



Spice Up Your Fall!

Maynard Library

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.

<https://en.wikipedia.org/wiki/Allspice>

<https://www.masterclass.com/articles/what-is-allspice-how-to-cook-with-allspice-and-homemade-allspice-substitute-recipe>

RECIPES

Hot Mulled Cider

https://www.simplyrecipes.com/recipes/hot_mulled_cider/

Servings 8 Cups



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

STEPS

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.

Homemade Pickling Spice

<https://www.allrecipes.com/recipe/231256/homemade-pickling-spice/>

INGREDIENTS

- 2 tablespoons whole mustard seeds
- 1 tablespoon whole allspice berries
- 2 teaspoons whole coriander seeds
- 1 teaspoon red pepper flakes, or more to taste
- 1 teaspoon ground ginger
- 2 bay leaves, crumbled
- 2 cinnamon sticks, broken in half
- 6 whole cloves



STEPS

1. Place mustard seeds, allspice berries, coriander seeds, and pepper flakes into a small glass jar with a tight-fitting lid. Shake to combine. Add ginger to the jar, seal, and shake again.
2. Add crumbled bay leaves, cinnamon stick halves, and cloves to the jar. Seal and shake once more to combine.
3. Store in a tightly sealed jar for up to 1 month.

Pickled Red Onions

<https://www.davidlebovitz.com/pickled-red-onions/>



INGREDIENTS

- 3/4 cup white vinegar
- 3 tablespoons sugar
- pinch of salt
- 1 bay leaf
- 5 allspice berries
- 5 whole cloves
- a small, dried chile pepper
- 1 large red onion, peeled, and thinly sliced into rings

STEPS

1. In a small, non-reactive saucepan, heat the vinegar, sugar, salt, seasonings and chile until boiling.
2. Add the onion slices and lower heat, then simmer gently for 30 seconds.
3. Remove from heat and let cool completely.
4. Transfer the onions and the liquid into a jar then refrigerate until ready to use.

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



STEPS

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

Gingerbread Oatmeal

runningtothekitchen.com

Servings: 2

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

STEPS



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/>

Servings: 6

INGREDIENTS

- 3 teaspoons vegetable or olive oil
- 8 oz Fideo or vermicelli, broken into 1-inch 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 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/4 teaspoon cayenne pepper
- salt and pepper, to taste
- 1 lime
- 1/4 cup chopped cilantro
- 1 avocado

STEPS

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.
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!



Black Bean Soup

Adapted from *Recipes of Madison County* by Karen

INGREDIENTS

- 1 pound dried black beans
- 1 medium ham steak (bone in is best)
- 1/4 tsp red pepper flakes (optional)
- 1/2 cup diced onion
- 1 cup diced celery
- 1 cup diced carrots
- 2 cloves garlic
- 1/2 tsp oregano
- 1 1/2 tsp allspice
- 1 small red bell pepper (or any color)
- 1/4 cup red wine vinegar
- 2 bay leaves
- 4 oz tomato sauce
- 1/4 cup sherry (optional)
- sour cream to garnish

STEPS

1. Place beans in a large stockpot and cover with water by 2 inches add 1/4 tsp salt to water. Bring to a boil for 2 minutes, then remove from heat and let sit, covered, for one hour.
2. Drain and rinse the beans. Add one quart of water, garlic, red pepper flakes and ham steak. Bring to a boil then immediately reduce heat to a simmer for one hour keeping the pot covered. Remove the ham steak, chop into small pieces and reserve. To the pot

add celery, carrots, onions, oregano, allspice. Simmer another 1-1/2 hours until beans are soft and carrots cooked through. Add the bell pepper, tomato sauce, sherry and red wine vinegar. Add salt to taste. Simmer about 15 minutes more until pepper is cooked. Remove the bay leaves. Let the soup cool for a bit, then blend half of the contents of the pot, and pour back into the remaining soup. Add reserved ham pieces. Warm in the pan before serving. Serve with sour cream (optional).

