



SPICE CLUB

NUTMEG



SPICE INFORMATION

Nutmeg and mace come from the same tree--*Myristica fragrans* of the family Myristicaceae. This tropical evergreen tree's origins track back to Indonesia, on an island called Banda. Nutmeg is the seed found inside the ripe fruit of the tree, after it's been picked and split open. Mace is the lacy outer layer encircling a whole nutmeg seed. Also called the aril, this outer layer can be removed, dried, and used as a spice. Nutmeg is sold whole and ground.

It takes five years for nutmeg trees to flower. Full bearing occurs after 15 years and the trees continue to bear fruit for about 50 years. A single mature tree, which grows to about 40 feet in height, produces up to 2,000 nutmegs per year.

Nutmeg used to be so popular that many eaters wore or carried a nutmeg in a tiny, grate-equipped box that allowed them to shave a sprinkle of the spice on their daily dishes, like how we might add a few grinds of black pepper.

The spice mace is unrelated to the pepper spray used for personal protection. Freshly grated nutmeg is more flavorful and aromatic than the commercial ground variety. Whole nutmeg gets its flavor and aroma from volatile oils that will evaporate quickly after grinding. Whole nutmeg can be stored without loss of potency for years.

The flavor and aroma of nutmeg is delicately warm, spicy, and sweet. Mace is considered more subtle. You can substitute one for the other.

Nutmeg is traditional in eggnog, custards, white sauces, cooked vegetables, like squash and greens, as well as in baked goods. Nutmeg is a natural pairing with cheese. It is often used in deserts of all sorts, particularly in cooler months when its warming flavor and fragrance add a cozy note to baked goods.



RECIPES

Café con Miel

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

INGREDIENTS

2 cups freshly brewed coffee
1/2 cup whole milk, or non-dairy alternative
1/4 cup honey
1/8 teaspoon pure vanilla extract
1/8 teaspoon ground cinnamon
1 dash ground nutmeg

DIRECTIONS

1. Warm all the ingredients in a small pot over low-to-medium heat, but do not bring to a boil. Stir well to dissolve the honey. Serve in small mugs.

Sicilian Ricotta Pasta

<https://www.the-pasta-project.com/sicilian-ricotta-pasta-2-ways-with-nutmeg-or-walnuts/#recipe>

INGREDIENTS

14 oz fusilli or other short pasta
10-11 oz fresh ricotta
salt for pasta and to taste
ground black pepper to taste
1/2 tsp nutmeg grated
2 oz Parmigiano Reggiano, grated, optional

DIRECTIONS

1. Put a pot of water on to boil for the pasta. Add salt once it starts to boil and bring to the boil again. Cook the pasta al dente according to the instructions on the packet. When the pasta is ready, save a cup of the cooking water and drain.

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DIRECTIONS CONT.

2. While the pasta is cooking, mix the ricotta with some grated nutmeg and ground black pepper in a bowl. Add a pinch of salt and a little bit of pasta cooking water to soften the ricotta (this is best done after the pasta has been cooking for 5 minutes or is cooked). Cream using a fork or handheld blender.
 3. Add the drained pasta to the ricotta, mix everything well and serve. If the pasta is too dry, add a little more cooking water. Serve with grated parmigiano.
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Pull-Apart Bread with Pumpkin & Spinach

<https://www.punchfork.com/recipe/Pull-Apart-Bread-with-Pumpkin-and-Spinach-Epicurious>

Serves 6-8

3/4 cup pumpkin purée (fresh or canned)

1/2 cup (packed) thawed, drained frozen spinach

3 cups all-purpose flour

1/4 cup sugar

1 teaspoon active dry yeast

1 teaspoon ground nutmeg

Vegetable oil (for greasing)

1/4 teaspoon garlic powder

2/3 cup lukewarm whole milk

10 tablespoons unsalted butter, melted, divided

1/2 cup (packed) finely grated Pecorino cheese (about 1 1/4 ounces)

