

SPICE CLUB

ALLSPICE



SPICE INFORMATION

Allspice is the dried fruit of the *Pimenta dioica* plant (a clove relative), a midcanopy tree native to the Greater Antilles, southern Mexico, and Central America, now cultivated in many warm parts of the world. The name allspice was coined as early as 1621 by the English, who valued it as a spice that combined the flavors of cinnamon, nutmeg, and clove. Today, pimenta grows in Tonga and in Hawaii, where it has become naturalized on Kaua'i and Maui. Jamaica remains the leading source of the plant.

The fruits are picked when green and unripe, briefly fermented, and are traditionally dried in the sun. When dry, they are reddish-brown and resemble large, smooth

peppercorns. Fresh leaves are similar in texture to bay leaves and similarly used in cooking.

Allspice is one of the most important ingredients of Jamaican cuisine. Under the name pimento, it is used in Jamaican jerk seasoning, and traditionally its wood was used to smoke jerk in Jamaica. In the West Indies, an allspice liqueur is produced under the name "pimento dram". In Mexican cuisine, it is used in many dishes, where it is known as Pimienta gorda.

Allspice is also indispensable in Middle Eastern cuisine, where it is used to flavor a variety of stews and meat dishes, as well as tomato sauce. In Northern European and North American cooking, it is an ingredient in commercial sausage preparations and curry powders, and in pickling. In the United States, it is used mostly in desserts, but it is also responsible for giving Cincinnati-style chili its distinctive aroma and flavor.

Fun fact: passage through the avian digestive tract, whether due to the acidity or the elevated temperature, was found to be essential for germinating the seeds.



RECIPES

Hot Mulled Cider

<https://www.thespruceeats.com/cafe-con-miel-recipe-765369>

INGREDIENTS

1/2 gallon fresh, unfiltered apple cider (non-alcoholic)

1 orange

12 whole cloves

4 (3-inch) cinnamon sticks

15 allspice berries

1/4 teaspoon ground nutmeg

7 whole cardamom pods

2 tablespoons unpacked brown sugar



DIRECTIONS

1. Pour the apple cider into a 3-quart saucepan, cover, turn the heat on medium-high.
2. While the cider is heating up, take a vegetable peeler and peel away a couple thick strips of peel from the orange. Press about half of the cloves into the peeled part of the orange. (You can also just quarter the orange and add the slices and cloves separately. I just like seeing the orange bob up and down.)
3. Place orange, orange peel strips, the remaining cloves, and the rest of the ingredients into the sauce pan with the cider. Keep covered and heat the mulled cider mixture to a simmer and reduce heat to low. Simmer for 20 minutes on low heat.
4. Use a fine mesh sieve to strain the hot mulled cider away from the orange, cloves, and other spices.
5. If you want, you can add a touch of bourbon, brandy, or rum to spike it up a bit.
6. Serve hot. Add a cinnamon stick to each cup if desired.

Please take a moment to fill out and return our Spice Club feedback survey. We appreciate hearing your thoughts!

Spiced Cherry Sauce

<https://www.food.com/recipe/spiced-cherry-sauce-287709>

INGREDIENTS

1 (16 ounce) bag frozen pitted tart cherries, thawed
1 cup light corn syrup
1/3 cup water
1/2 cup sugar
3 tablespoons lemon juice
1/8 teaspoon ground allspice
1/8 teaspoon ground cloves
1/8 teaspoon ground cinnamon
1 dash salt

DIRECTIONS

1. Combine all ingredients (except the cherries) in a saucepan & bring to boil. Reduce heat & simmer 15 minutes, stirring frequently.
2. Remove from heat & stir in cherries.
3. Cool before serving.

