

Did you know...

Cloves are the flower buds found on the clove tree, and are used in both their whole or ground form. They are native to Indonesia, and are used in many different meals, both savoury and sweet. Cloves are a classic winter spice, as they are a common ingredient in gingerbread, roasts, and other warm holiday meals. A little goes a long way, especially when using ground cloves, so be sure to measure!

Cloves are not just known for their delicious flavour, but also their many health benefits. Cloves have been known to help with stabilizing blood sugar levels, supporting liver health and may promote bone health.

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Spice of the Month:
Ground Cloves

Spiced Orange Glazed Ham

Ingredients

- 1 bone-in spiral-cut ham, roughly 8 pounds
- 1 cup chicken stock
- 1 cup red pepper jelly
- 2 tsp. grated orange peel
- 1 tbsp. orange juice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves

Directions:

- Preheat oven to 325°F. Place ham, cut-side down, in large roasting pan. Pour stock into pan.
- Mix red pepper jelly, orange peel and juice, and spices in small bowl until well blended. Brush half of the pepper jelly mixture over ham, gently separating the slices so glaze can reach middle of ham. Cover loosely with foil.
- Bake 1 hour, basting occasionally. Remove foil. Brush with remaining pepper jelly mixture. Bake 45 minutes longer. Serve ham with pan drippings.



Chewy Ginger Molasses Cookies

- 1 1/2 cups butter, softened
- 2 cups sugar
- 1/2 cup molasses
- 2 eggs
- 4 cups flour
- 4 tsp. baking soda
- 2 tsp. cinnamon
- 2 tsp. ground ginger
- 1 tsp. ground cloves
- 1 tsp. salt

- Preheat oven to 375°F
- In med. bowl, whisk flour, baking soda, cinnamon, cloves, ginger and salt
- In another bowl, beat together butter and sugar. Mix in the eggs one at a time, then the molasses until combined
- Gradually add in the dry ingredients to the wet and beat until combined
- Cover dough and leave in fridge for 1 hour. After 1 hour, roll into 1-inch balls.
- Fill a bowl with sugar and roll each ball in sugar. Place on cookie sheet 1 inch apart. Do not flatten balls. