

# Fluvanna County Public Library

## Spice of the Month Club

### Allspice

**Flavor Profile:** Peppery sweetness and Spicy Aroma

Allspice, also known as Jamaica pepper, myrtle pepper, pimenta, or pimento, is the dried unripe berry of *Pimenta dioica*, 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. Contrary to common misconception, it is not a mixture of spices.

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, particularly in the Levant, where it is used to flavor a variety of stews and meat dishes, as well as tomato sauce. In Arab cuisine, for example, many main dishes use allspice as the only spice.

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. Allspice is commonly used in Great Britain, and appears in many dishes. In Portugal, whole allspice is used heavily in traditional stews cooked in large terracotta pots in the Azores islands.

Allspice offers health benefits including antioxidant, anti-inflammatory, and pain-relieving properties, along with support for digestion, blood sugar control, and potentially weight management. These effects are attributed to compounds like eugenol, eugenol, and quercetin, which also have potential benefits for cancer prevention and fighting infections.

#### Homemade Allspice Recipe (Substitute for Allspice)

- 1 Tbsp. ground cinnamon
- 1 Tbsp. ground cloves
- 1 Tbsp. ground nutmeg

1. In a small bowl mix together all the above ingredients and store in an airtight container. Enjoy!
2. If you like a milder taste use ½ tablespoon of nutmeg and cloves.

<https://anitalianinmykitchen.com/homemade-allspice/>



#### Library Resources

**East Winds:** Recipes, History and Tales from the Hidden Caribbean by Riaz Phillips - 641.59 PHI

**Gran cocina latina:** the food of Latin America by Maricel E. Presilla – 641.5972 PRE

### Spiced Nuts (6 servings)

- 1/3 cup sugar
- 2 tsp. ground Cinnamon
- ½ tsp. Ground Allspice
- ½ tsp. Lawry's® Seasoned Salt
- 1 egg white
- 3 cups nuts such as almonds, cashews, peanuts and pecans

1. Preheat oven to 250°F. Mix sugar, cinnamon, allspice and seasoned salt in small bowl. Beat egg white in large bowl until foamy. Add nuts; toss to coat well. Add spice mixture; toss to coat nuts evenly.
2. Spread nuts in single layer on lightly greased baking sheet.
3. Bake 1 hour, stirring once. Cool slightly and break apart. Cool completely. Store in airtight container up to 2 weeks.



<https://www.mccormick.com/blogs/recipes/spiced-nuts>

### Roasted + Spiced Fall Veggies

- 2 large or 4 medium carrots cut into 1-inch chunks
- 3 medium red potatoes cut into 1-inch chunks
- 3 cups Brussels sprouts ends trimmed, cut into halves or quarters if very large
- 2 pears cut into 1-inch chunks
- 2 Tbsp. olive oil
- ½ tsp. smoked paprika
- ½ tsp. allspice
- ½ tsp. cinnamon
- salt to taste



1. Preheat the oven to 500F and prepare a baking sheet with parchment paper or lots of cooking spray.
2. Mix the carrots and potatoes in a bowl with half the olive oil, half of each of the spices, and salt to your preference. Spread on the baking sheet and roast for 10 - 15 minutes until partially cooked.
3. Meanwhile, combine the pears and Brussels sprouts with the remaining olive oil, spices, and more salt. Stir to combine. When the potatoes and carrots are partially cooked, add the pears and Brussels to the pan and spread into one even layer.
4. Cook for 10 - 15 minutes more, stirring once, until the root veggies are tender and the Brussels sprouts are soft but not mushy. Taste, and sprinkle with extra salt if desired. Enjoy!

