

# Fluvanna County Public Library

## Spice of the Month Club

### Cinnamon 2025

Cinnamon is a spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. Cinnamon is used mainly as an aromatic condiment and flavoring additive in a wide variety of cuisines, sweet and savory dishes, biscuits, breakfast cereals, snack foods, bagels, teas, hot chocolate and traditional foods. The aroma and flavor of cinnamon derive from its essential oil and principal component, cinnamaldehyde.

There are four major types of cinnamon. Darker-colored cassia cinnamon is the one most commonly sold in the U.S. It's grown in southeastern Asia. Ceylon cinnamon, also known as true cinnamon, is often used in other countries. In 2023, world production of cinnamon was 238,403 tons, led by China with 39% of the total.

Cinnamon has been known from antiquity. It was imported to Egypt as early as 2000 BC. Cinnamon was so highly prized among ancient nations that it was regarded as a gift fit for monarchs and even for a deity. Its source was kept a trade secret in the Mediterranean world for centuries by those in the spice trade, to protect their monopoly as suppliers. In Ancient Egypt, cinnamon was used to embalm mummies. Through the Middle Ages, the source of cinnamon remained a mystery to the Western world. When the Sieur de Joinville accompanied his king, Louis IX of France to Egypt on the Seventh Crusade in 1248, he reported—and believed—what he had been told: that cinnamon was fished up in nets at the source of the Nile out at the edge of the world.

#### Cinnamon Health Benefits and Side Effects

One of the most important active ingredients in cinnamon is cinnamaldehyde. It's used in flavorings and fragrances. It may be responsible for some of cinnamon's possible health benefits. Cinnamon does have antioxidant, antibiotic, and anti-inflammatory properties, but more research is needed to confirm these benefits before health care practitioners recommend cinnamon as a treatment.

- Anti-inflammation - There is a lot of research, mostly in the lab or in animals, that finds that cinnamon is an effective anti-inflammatory.
- Cancer prevention - One of the key approaches to treating cancer is to stop angiogenesis — the formation of new blood vessels to feed tumors. A study showed that cinnamon can slow down or hold off angiogenesis, cell growth, and cellular signaling.
- Antibiotic properties - The compound cinnamaldehyde is responsible for cinnamon's odor and flavor. This plant chemical also has proven widespread antibiotic effects.
- Protection from oxidative stress - Cinnamon has a ton of antioxidants, like polyphenols, which are substances that can prevent or slow cell damage. Experts have seen that taking cinnamon supplements can boost antioxidant levels in your blood as well as lower inflammation markers.
- Heart disease prevention - Cinnamon could lower your triglycerides and total cholesterol levels, which could help prevent heart disease. It may also lower blood pressure if you consistently take it for more than eight weeks.

#### Library Resources

Sally's Cookie Addiction by Sally McKenney – 641.8654 MCK

## Slow Cooker Chicken Tagine (North African) (4 Servings)

### Ingredients for the Marinade

- 1 tsp. turmeric
- 2 tsp. coriander
- 2 tsp. cumin
- 2 tsp. cinnamon
- 1 tsp. chili powder
- pinch black pepper
- 1 ½ tbsp. fresh ginger grated
- 2 cloves garlic crushed
- 2 lemons juiced
- 1 tbsp. oil

### Ingredients for the Tagine

- 1.5 lb. chicken thighs
- 2 carrots
- 2 onions finely diced
- 14 oz. chopped canned tomatoes
- 14 oz. canned chickpeas drained and rinsed
- 12 dried apricots
- ¾ cups chicken stock

1. Make a marinade with the spices, lemon juice and oil. Add the chicken. Ideally put it in the fridge and leave overnight or for a couple of hours.
2. Put all the ingredients in the slow cooker. Cook on high for 2-3 hours or on low for up to 5-6 hours.
3. Serve with couscous with extra lemon wedges and chopped coriander (cilantro).

<https://searchingforspice.com/slow-cooker-chicken-tagine/>



## Little House On The Prairie Cinnamon Chicken

(A version of the meal Laura made for Almanzo.)

- 1 ½ cups fresh apple cider
- ¼ cup honey
- ¼ cup lemon juice
- 1 ½ tbsp. minced garlic
- 1 tsp. ground cinnamon
- 1 tsp. salt
- 1 tsp. freshly cracked black pepper
- 4 large boneless, skinless chicken breasts trimmed of fat (roughly 2 1/2- 3 lbs. of chicken)
- 2-3 tbsp. extra virgin olive oil

1. Add the cider, honey, lemon, garlic, cinnamon, and salt & pepper to a mixing bowl. Whisk together until the mixture's smooth.



