



Spice Up Your Fall!

Maynard Library Spice Club

NUTMEG & MACE

### 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. Ground mace is sold in powdered form, but you can also find it in dried, whole pieces called mace blades. 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.



Mace is a component of numerous spice mixtures, including curry powder, garam masala, and ras el hanout. It is also used in baked goods—particularly donuts, cakes, puddings, and custards—but also in pickling recipes or to infuse flavor, as is done with a bay leaf. The spice can also be a part of cheese dishes, souffles, sauces, soups, and poultry and fish recipes. It especially complements dishes with cherries or chocolate. The blades can also be used to infuse flavor into rice, steamed dishes, stocks, or

similar liquid-based recipes with long cooking times.

Mace is on the delicate side, and it can turn bitter when cooked too long, so it's best used as a finishing touch, as a seasoning before serving, or incorporated into doughs that cook at lower temperatures.

<https://www.thespruceeats.com/what-is-mace-1807031#toc-recipes-with-mace>

<https://foodprint.org/real-food/nutmeg-and-mace/>

<https://www.masterclass.com/articles/how-to-cook-with-mace>

<https://www.spiceography.com/fresh-nutmeg-vs-ground-nutmeg/>

<https://www.cuisineathome.com/tips/nutmeg-vs-mace/>

## NUTMEG 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.

## Garam Masala

<https://www.daringgourmet.com/garam-masala/#recipe>

### INGREDIENTS

4 tablespoons coriander seeds	2 star anise
4 teaspoons cumin seeds	8 whole cloves
1 teaspoon fennel seeds	1/2 teaspoon freshly ground nutmeg
1 teaspoon black peppercorns	1/4 teaspoon ground mace (optional)
1 teaspoon green cardamom seeds	2 dried curry leaves (can substitute one large bay leaf)
1/2 teaspoon black cardamom seeds	
1 stick cinnamon, about 3 inches	



### INSTRUCTIONS

1. Place the whole spices (reserving the ground nutmeg and mace) in a dry skillet and toast them over medium-high heat for several minutes, stirring frequently, until the spices are very fragrant and the lighter spices have become deeper golden in color. Note: Be careful not to scorch the spices or they will become very bitter.
2. Transfer the toasted spices to a bowl and let them cool completely.
3. Place the cooled spices in a coffee/spice grinder or a blender along with the ground nutmeg and mace. If you haven't already done so it is easiest to grind the cinnamon if you break it into pieces.
4. Grind the spices until you get a fine powder. Transfer the garam masala to an airtight jar and store in a dark place. Will keep for several months but for optimal flavor use them within a month or two.

## Winter Greens Gratin

<https://soilborn.org/recipe/winter-greens-gratin/>

### INGREDIENTS

4 bunches chard	¾ tsp. sea salt
3 Tbs. extra-virgin olive oil	¼ tsp. fresh ground black pepper
2 medium leeks, thinly sliced	1 cup grated parmesan cheese
3 cloves garlic minced	2 eggs, lightly beaten
1 tsp. dried thyme	1/3 cup pine nuts
3 Tbs. all-purpose flour	3 Tbs. melted butter
2 cups whole milk	1¼ cup coarse fresh breadcrumbs
¼ tsp. fresh grated nutmeg	¼ cup chopped fresh flat leaf parsley

### DIRECTIONS

1. Remove stems from chard and tear or cut into 2 inch pieces. Cook greens in salted boiling water about 2 minutes until they have softened. Cool in an ice bath or cold water and drain well. Squeeze out all moisture. Place into a mixing bowl and set aside.

2. Sauté the leeks, garlic and dried thyme and in 3 Tbs. olive oil, until softened. Add in the flour and cook for 3 more minutes. Add in half and half and bring to a simmer. Cook for 5-6 minutes to thicken slightly stirring occasionally. Add in nutmeg, salt and pepper and cheese and mix well. Set aside to cool for 8-10 minutes.
3. In a separate bowl, combine the melted butter and the breadcrumbs. Season with a bit of salt and pepper. Set aside.
4. Preheat oven to 375 F. Add the béchamel to the cooked greens, add in the pine nuts and mix well. Season with sea salt and pepper. Mix in the eggs. Place mixture into a 9x13 inch baking dish and top with toasted breadcrumbs and parsley. Bake for 35-40 minutes or until the mixture is bubbling and the top is brown (if filling is not hot and top is getting too brown cover top lightly with foil or parchment and continue to bake). Let gratin sit for 7 minutes before serving.