3. If you choose to make this without the ham, add an extra teaspoon of salt when adding the spices.

Roasted Pumpkin Salad with Wild Rice, Pecans and Apples

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

Servings: 6

INGREDIENTS



- 1 small sugar pumpkin cut into 3/4 inch wedges. (5– 6 inches in diameter) or delicata squash
- 1 Tablespoon oil
- Salt and Pepper
- 3 cups cooked grain like wild rice, farro, quinoa or freekah
- 4 ounces baby kale (or arugula)
- 1/4 cup dried cranberries
- 1 Honey Crisp apple, sliced into thin wedges
- 1/2 cup sliced green onion
- **Maple Glazed Pecans**
- 1/2 cup pecans
- 1 tablespoon maple syrup
- pinch salt and pepper

- **Maple Vinaigrette**

- 4 tablespoons olive oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 1/2 teaspoon salt, more to taste
- 1/2 teaspoon pepper
- 1 teaspoon ground allspice

STEPS

1. Preheat oven to 375 F
2. Cut pumpkin in half and scoop out seeds. Cut into 3/4 inch wedges (leave skin on) and toss with olive oil, salt and pepper, and place on a parchment-lined backing 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.
6. Add vinaigrette ingredients and toss.
7. 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

Lebanese Seven Spice

<https://www.darngoodveggies.com/seven-spice/>

INGREDIENTS

- 1 tablespoon allspice
- 1 tablespoon coriander
- 1 tablespoon cloves
- 2 teaspoons cinnamon
- 2 teaspoons ginger
- 1 ½ teaspoons black pepper
- 1 teaspoon nutmeg

STEPS

1. In a small bowl, stir together all the spices. Store in a jar in a cool dry place.

Loubya Bi Zayt (Lebanese Green Bean & Tomato Stew)

<https://www.darngoodveggies.com/loubya-bi-zayt-lebanese-green-bean-tomato-stew/>

Servings: 6

INGREDIENTS



- 2 tablespoons olive oil
- 2 yellow onions, diced
- 1 clove garlic, minced
- 2 teaspoons Lebanese Seven Spice
- Pinch red pepper flakes
- 1 teaspoon salt
- 1 lb green beans, trimmed
- 24 oz strained tomatoes
- 2 teaspoons sugar

STEPS

1. Heat the olive oil in a large skillet over medium-high heat. Add in the onion and cook, stirring occasionally, until golden. This process takes about 15 minutes, but adds a tremendous amount of flavor.

2. Add in the garlic, red pepper flakes, Seven Spice, and salt. Stir, cooking, until fragrant, about 1 to 2 minutes.
3. Stir in the green beans, tomatoes, and sugar. Simmer, covered, stirring occasionally, until the beans are tender and the tomato sauce is fragrant and has thickened, about 30 minutes.

Easy Jamaican Jerk Chicken

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

Servings: 10

INGREDIENTS

- 10 chicken legs
- ⅓ 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



STEPS

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.
2. Use paper towels to thoroughly dry chicken legs of excess moisture. Use fork to poke holes on all sides of chicken legs. Evenly spread the rub mixture underneath the skin of chicken legs - really push the mixture as far underneath skin as you can - as well as on top of skin.
3. 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. Serve immediately, with drippings from baking pan.

Skyline Cincinnati Chili (Copycat Recipe)

insanelygoodrecipes.com

Servings: 10-12

INGREDIENTS

- 2 pounds ground beef
- 2 cups chopped onions
- 4 cups beef stock
- 2 (8-ounce) cans tomato sauce
- 2-3 tablespoons chili powder
- 2 tablespoons apple cider vinegar
- 2 teaspoons Worcestershire sauce
- 1/2 ounce grated unsweetened chocolate, or 2 3/4 tablespoons cocoa powder
- 2 teaspoons instant minced garlic
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1 bay leaf

Toppings:

- Shredded cheddar cheese, Chopped onion (optional), Kidney beans (optional)

STEPS

1. In a large skillet over medium heat, add ground beef and onions. Sauté until onions are translucent and beef is no longer pink. Drain.
2. Reduce the heat to low and pour the beef stock. Simmer for 10 minutes.
3. Mix in the tomato sauce, chili powder, apple cider vinegar, Worcestershire sauce, unsweetened chocolate or cocoa powder, minced garlic, cinnamon, cumin, salt, red or cayenne pepper, allspice, cloves, and bay leaf or bay leaf powder. Simmer, uncovered, for 1 hour.
4. Remove the bay leaf (if using) and spoon off the layer of grease on the surface.
5. Serve over spaghetti noodles or on top of hot dogs. Top with cheese and other optional toppings.



