

MENASHA PUBLIC LIBRARY: SPICE OF THE MONTH CLUB



WHAT IS ALLSPICE?

Allspice (*Pimenta dioica*) refers to the brown berries of the tropical *Pimenta dioica* tree, and is native to the West Indies and Central America. Allspice is produced by picking these berries-before they are ripened-from the tree's small flowers, and then drying them. Allspice garnered its name from the English in the 1600s. They found it had a flavor that combined the taste of cinnamon, ginger, nutmeg, and cloves into one single spice.

Allspice is a longstanding ingredient in traditional Caribbean cooking. The flavor combination of spicy and sweet is essential to such dishes as jerk seasoning and molés. It also pairs well with savory dishes such as Swedish meatballs. Allspice can be found in popular commercial products, such as: ketchup, pickles, sausages, and spiced teas. It is considered the key ingredient in Cincinnati-style chili, giving it the distinctive flavor it is known for.

SEPTEMBER

ALLSPICE



8 TIPS FOR ALLSPICE

- Coat ground allspice onto buttered carrots for a deeper flavor.
- Allspice can be used to combat tooth pain. This is thought to be due to its eugenol content. Eugenol is an analgesic that is commonly found in dentistry.
- Allspice tea may help settle an upset stomach. Boil water and pour it over the tea leaves of your choice. Add a few allspice berries to the hot water then allow the tea and allspice to steep for a few minutes to infuse the flavors. Strain the tea to remove the allspice berries.
- Add allspice to ground beef or meatloaf for a touch of warm sweetness.
- For the strongest flavor, buy whole-berry allspice and grind small quantities as needed.
- Allspice is packed with over a dozen antioxidants.
- Cloves and allspice combine wonderfully together for festive holiday pies, cookies and cakes. This combination is also used in the Kwanzaa dishes dundu oniyeri (West African fried yams) and mulled cider that are traditionally served during the Karamu feast.
- Allspice is often a feature in brines for pickled fish and vegetables, usually alongside: whole cloves, mustard seed, black peppercorns, bay leaves, or other aromatics.



Add Allspice to:
-Pie or Dessert Filling
-Stews
-Ciders



Note: This information is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

Sources Consulted: Encyclopedia Britannica; Consumer Health Complete; spiceography.com; Gale Health and Wellness; MasterClass

Jamaican Curry Chicken

Courtesy of: wellplated.com

INGREDIENTS:

- 1 1/4 pounds boneless, skinless chicken breasts cut into 1-inch pieces (about 2 breasts)
- 1 teaspoon kosher salt
- 2 tablespoons olive oil
- 1 medium yellow onion finely chopped
- 1 red bell pepper very finely chopped*
- 2 jalapeno peppers very finely chopped*
- 3 cloves garlic minced (about 1 tablespoon)
- 1 teaspoon minced fresh ginger
- 3 1/2 tablespoons curry powder
- 1 teaspoon turmeric
- 3/4 teaspoon allspice
- 1/4 teaspoon cayenne pepper plus additional to taste*
- 2 medium Yukon gold potatoes peeled and diced
- 1 15-ounce can light coconut milk
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons white wine vinegar
- 1 teaspoon hot sauce plus additional to taste*
- Chopped fresh cilantro
- Prepared brown rice quinoa, or cauliflower rice, for serving

Time:

Prep: 15 Minutes

Cook Time: 40 Minutes

Total Time: 55 Minutes

Directions:

1. Sprinkle the chicken with salt. Set aside.
2. In a Dutch oven or similar deep, sturdy pot, heat the oil over medium. Once it is hot, add the onions, and cook, stirring occasionally, until the onions begin to soften and turn translucent, 5 to 8 minutes.
3. Stir in the red bell pepper, jalapeños, garlic, and ginger. Cook, stirring often, for 2 minutes.
4. Add curry powder, turmeric, allspice, and cayenne. Cooking, stirring constantly, until spices turn deep gold and become ultra fragrant, about 1 minute.
5. Add the chicken and sauté for 5 minutes, stirring often. It should look golden on the outside but does not need to be completely cooked through.
6. Add the potatoes. Cook, stirring often, for 3 minutes.
7. Add the coconut milk, Worcestershire, vinegar, and hot sauce. Stir to combine. Bring to a simmer. Continue to simmer, reducing the heat to low as needed, until the chicken is tender and cooked through, the potatoes are tender, and sauce has slightly reduced, 15 to 20 minutes. Stir every few minutes to keep the sauce from sticking.
8. Taste and season with additional salt or hot sauce as desired. Serve hot over rice, with a big sprinkle of cilantro.



APPLESAUCE SPICE CAKE

Courtesy of: simplyrecipes.com



Ingredients:

- 1/2 cup butter, softened
- 1 cup sugar
- 1 cup brown sugar
- 2 cups flour
- 2 tsp baking soda
- 1 tsp salt
- 1 1/2 tsp cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp allspice
- 2 cups applesauce
- 2 eggs

Directions:

1. Cream together butter and sugar until combined.
2. In a separate bowl, whisk together flour, baking soda, salt, cinnamon, cloves and allspice.
3. Add flour mixture to butter mixture and mix until combined.
4. Add applesauce and eggs and mix again.
5. Pour into a 9x13 inch baking pan.
6. Bake at 350 degrees for 40-45 minutes or until a toothpick in the center comes out clean.
7. Allow to cool.
8. Top individual slices with powdered sugar and a dollop of coolwhip.