

## SUMAC GROUND 45g



Price: \$3.60

**SKU:** SKU36165

**Product Categories:** [Spices](#)

**Product Tags:** [s](#)

**Product Page:**

<https://www.herbies.com.au/shop/herbs-and-spices/spices/sumac-ground-45g>

### Product Summary

A dark purple, Middle Eastern spice that compliments tomato & avocado. (SML PKT)

### Product Description

A dark purple, Middle Eastern spice that compliments tomato & avocado. (SML PKT)

**Other Common Names:** Elm Leaved Sumac, Sicilian Sumac, Sumach, Sumak.

Botanical Name: (Rhus coriaria) summac

**Description & Use:** Do not attempt to identify and gather Sumac yourself, as

there are many varieties of the Rhus family that are poisonous and can create severe allergic reactions in some individuals. Sumac of culinary use comes from a tree that grows in the Middle East. Sumac spice is the flesh and skin of the berry that is harvested when crimson. The hard seed that remains after the flesh is rubbed off looks like a coriander seed, and has little flavour compared to the flesh and skin, which gets its acidity from Malic Acid, the same as in green apples. Sumac has a delicious, fruity, lemon-like tangyness. Sprinkle over salads, particularly avocado and tomato, and use to season white meats during cooking. Sumac forms a tasty crust when coated onto lamb joints before cooking. Produce of Turkey packed in Australia.

Allergy Statement: Sumac trees belong to the same family as cashew trees.

**Nutritional Information:** (spice only)

## Per 100g

Energy (kj)

1070.0

Protein (g)

4.13

Fat (g) Total

10.61

Carbohydrate (g)

45.2

Sugars (g)

<1.0

Dietary Fibre (g)

unknown

Cholesterol (mg)

0.0

Sodium (mg)

4200

Potassium (mg)

unknown

## **SLOW ROASTED ROMA TOMATOES**

12 Roma (egg-shaped) tomatoes, fully ripe

a sprinkling of salt, caster sugar and freshly-ground **Herbie's Spices** black pepper

1-2 tablespoons **Herbie's Spices** Sumac

2 tablespoons olive oil  
Halve the tomatoes lengthwise and place cut side up in a baking tray.

Sprinkle with salt, caster sugar and pepper, then cover with a good sprinkling of Sumac.

Drizzle the oil over the tomatoes, and roast at 100 degrees C for 4 hours.

These can be served hot or at room temperature as cocktail finger foods or part of a salad.

**Tip:** For a dryer, sun-dried tomato consistency we find cracking the oven door open a few times during roasting releases steam and gives a less moist result.

### Product Attributes

- Dimensions: N/A
- Weight: 0.05 kg