1 large egg

1 1/4 teaspoons kosher salt, divided

1/4 teaspoon freshly ground black pepper

Flaky sea salt



DIRECTIONS

1. Mix flour, pumpkin, milk, sugar, yeast, nutmeg, 2 Tbsp. butter, and 1 tsp. kosher salt in a large bowl or the bowl of a stand mixer fitted with the dough hook until dough comes together. Knead with your hands or dough hook until dough is soft and smooth, about 10 minutes. Form into a ball.
2. Lightly grease a large clean bowl with oil; transfer dough to bowl. Cover tightly with plastic wrap and let rise in a warm place until doubled in size, about 1 hour.
3. Meanwhile, purée cheese, spinach, pepper, garlic powder, 5 Tbsp. butter, and remaining $\frac{1}{4}$ tsp. kosher salt in a food processor until smooth. Add egg and pulse to combine.
4. Arrange racks in upper and lower thirds of oven; preheat to 375°F. Divide dough into 2 equal pieces. Roll each piece to a 14x8" oval.
5. Transfer 1 oval to a parchment-lined baking sheet. Spread half of spinach mixture in a thin layer over. Starting at long side, tightly roll dough around filling into a long tube (like a cinnamon roll).
6. Arrange tube diagonally on sheet. Starting 1" from end closest to you, use sharp kitchen shears to make a deep incision at a 45-degree angle away from you, cutting almost to the bottom without cutting through. Carefully shift small cut piece to the left, keeping the bottom connected. Make another 45-degree incision 1" from first. Carefully shift piece to the right. Continue cutting and shifting to alternate sides for a total of 12-14 pieces. Repeat rolling, filling, and cutting with second piece of dough on another parchment-lined rimmed baking sheet.
7. Brush dough with 2 Tbsp. butter; sprinkle edges with sea salt. Bake, rotating sheets halfway through, until golden brown, 25-30 minutes.
8. Brush bread with remaining 1 Tbsp. butter and let cool slightly before serving.

Note: Dough and filling can be made 1 day ahead; cover and chill. Bring to room temperature before rolling and filling.

Cocoa and Spice Slow-Roasted Pork with Onions

<https://www.epicurious.com/recipes/food/views/cocoa-and-spice-slow-roasted-pork-with-onions-240744>

Makes: 8 Servings

INGREDIENTS

SPICE RUB:

1/2 tablespoon whole white peppercorns
1/2 tablespoon whole coriander seeds
2 tablespoons plus 3/4 teaspoon ground cinnamon
2 tablespoons coarse sea salt (preferably gray crystals)
1 tablespoon plus 2 1/4 teaspoons unsweetened cocoa powder
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves



PORK & ONIONS:

6 tablespoons extra-virgin olive oil
3 3/4 to 4 pounds onions, thinly sliced
1 1/2 tablespoons chopped fresh sage
1 1/2 cups water
1 5-pound pork shoulder butt with bone

DIRECTIONS

For Spice Rub:

1. Stir peppercorns and coriander in small skillet over medium heat until spices are darker in color, about 5 minutes. Transfer toasted spices to spice grinder; grind finely. Place in small bowl; mix in remaining ingredients. Can be made 1 week ahead. Cover and let stand at room temperature.

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DIRECTIONS CONT.

For Pork and Onions:

1. Heat oil in large pot over medium heat. Add onions and sage; sprinkle with salt and pepper. Sauté 10 minutes. Add 1 1/2 cups water; cover and cook until onions are soft, about 15 minutes. Uncover; continue to cook until onions are beginning to brown and water has evaporated, about 30 minutes.
2. Meanwhile, preheat oven to 300°F. Sprinkle spice rub on large sheet of foil. Roll pork in rub, pressing to coat (some of rub will be leftover). Set pork on rack in large roasting pan. Top pork with 1/3 of onions; scatter remaining onions around pork in pan.
3. Roast pork and onions until onions are deep brown, stirring occasionally, about 3 hours. Transfer onions from pan to medium bowl. Continue to roast pork until very tender and thermometer inserted into center registers 165°F, about 2 1/2 hours longer. Transfer pork to platter. Rewarm onions in microwave at 10 second intervals and season with salt and pepper; spoon around pork.

Yum Jin Gai (Spicy Thai-Style Soup)

<https://www.serious-eats.com/yum-jin-gai-norther-thai-style-chicken-soup-recipe>

INGREDIENTS

1 whole small chicken (about 2 1/2 pounds), legs and breasts removed, carcass reserved
2 small dried hot chiles 1/4 teaspoon whole coriander seed
1/4 teaspoon whole Sichuan peppercorns
1 whole long pepper (see note)
1/4 teaspoon whole cloves
1 star anise pod
1 (1/4-inch piece) mace, or 1/4 teaspoon ground nutmeg
1/2 cinnamon stick
4 pods Thai black cardamom, inner seeds only, or 1 pod green cardamom
1/4 teaspoon whole black peppercorns
1 tablespoon Thai shrimp paste
3 thin slices galangal (or ginger if galangal is not available)
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INGREDIENTS CONT.