2. Add the chicken breasts to a large Ziplock bag. Pour the marinade over them. Seal the bag to close, squeezing out any excess air as you do.
3. Refrigerate the marinated chicken for at least 8 hours, or overnight, flipping the bag several times.
4. Pour the marinade out of the bag and into a large skillet. Bring it to a boil, then immediately reduce the heat to medium. Stirring occasionally, continue to let the mixture simmer until it's reduced by half- about 10 minutes.
5. Transfer the thickened sauce to a waiting bowl, and set aside. Using paper towels, carefully wipe the still hot skillet clean.
6. Set the skillet back on the stove over medium heat and add the olive oil to it.
7. Once the oil's hot (shimmery) add two of the chicken breasts to it. Brown them for 1-2 minutes on each side so that they sear, but don't cook through.
8. Transfer the pan seared chicken to a small 2-quart casserole dish, and then repeat the previous step for the last two chicken breasts- until all are pan seared properly and in the casserole dish.
9. Pour the remaining marinade evenly out over the chicken.
10. Bake the chicken at 350°F for 30-35 minutes. Reserve the juices to pour over the chicken when serving.
11. Serve the cinnamon chicken with/over steamed white rice or creamy mashed potatoes.

<https://4sonrus.com/little-house-on-the-prairie-cinnamon-chicken/>

### **Sweet Potato Fries with Cinnamon Sugar Dipping Sauce**

- Sweet Potato Fries (or use frozen sweet potato fries)
- 2 Large Sweet Potatoes, sliced
- 1 tsp. Season Salt
- 1 tbsp. Extra Virgin Olive Oil (for tossing)

#### **Cinnamon and Brown Sugar Dipping Sauce**

- 5 tbsp. Unsalted Butter
- 4 tbsp. Brown Sugar
- 1 tsp. Ground Cinnamon
- ¼ cup Heavy Whipping Cream

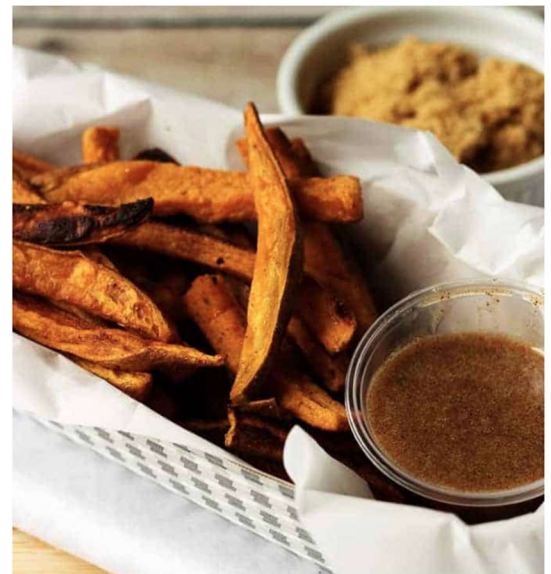
#### **Sweet Potato Fries**

1. First, preheat your oven to 425 degrees F.
2. Next, wash the potatoes and cut them lengthwise into fries. (juliennning)
3. Then, place the fries into a large mixing bowl and toss them with the oil and salt.
4. Last, place them on a sheet pan and let them bake in your preheated oven for 30 minutes or until they slightly crisp.

#### **Cinnamon and Brown Sugar Dipping Sauce**

1. First, while the fries cook, place a small saucepan on your stovetop over medium-low heat.
2. Next, add the brown sugar, cinnamon, and the heavy cream to the butter.
3. Then, as the butter melts, whisk everything together into a sauce.
4. Last, serve the dipping sauce with your fries.

<https://tornadoughalli.com/sweet-potato-fries-cinnamon-sugar-dipping-sauce/>



### Easy Pumpkin Muffins (12 muffins)

- 1  $\frac{3}{4}$  cups all-purpose flour
- 1 tsp. baking soda
- 1  $\frac{1}{2}$  tsp. ground cinnamon
- 1  $\frac{1}{2}$  tsp. pumpkin pie spice
- $\frac{1}{4}$  tsp. ground ginger
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  cup vegetable oil
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{2}$  cup packed light or dark brown sugar
- 1  $\frac{1}{2}$  cups canned pumpkin puree
- 2 large eggs
- $\frac{1}{4}$  cup milk (dairy or nondairy)



1. Preheat oven to 425°F. Spray a 12-count muffin pan with nonstick spray or line with cupcake liners.
2. In a large bowl, whisk the flour, baking soda, cinnamon, pumpkin pie spice, ginger, and salt together until combined. Set aside.
3. In a medium bowl, whisk the oil, granulated sugar, brown sugar, pumpkin puree, eggs, and milk together until combined. Pour the wet ingredients into the dry ingredients, and then fold everything together gently just until combined and no flour pockets remain.
4. Spoon the batter into liners, filling them all the way to the top.
5. Bake for 5 minutes at 425°F, then, keeping the muffins in the oven, reduce the oven temperature to 350°F. Bake for an additional 16–17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 21–22 minutes, give or take. Allow the muffins to cool for 5 minutes in the muffin pan before enjoying.
6. Cover tightly and store at room temperature for up to 1 week.