Gingerbread Oatmeal

<https://www.runningtothekitchen.com/gingerbread-oatmeal/>

INGREDIENTS

1 cup steel cut oats
2 tablespoons ground flax seed
2 cups almond milk
1 1/4 teaspoons ginger
1 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon allspice
1/4 teaspoon salt
1/8 teaspoon nutmeg
1/2 teaspoon vanilla extract
2 tablespoons maple syrup
1 tablespoon molasses



DIRECTIONS

1. Combine the oats, flax and milk in a sauce pot over medium heat on the stove. Stir to combine and bring to a simmer stirring occasionally.
2. After about 5 minutes when it starts to thicken, reduce heat to medium-low and stir in the remaining ingredients.
3. Continue cooking for about 10 more minutes, stirring frequently until desired thickness is reached. Oats will be chewy but cooked.
4. Serve with a splash of additional almond milk, pecans and drizzle of molasses or maple syrup.

Sopa De Fideo

<https://cookingtheglobe.com/mexican-sopa-de-fideo-recipe/>

INGREDIENTS

3 tsp. vegetable or olive oil
8 oz. Fideo or vermicelli, broke into 1-in. pieces
1 14 oz. can chopped or crushed tomatoes
4 cloves garlic, minced
1 medium onion, chopped
8 cups chicken broth or vegetable broth
1 tsp. ground cumin
1/4 tsp. ground allspice
1/4 tsp. cayenne pepper
salt and pepper to taste
1 lime
1/4 cup chopped cilantro
1 avocado



DIRECTIONS

1. Heat 2 teaspoons of oil in a soup pot on medium heat. Add the onion and cook for about 5 minutes, until translucent. Add garlic and cook for another 30 seconds.

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DIRECTIONS CONT.

2. Transfer the cooked onion and garlic into a blender. Add canned tomatoes, 1 cup of broth, cumin, allspice and cayenne pepper. Blend until smooth.
3. In the same soup pot heat 1 teaspoon of oil on a medium heat and cook noodles for about 2 to 5 minutes, stirring continuously. Noodles have to be golden brown, but be careful not to burn them.
4. Pour the tomato mixture into the pot. Add the remaining broth. Bring to a boil and cook for about 10 minutes, until the noodles are tender. Salt and pepper to taste.
5. Add the juice of 1 lime into the pot or serve the lime cut in wedges individually. Garnish with cilantro and avocado slices. Enjoy!

Roasted Pumpkin Salad with Wild Rice

<https://www.feastingathome.com/roasted-pumpkin-and-kale-salad/>



INGREDIENTS

Salad:

- 1 small sugar pumpkin cut into 3/4 in. wedges
- 1 Tbsp. oil
- Salt and Pepper
- 3 cups cooked grain like wild rice, farro, or quinoa
- 4 ounces baby kale (or arugula)
- 1/4 cup dried cranberries
- 1 Honey Crisp apple, sliced into thin wedges
- 1/2 cup sliced green onions

Maple Vinaigrette:

- 4 Tbsp. olive oil4 tablespoons olive oil
- 3 Tbsp. apple cider vinegar
- 1 Tbsp. maple syrup
- 1/2 tsp. salt, more to taste
- 1/2 tsp. pepper
- 1 tsp. ground allspice

Maple Glazed Pecans:

- 1/2 cup pecans
- 1 Tbsp. maple syrup
- Pinch salt and pepper

DIRECTIONS

1. Preheat oven to 375 F
2. Cut pumpkin in half and scoop out seeds. Cut into $\frac{3}{4}$ inch wedges (leave skin on) and toss with olive oil, salt and pepper, and place on a parchment-lined baking sheet and roast in the oven until fork tender, about 30 to 35 minutes.
3. In a bowl, toss pecans with maple syrup, and season with salt and pepper. Place on a parchment-lined baking sheet and roast in the oven, 13-14 minutes, giving a stir halfway through. Let them roast until they just darken slightly. Remove from oven, and using a metal spatula, loosen, then let cool 5-10 minutes, and loosen again. Let cool completely. scrape up, breaking apart, and store in an airtight container.
4. In a large mixing bowl, add cooked rice, kale, apple, scallions, half of the pecans and dried cranberries and stir.
5. Add vinaigrette ingredients and toss.
6. Spread out on a platter and tuck warm roasted pumpkin wedges over top, scattering with remaining pecans and dried cranberries.
7. Add crumbled goat cheese or farmers cheese if you like.