1 stalk lemongrass, bottom 4 inches only, bruised multiple times with the dull side of a knife blade
2 whole shallots, thinly sliced
1 tablespoon vegetable or canola oil
4 ounces button mushrooms, cut into quarters '
1/4 cup roughly chopped cilantro
Fish sauce
Kosher salt

DIRECTIONS

1. Cover chicken pieces (including carcass) with cold water by 2 inches. Bring to a boil over high heat. Reduce to a simmer and cook until center of chicken breasts registers 145°F on an instant-read thermometer, about 15 minutes. Remove chicken breasts. Continue cooking until legs are completely tender, about 45 minutes longer, adding more water as necessary to keep chicken submerged. Transfer legs to bowl with chicken breasts and allow to cool. Discard carcass.
2. While broth cooks, combine hot chiles, coriander, Sichuan peppercorn, long pepper, cloves, star anise, mace, cinnamon, cardamom, and black pepper in wok. Heat over medium heat, stirring and tossing constantly, until toasted and fragrant, about 2 minutes. Transfer to a mortar and pestle or a spice grinder and grind into a fine powder. Wipe out wok. Add shrimp paste to spice mix and blend with a fork until homogenous.
3. When chicken is cooked, add galangal and lemongrass to broth and simmer for 15 minutes. Strain broth through a fine mesh strainer and set aside. Pick chicken meat into bite-sized pieces and discard bones.
4. Heat oil in the now-empty wok over high heat until shimmering. Add mushrooms and cook, stirring occasionally, until lightly browned, about 8 minutes. Add shallots and spice mix and cook, stirring constantly, until fragrant, about 30 seconds. Add strained broth and chicken pieces. Bring to a simmer, stir in cilantro, and season to taste with fish sauce and salt. Serve immediately.

Note: Long pepper can be ordered via Amazon. Canned low-sodium chicken broth can be used in place of the whole chicken carcass. If using canned broth, simmer the chicken legs and breasts as directed in the first part of step 1. Proceed immediately to step 2.

Spiced Star Cookies

<https://www.kingarthurbaking.com/recipes/spiced-star-cookies-speculaas-recipe>

INGREDIENTS

Cookies

8 tablespoons unsalted butter, room temperature
3/4 cup light brown sugar or dark brown sugar,
packed
1 teaspoon vanilla extract
1/2 teaspoon cardamom
1/2 teaspoon cloves
1/2 teaspoon mace (or 1/2 teaspoon nutmeg)
1 1/2 teaspoons cinnamon
1/2 teaspoon salt
1 1/2 cups all-purpose flour
1/2 cup almond flour
1 teaspoon baking powder
2 to 4 tablespoons milk (not nonfat)



Icing

1/2 cup confectioners' sugar
3 to 4 teaspoons milk or water

DIRECTIONS

1. To make the cookies: In a large mixing bowl, beat together the butter, sugar, vanilla, spices, and salt.
2. Stir in the flour, almond flour, and baking powder, then enough of the milk to make a stiff dough.
3. Form the dough into two disks, wrap in plastic, and refrigerate for 2 hours or more.
4. Preheat the oven to 325°F. Lightly grease, or line with parchment, two baking sheets.
5. Working with one disk at a time, roll the dough 1/8" to 1/4" thick. Cut out shapes using your desired cutters, and transfer the cookies to the prepared pans.

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DIRECTIONS CONT.

6. Bake the cookies for 15 to 20 minutes, until they're lightly browned around the edges. Remove them from the oven and transfer them to a rack to cool. As they cool, they'll become quite hard.
7. To make the icing: Stir together the sugar and enough milk or water to create a thick but "drizzle-able" icing.
8. Drizzle the icing atop the cookies decoratively.