<https://mytherapistcooks.com/roasted-spiced-fall-vegetables-vegan/>

### Library Resources

**West Winds:** Recipes, History and Tales from Jamaica by Riaz Phillips – 641.59 PHI

### Hoppin' John from "Sundays at Moosewood Restaurant" cookbook

- 4 cups fresh black-eyed peas (or 2 10-ounce packages frozen)
- 3 cups water
- $\frac{3}{4}$  tsp. salt
- 1 cup finely chopped onions
- 2 garlic cloves, minced
- 2 Tbsp. butter or vegetable oil
- pinch of ground allspice
- pinch of cayenne
- 1  $\frac{1}{2}$  Tbsp. tamari soy sauce (optional)
- plenty of freshly ground black pepper to taste
- 3 cups cooked brown rice
- 1 large ripe tomato, chopped (about 1 cup)
- $\frac{1}{2}$  cup chopped scallions
- chopped fresh parsley (optional)
- sour cream or grated smoked cheddar cheese (optional)



1. Cook the black-eyed peas in water and salt for about 20 mins or until tender. Drain, reserving the liquid.
2. Sauté the onions and garlic in the butter or oil until golden, about 10 minutes. Add the allspice, cayenne, and soy sauce. Stir this mixture into the cooked peas with enough of the reserved liquid to make it juicy and simmer gently for about 20 minutes to allow the flavors to marry. Stir often.
3. To serve, top the warm rice with the black-eyed peas and then the chopped fresh tomato, scallions, and parsley. Add sour cream or grated smoked cheese as well.

<https://www.evl.uic.edu/spiff/recipe/hop.html>

### Syrian Rice with Meat (6 servings)

- $\frac{1}{4}$  cup butter
- 2 pounds ground beef
- 2 tsp. salt
- $\frac{1}{2}$  tsp. ground allspice
- $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{2}$  tsp. ground black pepper
- 4  $\frac{1}{2}$  cups chicken broth
- 2 cups long grain white rice
- 2 Tbsp. butter
- $\frac{1}{2}$  cup pine nuts



1. Heat  $\frac{1}{4}$  cup butter in a large saucepan over medium-high heat. Add ground beef and season with salt, allspice, cinnamon, and black pepper. Cook and stir until beef is browned and crumbly, 7 to 10 minutes.
2. Stir chicken broth and rice into beef in the saucepan; bring to a boil. Reduce heat to low, cover, and cook until liquid is absorbed, about 20 minutes.

3. Meanwhile, melt 2 tablespoons butter in a small skillet over medium heat. Cook and stir pine nuts in hot butter until lightly browned, 3 to 5 minutes.
4. Mix pine nuts into beef-rice mixture before serving.

<https://www.allrecipes.com/recipe/272233/syrian-rice-with-meat/>

### **Shish Tawook Marinated Chicken (6 servings) Middle Eastern**

- 3 Tbsp. vegetable oil
- 2 Tbsp. plain low-fat yogurt
- 2 Tbsp. ketchup
- 2 Tbsp. prepared mustard
- 1 ½ tsp. garlic powder
- 2 tsp. paprika
- 1 ½ tsp. ground allspice
- ½ tsp. black pepper
- ¼ tsp. ground cinnamon
- ¼ tsp. curry powder (Optional)
- 3 pounds skinless, boneless chicken breast halves - cut into bite-size pieces



#### **Dipping Sauce:**

- ½ cup mayonnaise
  - 1 cup plain low-fat yogurt
  - 3 cloves garlic, minced
  - ¼ tsp. salt
1. In a medium bowl, stir together oil, yogurt, ketchup, and mustard. Season with garlic powder, paprika, allspice, black pepper, cinnamon, and curry powder. Stir in chicken pieces, coating all sides with marinade. Cover bowl, and refrigerate overnight.
  2. To make dipping sauce, mix together mayonnaise, yogurt, garlic, and salt. Cover, and refrigerate.
  3. Preheat the oven to 400 degrees F (200 degrees C).
  4. Transfer chicken pieces to a shallow baking dish. Bake in a preheated oven, 30 minutes.

<https://www.allrecipes.com/recipe/84124/shish-tawook-marinated-chicken/>

### **American Pride Pork Chop (4 servings)**

- 4 bone-in ribeye (rib) pork chops, 1-in. thick
  - 2 tsp. brown sugar
  - 1 ½ tsp. coarse salt
  - ½ tsp. black pepper, coarse ground
  - ½ tsp. allspice
  - ¼ tsp. dried thyme leaves
1. Combine the brown sugar, salt, pepper, allspice and thyme leaves in a small bowl. Rub both sides of pork chops with herb mixture. Let stand 15-30 min. Discard any remaining herb mixture.