The 'Best' Swedish Meatballs

<https://therecipecritic.com/the-best-swedish-meatballs/>

INGREDIENTS

1 pound ground beef	1 egg
1/4 cup panko bread crumbs	1 Tbsp. olive oil
1 Tbsp parsley chopped	5 Tbsp. butter
1/4 teaspoon ground allspice	3 Tbsp. flour
1/4 teaspoon ground nutmeg	2 cups beef broth
1/4 cup onion finely chopped	1 cup heavy cream
1/2 teaspoon garlic powder	1 Tbsp Worcestershire sauce
1/8 teaspoon pepper	1 tsp. Dijon mustard
1/2 teaspoon salt	salt and pepper to taste

DIRECTIONS

1. In a medium sized bowl combine ground beef, panko, parsley, allspice, nutmeg, onion, garlic powder, pepper, salt and egg. Mix until combined.
2. Roll into 12 large meatballs or 20 small meatballs. In a large skillet heat olive oil and 1 Tablespoon butter. Add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer to a plate and cover with foil.
3. Add 4 Tablespoons butter and flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add Worcestershire sauce and Dijon mustard and bring to a simmer until sauce starts to thicken. Salt and pepper to taste.
4. Add the meatballs back to the skillet and simmer for another 1-2 minutes. Serve over egg noodles or rice.



Baked Custard with Allspice

<https://recipes.net/dessert/custard/baked-custard-with-allspice-recipe/>



INGREDIENTS

2 cups milk
2 large eggs
2 large egg yolks
1 cup sugar
Pinch salt
1 tsp. vanilla extract
1/4 ground allspice

DIRECTIONS

1. Heat the oven to 325 degrees F.
2. Bring water to a simmer for the water bath.

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DIRECTIONS CONT.

3. In a medium saucepan, bring the milk almost to a simmer, stirring occasionally.
4. In a medium bowl, whisk together the eggs, egg yolks, sugar, and salt until just combined.
5. Pour the hot milk over the egg mixture, whisking. Stir in the vanilla.
6. Strain the custard into a large measuring cup or pitcher and skim any foam from the surface.
7. Divide the custard among four 6-ounce cups or ramekins.
8. Sprinkle the tops with allspice and put them into a small roasting pan.
9. Pour enough of the simmering water into the roasting pan to reach about halfway up the side of the custard cups.
10. Carefully transfer the roasting pan to the middle of the oven and bake for 45 minutes to 1 hour until a knife stuck in the center of the custard comes out clean.
11. Remove the cups from the water bath and let cool. Refrigerate for at least 1 hour or until cold.

Spiced Baked Pineapple Rings

<https://www.mccormick.com/recipes/dessert/spiced-baked-pineapple-rings>



INGREDIENTS

1/4 cup (1/2 stick) butter, melted
2 Tbsp. brown sugar
1/2 tsp. allspice
1 medium pineapple, peeled, cored
and cut into 1/2 inch thick rings

DIRECTIONS

1. Preheat oven to 425 F. Mix butter, brown sugar, and allspice in a small bowl. Set aside.
2. Place pineapple rings in a single layer on the shallow foil-lined baking pan. Brush with butter mixture. Bake 25 minutes or until tender. Serve with ice cream, or top burgers or grilled chicken for a Caribbean twist.