Armenian Nutmeg Cake

<https://thegingeredwhisk.com/daring-bakers-make-armenian-nutmeg-cake/>



INGREDIENTS

- 3/4 cup (1 1/2 sticks) unsalted butter, cubed and cold
- 1 cup milk
- 1 teaspoon baking soda
- 2 cups flour
- 2 teaspoons baking powder
- 2 cups brown sugar, firmly packed
- 1 1/2 tsp ground nutmeg
- 1 egg
- 1/2 cup walnut pieces, broken up by hand

DIRECTIONS

1. Cut the butter into cubes and place in the freezer or the back of the fridge to make it very cold. It needs to be COLD for this recipe.
2. Preheat your oven to 350 F.
3. In a small bowl, mix together the milk and the baking soda. Set aside.
4. In a large bowl, whisk together the flour and the baking powder. Whisk in the brown sugar to the flour mixture until combined. Using a fork (or your fingers) mash in the cold butter cubes until you get a more-or-less uniform crumbly mixture.
5. Press HALF of this mixture into the bottom of a springform pan to form a crust. Set aside.

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DIRECTIONS CONT.

6. In a medium bowl, whisk together the egg and the nutmeg for 2-3 minutes, or until it is mixed well and frothy. Pour the milk with baking soda into the bowl with the eggs and whisk until combined.
7. Pour this egg mixture over the remaining half of the crumbly mixture in the bowl, and whisk until it is incorporated (it will be very liquidy). Pour the liquid over the crust in the springform. Gently and evenly sprinkle the walnut pieces on top.
8. Bake for 30-40 minutes, or until the top is golden brown and a toothpick inserted in the middle comes out clean. 9. Allow the cake to cool in the pan, and then release.

Apple Cider Doughnut Cake

<https://www.serious-eats.com/apple-cider-doughnut-cake-recipe>

INGREDIENTS

For the Cake:

9 tablespoons unsalted butter, room temperature, divided
2 small Granny Smith apples (about 6 ounces each) peeled, cored, and chopped
1 1/2 cups fresh apple cider 1/2 cup whole milk, at room temperature, plus more as needed
2 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon Diamond Crystal kosher salt (or 1/2 tsp. table salt) 1/4 teaspoon ground nutmeg 1/4 teaspoon ground mace
3/4 cup sugar
1/2 cup packed light brown sugar
3 large eggs, room temperature
1/4 cup vegetable oil
1 teaspoon pure vanilla extract



For the Cinnamon Sugar Coating:

6 tablespoons granulated sugar

1 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1/8 teaspoon Diamond Crystal kosher salt (or dash table salt)

DIRECTIONS

For the Cake:

1. Adjust oven rack to middle position and preheat oven to 350°F. Grease a large (10- to 12-cup capacity) Bundt pan with 1 tablespoon butter.
2. In a medium saucepan, bring chopped apple and cider to a boil over medium-high heat. Reduce heat to medium and simmer until most of the cider has been absorbed and apples are easily smashed with a fork, 10 to 15 minutes. Remove pan from heat, cool 5 minutes, then process in food processor until puréed, 60 to 90 seconds, stopping to scrape down the sides as needed. Measure out 1 cup apple mixture (if you have less than 1 cup apple mixture, add additional milk to reach 1 cup). Stir apple mixture into milk, set aside.
3. In a medium bowl, whisk together flour, baking powder, baking soda, salt, nutmeg, and mace; set aside.
4. In the bowl of a stand mixer fitted with the paddle attachment, beat remaining 8 tablespoons butter, sugar, and brown sugar on medium speed until light and fluffy, about 3 minutes. Add eggs, one at a time, beating well after each addition, about 20 seconds. Add oil and beat until incorporated, about 45 seconds.
5. Decrease mixer speed to low and add flour mixture in 3 additions, alternating with apple mixture, scraping down sides and bottom of bowl with a rubber spatula as needed. Increase speed to medium and beat mixture just until combined, about 20 seconds. Add vanilla and beat once more, just to combine, about 10 seconds.
6. Scrape batter into prepared pan, smooth surface with a spatula. Bake in preheated oven until a cake tester inserted in cake comes out with just a few crumbs, 45 to 50 minutes. Transfer cake to wire cooling rack set inside baking sheet and cool in pan 15 minutes, then invert directly onto wire cooling rack.