2-Way: spaghetti topped with chili

3-Way: spaghetti, chili, and shredded cheddar cheese

4-Way: spaghetti, chili, shredded cheddar cheese, and diced onions or beans

5-Way: spaghetti, chili, shredded cheddar cheese, diced onions, and beans

The Best Swedish Meatballs

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

Servings: 6

INGREDIENTS

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

STEPS

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/>

Servings: 4



INGREDIENTS

- 2 cups milk
- 2 large eggs
- 2 large egg yolks
- 1 cup sugar
- pinch salt
- 1 tsp vanilla extract
- ¼ ground allspice

STEPS

1. Heat the oven to 325 degrees F.
2. Bring water to a simmer for the water bath.
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 custard cups or ramekins.
8. Sprinkle the tops with the 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.
12. Remove the cups from the water bath and let cool. Refrigerate for at least 1 hour or until cold.

Bourbon Molasses Cookies

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

Servings: 2 dozen

INGREDIENTS

- 4 2/3 cups all-purpose flour
- 1 tablespoon baking soda
- 1 1/2 tablespoons ground ginger
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1 TINY pinch finely ground black pepper
- 1/2 teaspoon salt
- 12 ounces unsalted butter, at room temperature
- 2 1/4 cups light brown sugar, packed
- 1 teaspoon vanilla extract
- 1/2 teaspoon finely grated orange zest
- 2 large eggs, at room temperature
- 1/2 cup molasses (not blackstrap)
- 3 Tablespoons bourbon
- 1/2 cup granulated sugar (for rolling the cookie dough)

STEPS

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. Gradually add in the dry ingredients and beat until it's evenly incorporated.

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.
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.

Pumpkin Souffle

<https://www.easy-french-food.com/pumpkin-souffle-recipe.html>

Servings: 8 mini souffles



INGREDIENTS

- 4 eggs
- 1 1/2 pumpkin puree
- 1/2 cup sugar + 1/4 cup sugar
- 1/2 half and half
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/4 teaspoon cream of tartar

STEPS

1. Separate the eggs into two clean mixing bowls, placing the egg whites in a metal bowl. Allow the eggs to come to room temperature for 20 minutes.
2. Preheat the oven to 375°F. Coat 8 individual serving ramekins with melted butter. An easy way to do this is to place a teaspoon of butter in one ramekin and melt it in the microwave. Use a pastry brush to distribute the butter and coat the other ramekins.
3. Using a wooden spoon, mix together thoroughly the egg yolks, pumpkin puree, ½ cup sugar, half and half, spices and salt.
4. Add the cream of tartar to the egg whites. Using a hand-held electric whisk, begin whisking the egg whites on low. As the egg whites begin increasing in volume, gradually

increase the speed of the mixer. When the egg whites form soft peaks, gradually add in the ¼ cup of sugar. Continue beating until the egg whites are stiff and shiny.

5. Blend about a cup of the egg whites with the pumpkin mixture to lighten it up. Add the rest of the egg whites on top of the pumpkin mixture, and use a rubber spatula to gently fold in the egg whites. Do this with a light touch and quickly - no more than a minute of folding should be needed. If it looks like there are some areas that are not blended, don't worry.
6. Use a ladle to gently fill the ramekins with the egg mixture. Place all of the ramekins on a cookie tray and place the tray in the oven. Bake for 17 minutes at 375°F - no peeking!
7. Remove from the oven and serve immediately. If you place the ramekins on small plates they will be easier to serve.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

<https://insanelygoodrecipes.com/impossible-pumpkin-pie/>

<https://www.cookingclassy.com/autumn-spice-cake-with-cream-cheese-frosting/>

<https://www.gastronomblog.com/homemade-allspice-dram/>

<https://recipesfromapantry.com/crockpot-chicken-thighs-recipe-allspice-orange-lemon/>

<https://www.simplyrecipes.com/recipes/slow-cooker-moroccan-chicken/>

<https://www.themediterraneanandish.com/greek-pastitsio-recipe/>

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

<https://www.mccormick.com/recipes/main-dishes/jerk-chicken-with-roasted-plantains>

<https://www.mccormick.com/recipes/main-dishes/cuban-roast-pork-tacos>

New York Times, subscription required

<https://cooking.nytimes.com/recipes/1014776-spinach-soup-with-coriander-cinnamon-and-allspice>

<https://cooking.nytimes.com/recipes/1017750-west-indian-lamb-curry>

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

<https://cooking.nytimes.com/recipes/1018402-spiced-pecan-date-shortbread-bars>

Allspice recipes in next month's booklet (Spicy Holiday Favorites, on the Spice Club page)

Pumpkin Pie Spice

Warm-Spiced Butternut Squash Soup

Pear (or Cranberry) Upside-Down Spice Cake

SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, December 2 @ 12 pm**. Feel free to use one of these recipes for your dish or find one on your own.