Bourbon Molasses Cookies

<https://bakerbynature.com/bourbon-molasses-cookies/>

INGREDIENTS

4 2/3 cups all-purpose flour
1 Tbsp. baking soda
1 1/2 Tbsp. ground ginger
1 1/2 tsp. ground cinnamon
1 tsp. ground cloves
1/2 tsp. ground allspice
1 TINY pinch finely ground black pepper
1/2 tsp. salt
12 oz. unsalted butter, room temp
2 1/4 cups light brown sugar, packed
1 tsp. vanilla extract
1/2 tsp. finely grated orange zest
2 large eggs, at room temp
1/2 cup molasses (not blackstrap)
3 Tbsp. bourbon
1/2 cup granulated sugar



DIRECTIONS

1. In a medium mixing bowl, whisk together flour, baking soda, ground ginger, cinnamon, cloves, allspice, black pepper, and salt. Set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl using a handheld electric mixer, beat together the butter and brown sugar on medium-high speed until the mixture is light and fluffy, about 2 minutes, scraping down the sides as needed. Add in the vanilla and orange zest and beat until combined. Reduce the mixer speed to medium-low. Add in the eggs, one at a time, beating well after each addition. Add in the molasses and bourbon and beat until combined.
3. Cover the bowl and refrigerate for at least 4 hours, and up to 3 days.
4. Preheat oven to 350 (F). Line two large baking sheets with parchment paper; set aside.

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DIRECTIONS CONT.

5. Roll the dough into 3 Tablespoon sized balls. Fill a small and shallow bowl with granulated sugar. Roll each ball in the sugar until it's completely coated. Place the sugar-coated cookie dough balls on the prepared baking sheets, leaving 2 inches between each ball for spreading.
6. Bake, one tray at a time, for 8 to 10 minutes, or until the cookies have puffed up and have begun to slightly crack on top. (They will crack more as they cool, so don't over bake!)
7. Remove from the oven and place the pan on a cooling rack. Cool cookies for 5 minutes on the baking sheet, then carefully transfer the cookies to a separate cooling rack to cool completely. Repeat with remaining cookie dough.
8. Serve cookies warm, or completely cool them and store them in an airtight container for up to 4 days. Cookies may also be frozen for up to 3 months.

Banana Chocolate Chip Cake

<https://cooking.nytimes.com/recipes/1019077-banana-chocolate-chip-cake>

INGREDIENTS

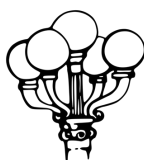
6 Tbsp. unsalted butter, room temp.
1 cup plus 1 Tbsp. All-purpose flour
1 1/4 tsp. baking powder
1/4 tsp. fine sea salt
1/4 cup extra virgin olive oil
1/3 cup granulated sugar
1 Tbsp. molasses
1/2 tsp. ground allspice
1/2 tsp. cinnamon
1 1/2 tsp. espresso or strong coffee, cooled (optional)
1/2 tsp. vanilla extract
1 egg
1 cup smashed ripe bananas
Generous 1/2 cup bittersweet or semisweet chocolate chips



DIRECTIONS

1. Heat oven to 425 degrees. Grease an 8-inch round cake pan and line the bottom with parchment paper.
2. In a medium bowl, whisk together flour, baking powder, and fine sea salt.
3. In the bowl of an electric mixer, fitted with a paddle attachment, beat butter, oil, sugar, brown sugar, molasses, cinnamon, espresso, and vanilla until just combined. The secret to this cake's texture is to stop mixing before the sugar is dissolved.
4. Use a spatula to mix egg into butter mixture, then stir flour mixture just to combine. Fold in bananas and chocolate chips. Scrape batter into prepared cake pan and bake until top is golden sides begin to pull away from pan, about 25 minutes.
5. Let cool for at least 20 minutes (or longer, until completely cooled), then run a thin spatula around the edges to separate from the pan. Invert onto a serving plate. Cake will keep for 1 day, covered.

Thank you for being a Spice Club member!



Upcoming programs:

- Winter Bingo Challenge - December 2-January 30
 - Complete "Bingos" on our Winter Bingo Card. Each Bingo counts as an entry in our prize drawing
- Tea Library - January 6-February 28
 - Stop by at any point to pick up a tea bag from McCord's Tea Library
- Trivia Night - Tuesday, February 11 @ 6:00
 - Join us for a night of Book Lovers Trivia
- Blind Date with a Book - month of February
 - Check out a wrapped book, read it, review it & submit your review for a chance to win!