



October's Spice of the Month

Allspice

Available whole or ground, **allspice** combines the flavors of cinnamon, nutmeg and cloves. This spice complements stews, carrots, pork or poultry, squashcakes, cookies and some breads.



Tuscan-Style Grilled Pork Chops with Balsamic Glaze



Ingredients

- 3tbsp extra-virgin olive oil
- 2tbsp rosemary leaveschopped
- 1.5tbsp kosher salt
- 1.5tbsp fennel seeds
- 2tsp black pepperfreshly ground
- 2tsp sagechopped
- 2tsp thymechopped
- 2tsp sweet paprika
- 1tsp crushed red pepper
- 1tsp ground coriander
- 1/2tsp ground allspice
- 4 pork chops 3 /4 - 1" thick cut - bone in
- 3tbsp balsamic vinegar, preferably one aged for at least 5 years

Instructions

1. In a small bowl, combine the olive oil, rosemary, kosher salt, fennel, black pepper, sage, thyme, paprika, crushed red pepper, coriander and allspice. Rub the spice paste all over the pork chops and let stand at room temperature for 2 hours or refrigerate overnight.
 2. Preheat your gas grill. Brush both sides of your pork chops with the balsamic vinegar and place on the hot grill and grill for 4 min. on one side, or until the pork releases from the grill. Brush again with the balsamic vinegar and flip over. Grill for 3 min. on the other side. Remove from the grill and serve immediately.
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Recipe Notes

Note: If using this recipe to make ribs, follow step 1. Preheat the oven to 325°. Arrange the ribs on a large, rimmed baking sheet or roasting pan, meaty side up. Roast the ribs for 2 hours, or until tender. Preheat the broiler. Brush the meaty side of the ribs with the balsamic vinegar and broil 6 inches from the heat until browned, about 2 minutes. Let stand for 5 minutes, then cut between the ribs and serve.

Spice Cake



Ingredients

- 1-1/2 cups sugar
- 1 cup raisins, chopped
- 1 cup water
- 3/4 cup butter, cubed
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 4 large eggs, separated, room temperature
- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 3/4 cup chopped pecans
- CREAM CHEESE FROSTING:
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup butter, softened
- 1 teaspoon vanilla extract
- Pinch salt
- 4 cups confectioners' sugar
- Optional: Additional chopped pecans, cinnamon sticks, fresh bay leaves, fresh rosemary sprigs and confectioners' sugar

Directions

In a large saucepan, combine the first 8 ingredients; cook and stir over medium-low heat until sugar is dissolved. Remove from the heat; cool.

In a large bowl, beat egg yolks; gradually stir in spice mixture. Combine the flour, baking powder, salt and baking soda; gradually add to the spice mixture until blended. Stir in pecans. In a small bowl, beat egg whites until soft peaks form; fold into the batter.

Pour into 2 greased and floured 9-in. round baking pans. Bake at 325° until a toothpick inserted in the center comes out clean, 35-40 minutes. Cool for 10 minutes before removing from pans to wire racks to cool completely.

For frosting, in a large bowl, beat cream cheese and butter until fluffy. Add vanilla and salt. Gradually beat in confectioners' sugar until smooth. To decorate, spread frosting between layers and over top and side of cake, leaving cake slightly exposed on the side. If desired, top with pecans, cinnamon sticks, bay leaves, rosemary sprigs and confectioners' sugar. Store in the refrigerator.



Whip up these Easy Apple Pie Bites for a scrumptious, bite-sized dessert that'll leave everyone craving more! With a flaky crescent roll crust and a warm, cinnamon-spiced apple filling, these delightful treats are perfect for any occasion.

Ingredients

for 4 bites

- 1 sheet puff pastry
- 1 handful handful pecans, chopped
- 2 tablespoons butter, melted
- 1 teaspoon brown sugar
- 1 apple, cut into 8 segments

Spice Mix

- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon ground ginger
- ½ teaspoon allspice

Preparation

Stir all of the 'spice mix' ingredients together.

Roll the puff pastry out and cut some rough isosceles triangle shapes from it.

Take a thick slice of apple, dip it into the melted butter and place on the end of the pastry.

Scatter a teaspoon of brown sugar over the pastry. Pour some roughly chopped pecans on top of that. Sprinkle 1 teaspoon of spice mix over all of that.

Starting at the apple segment, roll the pastry until everything is wrapped into a neat little package.

Bake in the centre of a pre-heated oven for 25-30 minutes - 180°C (350°F) Gas Mark 4.

Allow to cool for 3-5 minutes before eating because the contents are hot!

Enjoy!



Allspice History

General Description

Allspice is the dried, unripe berry of *Pimenta dioica*, an evergreen tree in the myrtle family. After drying, the berries are small, dark brown balls just a little larger than peppercorns.

Geographical Sources

Allspice comes from Jamaica, Guatemala and Honduras.

Traditional Ethnic Uses

Allspice is used in Jamaican jerk seasoning and in Jamaican soups, stews, and curries. It also is used in pickling spice, spiced tea mixes, cakes, cookies, and pies. Food producers use it in ketchup, pickles, and sausages.

Taste and Aroma Description

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History/Region of Origin

Christopher Columbus discovered Allspice in the Caribbean. Although he was seeking pepper, he had never actually seen real pepper and he thought Allspice was it. He brought it back to Spain, where it got the name "pimienta," which is Spanish for pepper. Its Anglicized name, pimento, is occasionally used in the spice trade today. Before World War II, Allspice was more widely used than it is nowadays. During the war, many trees producing Allspice were cut, and production never fully recovered. Folklore suggests that Allspice provides relief for digestive problems.

A Few Ideas to Get You Started

The warm sweet flavor of Allspice lends itself to a wide variety of foods. Allspice is commonly used in both savory and sweet foods. Try mixing 1/4 teaspoon ground Allspice with 2 pounds of ground beef to give a unique flavor to meatloaf or hamburgers. Or, add 1 teaspoon of ground Allspice to angel food or white cake mix for a sensational spicy flavor. Aromatic whole Allspice is a great addition to potpourri. Add a few Whole Allspice to your pepper grinder, along with a mixture of black, white, and green peppercorns for a unique seasoning blend. For an intriguing spiciness, add whole, cracked berries to marinades for chicken and pork, simmering beef stew, pot roasts, or hearty bean soups. Enhance simple desserts such as applesauce, fruit compotes, and oatmeal cookies with the warm, sweet flavor of Ground Allspice. Add a pinch of Ground Allspice to barbecue and tomato sauces as well as cooked winter squash and carrots. Allspice may be substituted for cloves. To grind Allspice at home, do not use a grinder with plastic parts, because the oil in the spice can cloud plastic.