

Paprika – some like it sweet, smoked or hot

Sweet, smoked or hot – paprika spice comes in different flavours and colours but one thing is sure we love it.

I mentioned before that I'm pretty partial to smoked paprika and as a result many of my dishes tend to include a liberal sprinkling of this heavenly spice.

Paprika is a spice made from ground, dried fruits of bell pepper or chilli pepper varieties or mixtures thereof. It is often used for flavour and colour, and turns out to be the fourth most consumed spice in the world.

Until recently I had some Spanish smoked paprika which is rather mild in heat but has a distinctive oak flavour. I've yet to find smoked paprika around Johannesburg and I'm always on the look out for this spice on my overseas travels. On my last trip to Austria, I finally managed to find [Rigler's](#), a shop in Salzburg that stocked smoked paprika – but as my luck would have it the shop was closed when we arrived on the Saturday and many shops were closed on Sunday.



Rigler's Salzburg spice deli

On the last night before we left Vienna, an expat South African and I went out for dinner at the [Vienna Naschmarkt](#). Lo and behold! A spice merchant with tonnes of paprika of every flavour and colour. To say I was beside myself was perhaps a bit of an understatement. I stocked up on both the sweet and smoked varieties.



I left Austria a very happy camper and very much looking forward to try out some new recipes with my new spice find. Unintended but quite interestingly, my hand luggage smelled like smoked paprika for days after returning back to South Africa.

For inspiration, paprika can be used in a variety of dishes adding just the right amount of smoky flavour and colour. Try using paprika in some of these lamb, pork, chicken, fish, vegetable or sauce recipes:

- Lamb – [Slow roast leg of lamb with garlic, rosemary, paprika rub](#)
- Pork – [Pulled pork sliders with sweet potato buns](#)
- Chicken – [Stuffed roast chicken for Sunday lunch](#)
- Fish – [Tuna fishcakes with paprika lemon mayonnaise](#)
- Sauces – [Barbeque sauce](#)

Happy cooking.

Explosion of taste

We take a break from our usual recipe posts to bring you something pretty awesome. What happens when you rig a couple of tons of herbs and spices to explosives, shoot it with high speed cameras and set the result to music?

You get [The Sound of Taste](#) from [Grey London](#).

Several tons of black peppercorns, cardamom, turmeric, paprika, cumin seeds, ginger, chilli and coriander were rigged to explode in perfect sync with a bespoke musical composition. Each explosion represents an individual piano note or chord, which when filmed at high speed, creates a surreal three dimensional sound scape.

Makes you want to go blow up your spice rack for the fun of it. Please do not try this at home.

Cook & Enjoy



I am so chuffed! This weekend I found that the old favourite South African cookbook Kook en Geniet has been revised and published in English! We always used to cook out of my mother's Afrikaans Kook en Geniet when growing up and especially loved their pannekoek (pancake) recipe... I could not be happier, except if I actually cooked a meal out of it... and that I will hopefully do soon!