinegar
- 8 twigs fresh parsley (2 whole, 6 finely chopped)
- 8 twigs fresh cilantro (2 whole, 6 finely chopped)
- 1 Tbsp khmeli-suneli spice mix
- 2 4 cloves garlic (pressed or finely chopped)
- 2 hot chili peppers (whole)
- Salt (to taste)
- Black pepper (to taste)
- Chopped dill for garnish when

Instructions

- 1. If beef chuck or brisk is not already precut, chop bite size pieces, place in a large boiling pot, add 4 cups beef broth + 4 - 6 cups of water and bring to a boil. Remove Turn the heat to low, cover and simmer for 11/2 - 2 hours, until the meat is tender.
- 2. After 11/2 2 hours, add the rinsed rice, chopped onions, two twigs of parsley and two twigs of cilantro. Continue simmering for another 20 more minutes.
- 3. Add the finely chopped parsley and cilantro, garlic, whole hot chili peppers, spice mix, red wine vinegar, diced tomatoes, salt and pepper to taste, and continue cooking for another 15 minutes.
- 4. Serve hot, garnished with fresh chopped dill.

Adapted from cravingtasty.com/

Adapted from worldspice.com

^{*}Note: If you don't have an immersion blender, soup can be pureed in batches using a standing blender.