2. Prepare a medium-hot fire in grill. Pat pork chops dry while being careful not to remove the rub. Grill chops, over direct heat, turning once, to medium rare doneness about 4-5 min. per side or until the internal

[www.PorkBeInspired.com](http://www.PorkBeInspired.com)

### **Allspice Meatball Stew (8 servings)**

- 1 (16 ounce) package frozen prepared italian-style meatballs
- 3 cups fresh green beans, cut into 2 inch pieces
- 2 cups baby carrots
- 1 (14 ½ ounce) can beef broth
- 2 tsp. Worcestershire sauce
- ¾ tsp. ground allspice
- ½ tsp. ground cinnamon
- 2 (14 1/2 ounce) cans stewed tomatoes



1. In a large pot, add the meatballs, green beans, carrots, beef broth, Worcestershire sauce, allspice, and cinnamon; stir to combine.
2. Bring mixture to a boil; lower heat, cover, and simmer for 10 minutes.
3. Add in the undrained tomatoes; stir to combine.
4. Return mixture to boiling; lower heat and simmer, covered for 5-10 minutes or until the vegetables are crisp-tender.
5. Season with salt and pepper to taste, if desired.

<https://www.food.com/recipe/allspice-meatball-stew-64060>

### **Allspice Streusel Muffins (12 muffins)**

For the streusel:

- ½ cup all-purpose flour
- ½ cup packed light brown sugar
- ½ tsp. ground allspice
- 5 Tbsp. cold unsalted butter, cut into small pieces

For the muffins:

- 2 cups all-purpose flour
- ½ cup granulated sugar
- ¼ cup packed light brown sugar
- 1 Tbsp. baking powder
- ½ tsp. ground allspice
- ¼ tsp. fine sea salt
- 1 stick (8 tablespoons) unsalted butter, melted and cooled
- 2 large eggs
- ¾ cup whole milk
- ¼ tsp. vanilla extract
- Preheat oven to 375°F. Spray a standard muffin pan with nonstick cooking spray or line with paper liners.



For the streusel:

1. Using your hands, blend together the flour, brown sugar, and allspice in a small bowl. Add butter, a few pieces at a time, mixing with your hands to coat the butter in the dry ingredients. Once all the butter is added the mixture should be lumpy. Place in the refrigerator while preparing the muffins (can be covered and refrigerated for up to 3 days).

For the muffins:

2. Whisk together the flour, granulated sugar, brown sugar, baking powder, allspice, and salt in a large bowl, making sure there are no clumps. In a large glass measuring cup or small bowl whisk the butter, eggs, milk, and vanilla. Add mixture into dry ingredients and gently stir with a rubber spatula until mixture is combined but still lumpy.
3. Divide batter evenly among cups in prepared muffin pan. Sprinkle streusel over each muffin, gently pressing into the batter. Bake for about 20 minutes, or until the muffins are golden and a toothpick inserted into the center comes out clean. Allow muffins to cool in pan on a wire rack for 5 minutes before removing muffins to rack to cool completely.

<https://handletheheat.com/allspice-streusel-muffins/>

## Spice Cookies Recipe

### Creaming Ingredients

- 2 cups softened butter or margarine (1lb or 454 grams)
- 3 eggs
- 2 cups brown sugar firmly packed
- 2 cups white sugar

### Dry Ingredients

- 3 ½ cups flour
- 2 tsp. baking soda
- 4 tsp. cinnamon
- 1 tsp. all spice
- 1 tsp. ginger
- 1 tsp. nutmeg
- ½ tsp. salt

1. Preheat oven to 180°C/350°F (fan forced)
2. Using electric mixer, cream softened butter with white sugar and brown sugar, until light and fluffy (about 2-3 minutes). Add the eggs and whip again for another 2-3 minutes until creamy.
3. Put the remaining dry ingredients together in a large bowl, and combine together until spices are fully mixed with the flour.
4. Pour the creamed butter into the flour mixture and stir together until fully mixed and resembling a sticky cookie dough.
5. Using 2 teaspoons together, place a small heaped teaspoon of cookie dough on a greased cookie tray or on parchment paper. The cookie will melt and spread thin as it cooks, so allow wide spaces between on the tray. 6-8 cookies per baking sheet.