## Sicilian Ricotta Pasta

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

Serves 4



### 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

### INSTRUCTIONS

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.
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.

## Pull-Apart Bread with Pumpkin and Spinach

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

### Ingredients

Serves 6-8

- 3/4 cup pumpkin purée (fresh or canned)
- 1/2 cup (packed) thawed, drained 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



frozen

### 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 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.

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

## Spicy Nutmeg Chicken (Grenada)

<https://www.food.com/recipe/spicy-nutmeg-chicken-grenada-caribbean-373187>

Total time: 1hr 30 mins Serves: 6-8



### INGREDIENTS

For the nutmeg syrup

- 1 cup water
- 1/2 cup dark brown sugar, packed
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1/4 teaspoon rum flavoring

For the chicken

- 8 chicken thighs
- 2 garlic cloves, crushed, minced
- 1/4 cup onion, grated
- 1/4 teaspoon salt, to taste
- 1/8 teaspoon pepper, to taste
- 1/4 cup soy sauce
- 1/4 teaspoon pepper sauce
- 1/2 cup nutmeg syrup
- 1/4 teaspoon ground ginger

### DIRECTIONS

For the nutmeg syrup

1. In a saucepan, combine the 1 cup of water along with the sugar, cinnamon & nutmeg. Mix thoroughly & bring to a boil, then reduce heat & cook, stirring for 2-3 minutes.
2. In a small container combine cornstarch & water & mix thoroughly, before stirring it into the syrupy mixture, & blending well.
3. Simmer the syrup for another 5 minutes or so until thickened somewhat.

4. Remove from heat & stir in the rum flavoring, then set aside.

For the chicken:

1. Preheat oven to 400 degrees F.
2. Place chicken thighs in a 13"x9" baking dish
3. In a small container combine garlic, onion, salt & pepper, mixing well, then spread this mixture over the chicken thighs.
4. Bake thighs for 15 minutes, then remove from oven.
5. While chicken is baking, in a bowl, combine soy sauce, pepper sauce, Nutmeg Syrup & ground ginger, mixing well.
6. After the 15 minutes of baking, remove chicken from the oven & turn the temperature down to 350 degrees F.
7. Baste the thighs with the nutmeg syrup mixture & return them to the oven to bake for at least 60 minutes, basting frequently.
8. Serve hot with additional syrup mixture, if desired.

## 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 and 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:

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.

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.

## Swedish Meatballs (Svenska Kottbullar)

<https://www.allrecipes.com/recipe/216564/swedish-meatballs-svenska-kottbullar/>



### INGREDIENTS

2 slices day-old white bread, crumbled  
½ cup heavy cream  
1 teaspoon butter  
1 small onion, minced  
⅔ pound ground beef  
⅓ pound finely ground pork  
1 egg  
1 tablespoon brown sugar (optional)  
1 teaspoon salt  
¼ teaspoon ground black pepper  
¼ teaspoon ground nutmeg  
¼ teaspoon ground allspice  
⅛ teaspoon ground ginger (optional)  
1 tablespoon butter  
¼ cup chicken broth  
3 tablespoons all-purpose flour, or as needed  
2 cups beef broth, or as needed  
½ (8 ounce) container sour cream

## DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Place bread crumbs into a small bowl; mix in cream. Allow to stand until crumbs absorb cream, about 10 minutes.
3. Meanwhile, melt 1 teaspoon butter in a skillet over medium heat; cook and stir onion until light brown, about 10 minutes. Transfer onion to a mixing bowl.
4. Mix ground beef, ground pork, egg, brown sugar, salt, black pepper, nutmeg, allspice, and ginger with onion in the mixing bowl. Lightly mix in bread crumbs and cream.
5. Melt 1 tablespoon butter in a large skillet over medium heat. Pinch off about 1 1/2 tablespoon meat mixture per meatball; form into balls. Place meatballs into the skillet and cook, turning often, until browned, about 5 minutes. Insides of meatballs will still be pink. Place browned meatballs into a baking dish, pour in chicken broth, and cover with foil.
6. Bake in the preheated oven until meatballs are tender, about 40 minutes. Remove meatballs to a serving dish.
7. Pour pan drippings into a saucepan over medium heat. Whisk flour into drippings until smooth. Gradually whisk in enough beef broth to total about 2 1/2 cups liquid. Bring gravy to a simmer, whisking constantly, until thickened, about 5 minutes.
8. Just before serving, whisk in sour cream. Season with salt and black pepper. Serve gravy with meatballs.

## Spiced Star Cookies (Speculaas)

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

Speculaas are traditionally thin, crisp, dark-brown windmill-shaped cookies that originated in the Netherlands.

Total Time: 1 hr 30 mins Yield: 4 dozen small cookies

## 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

## INSTRUCTIONS

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.
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/>

Yield: 12 servings Total Time: 1 hour 5 minutes



## 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

## INSTRUCTIONS

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.
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.

## Nutmeg Ice Cream

<http://globaltableadventure.com/recipe/recipe-ever-so-nutmeg-ice-cream/>

Servings: 4

### Ingredients

- 2 1/2 cups milk
- 1 1/2 cups heavy cream
- 1 tsp whole nutmeg (freshly ground)
- 1 cup sugar
- 3 egg yolks

### DIRECTIONS

1. Heat the milk and heavy cream with half of the sugar, reserving the rest for later, and 1 tsp freshly ground nutmeg. Remove from heat when the sugar is dissolved. Do not boil.
2. Whisk together the yolks with the remaining 1/2 cup sugar until pale yellow and thickened.
3. Stream a few tablespoons of the hot milk mixture into the egg yolk mixture and whisk to combine.
4. Pour this mixture back into the pot. Return to heat and cook over a medium-low flame until thickened (this will usually happen a minute or so after the first bubbles break through). Stir continuously. Once thickened, strain through a sieve.
5. Chill and prepare according to manufacturer's instructions.



## MACE RECIPES

### Spicy Roasted Pumpkin

<https://www.thespruceeats.com/spicy-roasted-pumpkin-recipe-435669>

Total time: 45 minutes Servings: 6 servings

#### INGREDIENTS

- 1 medium-sized pumpkin, or squash
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 1/2 teaspoon ground mace, or ground nutmeg
- 1/2 teaspoon paprika
- 1 pinch dried chili flakes
- 1 sprig fresh thyme
- 1 tablespoon extra-virgin olive oil, or rice bran oil



#### DIRECTIONS

1. Preheat the oven to 425 F. Carefully wash the pumpkin or squash and dry thoroughly.
2. Using a long, sharp knife carefully cut the pumpkin or squash into wedges or slices depending on the shape. Be careful when cutting as the pumpkin can easily slip. To make it easier put it onto a damp tea towel to help prevent it from slipping.
3. Lay the wedges on to a large, roomy baking tray. The slices must be one layer and not overlapping. If you have more slices than can fit in one layer, then use two or more trays. Generously season with sea salt and black pepper. Sprinkle the mace, paprika and the thyme evenly over the wedges. Pour over the oil then roll the slices or wedges in the oil to make sure they are all well covered.
4. Place the tray(s) into the preheated oven. Roast for between 30 and 40 minutes, longer if the pumpkin needs it. The skin should be slightly blistered and the flesh soft when pierced with a sharp knife.
5. Remove the tray(s) from the oven and leave the pumpkin to cool ever so slightly then serve. If the skin is edible, then leave it on, otherwise, remove the skin, it should slip away quite easily.