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DIRECTIONS

For the Cinnamon Sugar Coating:

1. Combine sugar, cinnamon, nutmeg, and salt in a small bowl. While cake is still hot, sprinkle with cinnamon sugar, using fingers to rub it onto sides. Cool cake completely, about 1 hour, then serve.

Banana Nutmeg Smoothie

<https://www.foodiewithfamily.com/banana-nutmeg-smoothies/>

INGREDIENTS

4 very ripe bananas *but not over ripe, peeled and frozen*

2 cups vanilla or plain yogurt *If using plain, add 1/2 teaspoon real vanilla extract and up to 2 tablespoons of honey or sugar.*

1/4-1 cup ice depending on the thickness you prefer. *preferably crushed*

1/4 teaspoon freshly grated nutmeg

Optional: A splash or more of milk to help move things along in the blender



DIRECTIONS

1. Add the yogurt to the carafe of a blender. Break the frozen bananas into chunks and add to the blender. Put the lid on the blender and process on "HIGH" or "LIQUIFY" until the mixture is smooth. If you need to, turn the power off, remove the lid and stir with a long handled wooden spoon to re-distribute. Add desired amount of ice and milk along with the grated nutmeg, replace the lid, and blend on HIGH just until smooth. Pour into serving glasses, garnish with a tiny scraping of freshly grated nutmeg and serve immediately.

Eggnog Cookies

<https://www.thespruceeats.com/eggnog-cookies-recipe-6560721>

Servings: 3 cups

INGREDIENTS

2 cups (240 grams) all-purpose flour
3/4 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon fine salt
1/2 teaspoon ground nutmeg, more for garnish
1/2 teaspoon ground cinnamon
6 ounces (3/4 cup) unsalted butter, room temperature
1 1/4 cups (250 grams) granulated sugar
2 large egg yolks
2 tablespoons dark rum, divided, optional
1 tablespoon pure vanilla extract
7 tablespoons store-bought or homemade eggnog, divided
1 cup (114 grams) confectioners' sugar



DIRECTIONS

1. Line 4 baking sheets with parchment paper. Position 2 racks in the upper and lower third of the oven and heat to 350 F.
2. Whisk together 2 cups (240 grams) all-purpose flour, 3/4 teaspoon baking soda, 1 teaspoon baking powder, 1/2 teaspoon fine salt, 1/2 teaspoon ground nutmeg, and 1/2 teaspoon ground cinnamon in a medium bowl and set aside.
3. Cream together 6 ounces (3/4 cup) unsalted butter, room temperature and 1 1/4 cups (250 grams) granulated sugar in the bowl of a stand mixer fitted with the paddle attachment on medium low speed for 10 seconds then continue to paddle on medium speed until light and fluffy, 2 to 3 minutes, scraping down the sides of the bowl halfway through.
4. Scrape down the sides of the bowl again, add 2 large egg yolks, and paddle on medium speed until combined.
5. Turn the mixer off, scrape down the sides again, add 1 tablespoon dark rum, if using, and 1 tablespoon vanilla extract, and paddle for another 20 seconds on medium speed.

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DIRECTIONS CONT.

6. With the mixer running on medium-low speed, drizzle in 4 tablespoons eggnog until fully combined. Turn off the mixer, scrape down the sides of the bowl, and then continue to mix for another 2 minutes until light, fluffy, and smooth, not curdled.
7. Add the dry ingredients. Turn the mixer back on the lowest speed so you don't end up with a flour and spice explosion in your face. Once the dust has cleared, turn the machine up to medium-low speed to finish incorporating all the dry ingredients.
8. Use a cookie scoop or spoons to drop 1 tablespoon portions of dough onto the baking sheets making sure to space them at least 3 inches apart. There should be a maximum of 6 cookies per sheet (they spread a lot).
9. Bake in batches, rotating the baking sheets in the oven half way through cooking time, until the edges start to turn golden brown and the centers are set, 9 to 12 minutes. Remove from the oven and place the baking sheets on wire racks or trivets to cool completely.
10. Meanwhile, make the icing.
11. Combine 1 cup (114 grams) confectioners' sugar, the remaining 3 tablespoons eggnog, and the remaining 1 tablespoon dark rum, if using, in a small bowl and whisk to combine. You can adjust the viscosity by adding more powdered sugar or eggnog.
12. Once the cookies have completely cooled, drizzle or top them with the icing and garnish with freshly grated nutmeg on top to finish.