6. Bake for 10-12 minutes until lightly golden. If the cookie is too big in size, the center of the cookie will be raw and will need more time in the oven.
7. Remove from oven and cool for 2 minutes on the baking tray. Remove cookies on a baking rack using a cookie lifter.

<https://petersfoodadventures.com/spice-cookies/>

### Unstuffed Cabbage Roll Soup

- ½ lb. lean ground beef
- 2 cups sliced cabbage (about ½-inch-thick slices)
- ½ cup chopped onion
- ½ (14.5-oz) can fire-roasted diced tomatoes, undrained
- ½ (14.5-oz) can low-sodium beef broth
- ½ cup low-sodium vegetable juice
- 1 Tbsp. tomato paste
- 1 Tbsp. Worcestershire sauce
- ¼ tsp. salt
- ⅛ tsp. ground allspice
- 1 clove garlic, minced
- ½ (10-oz) pkg frozen riced cauliflower



1. Combine beef, cabbage, onion, tomatoes, broth, vegetable juice, tomato paste, Worcestershire, salt, allspice, and garlic in a 3½- to 4-quart slow cooker stirring to break up meat. Cover and cook on low 7 to 8 hours or high 3½ to 4 hours.
2. Meanwhile, cook cauliflower according to package directions; stir into soup.

<https://emeals.com/recipes/recipe-46084-295326-Unstuffed-Cabbage-Roll-Soup>

### Applesauce Spice Cake

- ½ cup butter, softened
- 1 cup sugar
- 1 cup brown sugar
- 2 cups flour
- 2 tsp baking soda
- 1 tsp salt
- 1 ½ tsp. cinnamon
- ½ tsp. ground cloves
- ½ tsp. allspice
- 2 cups applesauce
- 2 eggs



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 cool whip.

<https://www.madetobeamomma.com/applesauce-spice-cake/>

### Easy Jamaican Jerk Chicken Recipe (10 servings)

- 10 chicken legs
- ½ cup olive oil
- 2 Tbsp. light brown sugar, packed
- 1 Tbsp. dried thyme
- 2 tsp. ground allspice
- 2 tsp. smoked paprika
- ¼ – ½ tsp. cinnamon
- 1 tsp. ground ginger
- 1 tsp. ground cloves
- 1 tsp. cayenne pepper
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 2 ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper



1. Preheat oven to 425F with rack on lower middle position.
2. In a bowl, combine all remaining ingredients to form a spice rub/paste mixture. Set aside.
3. Use paper towels to thoroughly dry chicken legs of excess moisture. Use fork to poke holes on all sides of chicken legs.
4. Evenly spread the rub mixture underneath the skin of chicken legs – use clean hands to really press the mixture as far underneath skin as you can, as well as on top of skin.
5. Place chicken on large rimmed/foil-lined baking sheet, with space in between each piece. For smaller sized chicken legs, bake about 40 minutes. For larger sized chicken legs, bake about 50 minutes or until nicely browned.
6. Serve immediately, with drippings from baking pan.

<https://www.chewoutloud.com/easy-jamaican-jerk-chicken-recipe/>

### Library Resources

**Islas:** a celebration of tropical cooking by Von Diaz – 641.5913 DIA

**A Middle Eastern Pantry** by Lior Lev Sercarz – 641.5956

**Milk Street:** the World in a skillet by Christopher Kimball – 641.5918 KIM

**Pretty Delicious:** simple, modern Middle Eastern, served with style by alia Elkaffas – 641.5956 ELK