### Mace Gnocchi with Butternut Squash

<https://www.silkroaddiary.com/mace-gnocchi-with-butternut-squash/>

#### INGREDIENTS

For the Butternut Squash

1/2 pound butternut squash, cubed

1/2 teaspoon salt

1 teaspoon mace

1 tablespoon olive oil

For the Gnocchi

1 pound russet potatoes

4 ounces grated parmesan, plus more for garnish

2 egg yolks

2 whole egg, slightly beaten

1/3 cup flour

1 tablespoon salt for gnocchi

1 1/2 teaspoons mace for gnocchi

2 tablespoons olive oil for cooking gnocchi

2 tablespoons butter

2 tablespoons sage, chiffonade

Freshly ground black pepper

## INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Scrub the potatoes and bake for about one hour, until they are easily pierced through, set aside to cool.
3. Line a sheet pan with parchment. In a large bowl, toss the cubed butternut squash with 1 tablespoon oil, 1 teaspoon mace and 1/2 teaspoon salt. Transfer to the lined sheet pan and cook for about 30 minutes until tender and fragrant. While the squash is cooking, make the gnocchi.
4. To make the gnocchi dough, first peel the potatoes and pass them through a ricer or grate as finely as is possible. Then, combine the riced potatoes, parmesan, eggs, flour, salt and 1 1/2 teaspoons mace in a large bowl. Hand mix until the ingredients are incorporated but don't over-knead or the dough will become rubbery.
5. Separate the dough into fist sized balls. Working on a floured board, roll each one out into a rope about 3/4" thick. Cut the dough into little 3/4" pillows and transfer to a parchment lined sheet pan.
6. Add 2 tablespoons olive oil to a large non-stick sauté pan over medium heat. Working in batches, add the gnocchi to the pan and brown on each side. Once golden, continue cooking, flipping as needed, until they are warmed all the way through, about 3-5 minutes.
7. Keep the cooked gnocchi warm until all the batches are done.
8. Once all the gnocchi are cooked, add 2 tablespoons of butter to the pan. Melt and cook until it becomes brown and smells nutty, then add sage and cook one minute more.
9. Combine the squash and gnocchi onto a serving platter and drizzle with the browned butter sauce. Finish with salt, pepper and parmesan cheese.



## Split Pea Soup

<https://www.growntocook.com/?p=629>

from Nigella Lawson: Feast

### INGREDIENTS

1 onion, peeled and diced  
1 carrot, peeled and diced finely  
1 clove of garlic, chopped  
1 stick of celery, diced finely  
2 – 3 tbsp vegetable oil  
½ tsp ground mace

500 g yellow or green split peas  
6 ¾ cups chicken or vegetable stock  
2 bay leaves  
8 vegetarian sausages (or Frankfurters), for serving

## DIRECTIONS

1. Warm the oil in a heavy-based wide saucepan and add the chopped vegetables. Cook them for about 5 to 10 minutes, until soft but not browned.
2. Add the ground mace (a small amount but crucial to the taste), give a good stir and then add the split peas and stir again till they are glossily mixed with the oil-slicked, cooked-down vegetables. Pour over the stock and add the bay leaves, bring to the boil. Cover, turn down the heat and cook for about an hour until everything is tender, adding more stock if needed. Season with salt and pepper.
3. Slice the sausages and warm them in the soup, or warm them separately and add some slices into each person's bowl.

## Dry Fruit Barfi

<https://www.theroute2roots.com/dry-fruit-barfi/>

Total time: 1 hour Makes 16 pieces

## INGREDIENTS

- 4 ¼ cups full-fat milk
- 1 tablespoon ghee or butter
- 2 tablespoons yogurt
- 1/4 cup sugar
- 2 tablespoons pistachios, chopped
- 2 tablespoons almonds, chopped
- 2 tablespoons walnuts, chopped
- 2 tablespoons figs, chopped
- 2 tablespoons dates, chopped
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground mace
- 1/4 teaspoon ground cardamom

## INSTRUCTIONS

1. Add ghee or butter to a heavy bottom pan. Pour in the milk to that pan and bring it a boil. Once the milk comes to boil, add the yogurt and stir continuously. Keep cooking the milk till it reduces to half.
2. Add the sugar and chopped dry fruits and continued cooking on a very low flame till the milk thickens. Add 3/4 cup of water and keep stirring over low heat till all the moisture evaporates. Add the nutmeg, mace and cardamom and continue to cook and stir till the moisture leaves the sides of the pan.
3. Remove from heat, pour into 4"x 4" square tin. Allow to cook and cut into squares.



