

Did you know...

Allspice is a spice that comes from the dried berries of the *Pimenta dioica* plant. Allspice tastes like a blend of cinnamon, cloves, and nutmeg, but the allspice berry itself is its own spice and not a blend of "all spices", as the name might suggest. As the plant is grown mainly in Jamaica, it is popular in Jamaican, Caribbean and Central American cooking.

Along with having a great flavour profile that makes it popular in both savoury and sweet dishes, allspice is also nutritious! Allspice can help build strong bones, is high in iron, and contains anti-inflammatory properties.

Show us what you do with your spices!

Post your photos and tag us
@TBayPL or email us at
cpark@tbpl.ca



Thunder Bay
Public Library

Spices are purchased locally from The Bulk Zone

FIND THEM AT

135 Frederica St E

OR

776 Macdonell St



TBPL Spice Club



Spice of the Month: Allspice

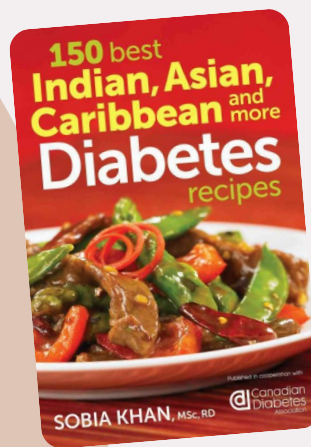
Allspice Grilled Sweet Potatoes and Pears

Ingredients

- 2 large sweet potatoes, peeled and cut into 1/2 inch thick slices
- 5 tbsp. olive oil
- 1 3/4 tsp. allspice
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 tbsp. red wine vinegar
- 1 pear, cored and thinly sliced
- 1/4 cup thinly sliced green onions

Directions:

- In a large bowl combine 2 tbsp. of the oil, 3/4 tsp. of the allspice, 1/4 tsp. of each of the salt and pepper. Add sweet potatoes and toss to coat. Grill on the rack of a covered grill directly over medium heat 10 minutes on each side or until tender.
- Meanwhile, in the same bowl whisk together the remaining olive oil, vinegar, 1 tsp. of the allspice, remaining 1/4 tsp. of each salt and pepper. Pour over grilled sweet potatoes, thinly sliced pears, and sliced green onions; toss to coat.



Spiced Cider

- 16 cups (1 gallon) apple cider
- 1/4 cup light brown sugar
- 1 tsp. allspice
- pinch grated nutmeg
- 2 tsp. whole cloves
- 1 orange
- cinnamon sticks
- In a large pot over med. heat, add the apple cider. Stir in the brown sugar, allspice and nutmeg until the sugar is dissolved and bring to a low boil.
- Stick the pointy ends of the cloves into the orange so that just the buds of the cloves are visible. The entire orange should be covered with the cloves. Add to the cider and reduce the heat to simmer. Cover and continue cooking for 20 minutes.
- Serve in warm mugs with a cinnamon stick garnish.



Find more great books on our catalogue by visiting search.tbpl.ca