<https://sallysbakingaddiction.com/pumpkin-muffins-recipe/>

### Polvorones de Canele (Cinnamon Cookies) (Mexico) 2 dozen

- 1 cup butter
- $\frac{1}{2}$  cup confectioners' sugar
- $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{4}$  tsp. salt
- 1 tsp. vanilla extract
- 1  $\frac{1}{2}$  cups all-purpose flour
- 1 cup confectioners' sugar
- 1 tsp. ground cinnamon



1. Preheat oven to 350 degrees F. Grease two cookie sheets.
2. Beat butter and  $\frac{1}{2}$  cup confectioners' sugar in a bowl using an electric mixer until smooth. Stir in vanilla. Combine flour, salt, and  $\frac{1}{2}$  teaspoon of cinnamon; stir into butter mixture to form a stiff dough. Shape dough into 1-inch balls.



3. Mix 1 cup confectioners' sugar and 1 teaspoon cinnamon together in a shallow bowl. Roll balls in cinnamon mixture to coat; transfer cookies to prepared cookie sheets.
4. Bake in the preheated oven until nicely browned, about 15 to 20 minutes. Cool cookies on wire racks.

<https://www.allrecipes.com/recipe/10848/polvorones-de-canele-cinnamon-cookies/>

### **Sweet Rice with Cinnamon (Roz Mafooar) (Moroccan) 6 servings**

- 1 1/3 cups rice
  - 2 2/3 cups water
  - ½ tsp. salt
  - ¼ cup butter
  - ¼ cup powdered sugar
  - ground cinnamon (to taste)
1. Heat rice, water, and salt to boiling, stirring once or twice.
  2. Reduce heat. Cover and simmer 14 minutes. Remove from heat.
  3. Fluff rice lightly with fork, then cover and let steam 5-10 minutes.
  4. Stir in butter and powdered sugar.
  5. Sprinkle with cinnamon and serve warm.



<https://www.food.com/recipe/sweet-rice-with-cinnamon-roz-mafooar-427321>

### **Pizza Dough Cinnamon Rolls (12 rolls)**

For the cinnamon rolls:

- 4 tbsp. unsalted butter, melted, plus more for greasing pan
- 2 tsp. cinnamon
- 1/3 cup sugar
- 1 pound homemade or store-bought pizza dough, at room temp

For the glaze:

- 4 tbsp. unsalted butter, at room temp
- 2 cups powdered sugar
- 1 tsp. vanilla extract
- 6 tbsp. hot water (until desired consistency)

Make the cinnamon rolls:

1. Preheat the oven to 375°F. Grease an 8×11-inch baking dish with unsalted butter.
2. In a small bowl, stir together the cinnamon and sugar.
3. Lightly flour your work surface then roll out the dough into a 16×10-inch rectangle. Brush the dough all over with the melted butter then sprinkle it with the cinnamon-sugar mixture. Starting at the long end closest to you, tightly roll the dough into a log. Cut the log into 12 rolls, about 1 1/2-inches each. Arrange each roll in the prepared baking dish about 1 inch apart.



4. Bake the rolls for 20 to 25 minutes until the dough is fully cooked. (See Kelly's Notes.) Remove the rolls from the oven and let them cool slightly while you make the glaze.

Make the glaze:

1. In a medium bowl, stir together the butter, powdered sugar and vanilla extract. Whisk in the hot water 1 tablespoon at a time until the glaze reaches your desired consistency. Drizzle the glaze over the slightly warm cinnamon rolls and serve immediately.

<https://www.justataste.com/pizza-dough-cinnamon-rolls-recipe/>

### Easy Cinnamon Honey Butter (12-15 servings)

- ½ cup salted butter, softened
  - ¼ cup honey
  - ½ tsp. ground cinnamon
  - ¼ tsp. vanilla extract
1. Mix all the ingredients together until light and creamy, 2-3 minutes, scraping down the sides of the bowl as needed.
  2. Store in a covered container in the refrigerator and bring to room temperature before serving for easier spreading.
  3. Notes: Butter: if using unsalted butter, add about ¼ tsp. salt.



<https://www.melskitchencafe.com/easy-cinnamon-honey-butter/>

### Cinnamon Honey Wings (4-6 servings)

- 2 ½ lbs. chicken wings, tips removed
- 4 garlic cloves, smashed
- ¼ cup olive oil
- 2 tbsp. soy sauce
- ¼ cup Chinese white rice vinegar
- ¼ cup honey
- 1 ½ tsp. ground cinnamon
- 1 tsp. dried thyme
- ½ tsp. ground ginger
- ½ tsp. ground mustard



1. Mix all the ingredients in a zip-lock storage bag, place in refrigerator and marinate at least 2 hours, turning bag occasionally. Remove from refrigerator and place wings and sauce in a single layer in a 13x9x2 baking pan. Bake in oven 375F for 45 minutes, or until no longer pink when pricked with fork.

