



O C T O B E R

SPICE CLUB

THIS MONTH'S SPICE IS

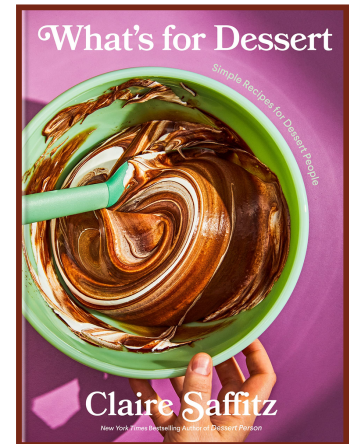
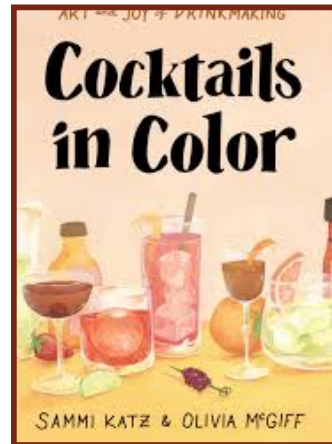
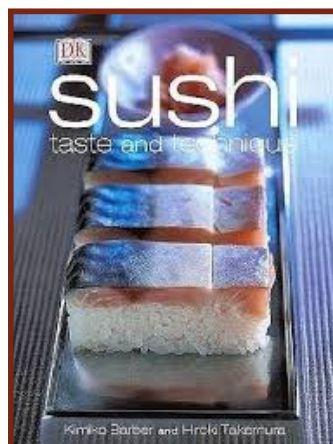
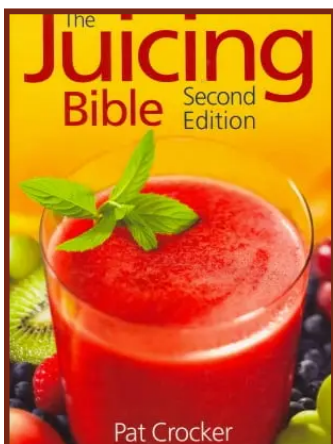


GINGER ROOT POWDER

WITH A COMPLEX HISTORY IN FOLKLORE, SUPERNATURAL RITUALS, HERBAL MEDICINE, AND CULINARY USES, GARLIC IS A COMPELLING, SLIGHTLY MYSTERIOUS, AND HIGHLY ESTEEMED CROP. FROM MAGICAL RITUALS MEANT TO WARD OFF EVIL, TO OFFERINGS MADE TO THE GODS, AND HERBAL POTIONS CONCOCTED TO HEAL A RANGE OF AILMENTS, THIS PLANT IS A LONG-STUDIED AND REVERED COMMODITY ACROSS CONTINENTS.

TODAY, GARLIC IS ENJOYED IN ITS FRESH FORM AND AS A DRIED SPICE, FIRMLY HOLDING A PROMINENT POSITION IN THE CULINARY WORLD.

RECOMMENDED MATERIALS AT THE LIBRARY



DANVERS
TOWNSHIP LIBRARY

Gut Healing Coconut Chicken Soup with Lemongrass, Ginger, and Saffron

INGREDIENTS

- 2 tablespoons coconut oil
- 1 ½ pounds boneless skinless chicken breasts
- ½ yellow onion, chopped
- 2 stalks celery, chopped
- 1 cup thin-sliced carrots
- 3 cloves minced garlic
- 32 ounces of chicken bone broth
- 8 ounces sliced mushrooms
- 1 13-fluid-ounce can of full-fat coconut milk
- ½ teaspoon saffron threads
- 1 ½ tablespoons ginger powder
- 1 tablespoon curry powder
- Sea salt and cracked pepper to taste
- 1 8-ounce package of rice pad Thai vermicelli noodles
- 1 ½ cups frozen spinach
- 6 drops of food-grade lemongrass essential oil or 1 tablespoon of lemongrass paste



DIRECTIONS

In a large pot, heat the coconut oil and add the onions with a sprinkle of salt. Cook on low-heat until the onions turn translucent. Stir in the garlic, carrots, and celery and turn the heat to medium. Cook for about 5 minutes, stirring frequently. Add your chicken and bone broth and simmer all the ingredients together for 20 minutes. Check that the chicken is cooked through and, if so, remove it. If not, leave it simmering in the broth until it is cooked through, and then remove it and let it sit for 5 minutes before slicing it into small pieces. Stir in the ginger, mushrooms, curry powder, and saffron and continue simmering the soup until the carrots and celery are tender, about 20 minutes. Meanwhile, fill a second pot with salted water for your noodles. Cook them according to the package instructions and set aside. Add the frozen spinach, coconut oil, and chicken pieces to the soup and cook for an additional 5 minutes, or until everything is heated through. Finish with lemongrass oil or paste and salt and pepper.