## Peach and Berry Bliss Cobbler

<https://www.tasteofhome.com/recipes/peach-and-berry-bliss-cobbler/>

Total Time: 45 minutes Serves 8

## INGREDIENTS

### Fruit

1/2 cup packed brown sugar  
3 tablespoons cornstarch  
1/4 teaspoon ground mace  
1/4 cup sherry or unsweetened apple juice  
5 cups sliced peeled peaches  
1 cup fresh or frozen blueberries  
1/2 cup chopped pecans  
1 tablespoon butter  
1 tablespoon lemon juice

### Topping

1 cup all-purpose flour  
1/3 cup sugar  
1-1/2 teaspoons baking powder  
Dash salt  
1/4 cup cold butter, cubed  
1/4 cup milk  
1 egg, lightly beaten



## DIRECTIONS

1. In a large saucepan, combine the brown sugar, cornstarch and mace. Stir in sherry until blended. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Add the peaches, blueberries, pecans, butter and lemon juice. Pour into a greased shallow 2-qt. baking dish.
2. For topping, in a small bowl, combine the flour, sugar, baking powder and salt. Cut in butter until coarse crumbs form. Stir in milk and egg. Spoon over fruit mixture.
3. Bake at 400° for 25-30 minutes or until bubbly and a toothpick inserted in the topping comes out clean. Serve warm.

## Apple Cider Doughnut Cake

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

Total time: 2 hours 30 mins Serves: 10 to 12 servings (1 Bundt cake)

## INGREDIENTS

### For the Cake:

9 tablespoons unsalted butter, room temperature, divided  
2 small Granny Smith apples (about 6 ounces each), peeled, cored, and roughly 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 teaspoon 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.

For the Cinnamon Sugar Coating

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.

## MORE RECIPES

To use these links, access this document at [maynardpubliclibrary.org/spice](http://maynardpubliclibrary.org/spice).

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

<https://www.foodnetwork.com/recipes/robert-irvine/french-toast-recipe-1951408>

<https://www.delish.com/cooking/recipe-ideas/recipes/a34462/spiced-cranberry-coffee-cake-recipe-wdy1212/>

<https://www.delish.com/cooking/recipe-ideas/recipes/a21911/baked-pears-raspberry-sauce-recipe-mslo1013/>

<https://www.delish.com/cooking/recipe-ideas/recipes/a12609/pumpkin-chiffon-pies-recipe-mslo1010/>

<https://zestysouthindiankitchen.com/sleep-inducing-golden-milk/>

<https://www.micheleannajordan.com/cooking/recipe/lasagne-noodles-nutmeg-cheese/>

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

<https://www.food.com/recipe/mrs-morrison-s-mace-cake-120846>

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

<https://insanelygoodrecipes.com/nutmeg-recipes/>

Mexican Hot Chocolate, Cinnamon Sugar Pull-Apart Bread, Cinnamon Nutmeg Scone, Roasted Butternut Squash Soup, Best Cranberry Sauce, Spice Bundt Cake, Sauteed Swiss Chard, Candied Pecans, Perfect Pumpkin Pie, Spiced Rum Milk Punch, Eggnog Pancakes, Nutmeg Banana Chips, Waffles, Nutmeg Rice, Spice Cupcakes with Cream Cheese Frosting, Homemade Apple Pie, Banana Nutmeg Smoothies

## SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](https://www.instagram.com/maynardpubliclibrary) using [#maynardspiceclub](https://www.instagram.com/explore/tags/maynardspiceclub).

We'll have a potluck buffet and discussion on Saturday, November 19 @ 12 pm in person. See other food resources and register to receive email updates about kits and meetings at <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.