<https://www.food.com/recipe/cinnamon-honey-wings-127329>

### Library Resources

Every Day with Babs by Barbara Costello – 641.5 COS

### Cinnamon-Roasted Almonds (16 servings – 4 cups)

- 1 large egg white
- 1 tsp. cold water
- 4 cups whole almonds
- ½ cup white sugar
- ½ tsp. ground cinnamon
- ¼ tsp. salt

1. Preheat the oven to 250F. Lightly grease a 10x15-inch jellyroll pan.
2. Lightly beat egg white in a large bowl. Add water; beat until frothy but not stiff.
3. Stir in nuts until well coated.
4. Mix sugar, cinnamon, and salt in a small bowl. Sprinkle sugar mixture over nuts; toss to coat. Spread evenly onto the prepared pan.
5. Bake in the preheated oven, stirring occasionally, until golden, about 1 hour. Allow to cool, then store nuts in an airtight container.



<https://www.allrecipes.com/recipe/15720/cinnamon-roasted-almonds/>

### Cinnamon-Chocolate Fudge (4-6 servings)

- Butter, for greasing the pan
- 1 (14-ounce) can sweetened condensed milk
- 2 tsp. ground cinnamon
- 1 tsp. pure vanilla extract
- 1 pound (about 2 cups) bittersweet (60 percent cacao) chocolate chips
- 3 tbsp. unsalted butter, cut into 1/2-inch pieces, at room temperature
- Kosher or flake salt, optional

1. Butter the bottom and sides of an 8 by 8-inch baking pan. Line the pan with a sheet of parchment paper, about 14-inches long and 7-inches wide, allowing the excess to overhang the sides. Set aside
2. In a medium glass or stainless steel bowl, combine the condensed milk, cinnamon, and vanilla. Stir in the chocolate chips and butter. Put the bowl on a saucepan of barely simmering water and mix until the chocolate chips have melted and the mixture is smooth, about 6 to 8 minutes (mixture will be thick). Using a spatula, scrape the mixture into the prepared pan and smooth the top. Sprinkle with salt, if desired. Refrigerate for at least 2 hours until firm.
3. Run a warm knife around the edge of the pan to loosen the fudge. Remove the fudge to a cutting board. Peel off the parchment paper and cut the fudge into 1-inch pieces. Store refrigerated in an airtight container or freeze.
4. The fudge can also be made using 1 pound (about 2 1/2 cups) of semisweet chocolate chips.



<https://www.foodnetwork.com/recipes/giada-de-laurentiis/cinnamon-chocolate-fudge-recipe-1949140>



### Mini Doughnut Muffins (Makes 48)

- 4 tbsp. butter, softened, plus more for buttering the tin
- 3 cups all-purpose flour
- 1 tbsp. baking powder
- 1 tsp. kosher salt
- ½ tsp. ground nutmeg
- 1 cup sugar
- 2 large eggs
- 1 cup milk

#### Cinnamon Sugar Topping:

- 1 cup sugar
- 1 tbsp. ground cinnamon
- 1 tbsp. cocoa powder
- 1 stick (8 tbsp.) butter, melted

1. For the doughnut muffins: Preheat the oven to 350 degrees F. Lightly grease two 24-cup mini muffin tins with butter.
2. In a large bowl, stir together the flour, baking powder, salt and nutmeg. Set aside. In a different bowl, cream together the sugar and butter. Add the eggs and mix again. Add the flour mixture and milk alternately to the creamed mixture, beating well after each addition.
3. Fill the prepared mini muffin pans two-thirds full. Bake until golden, 10 to 15 minutes.
4. For the cinnamon sugar topping: Mix the sugar, cinnamon and cocoa in a shallow bowl.
5. Roll the muffins in the melted butter, coating them completely, then roll them in the cinnamon sugar. Transfer to a cooling rack.

<https://www.foodnetwork.com/>

### Brown Sugar and Cinnamon Fruit Salad (12 servings)

- 1 pound strawberries
- 2 kiwi
- 1 cup grapes
- 1 cup chopped pineapple fresh or canned
- 6 ounces raspberries
- 6 ounces blueberries
- ¼ cup brown sugar
- 1 tsp. ground cinnamon

1. Rinse all of the fruit well.
2. Quarter the strawberries and dice the kiwi. Cut grapes in half.
3. Add all of the fruit and the brown sugar and cinnamon to a large serving bowl and stir gently to combine.
4. Cover tightly and refrigerate for 30 minutes before serving.

<https://www.bunsinmyoven.com/brown-sugar-cinnamon-fruit-salad/>

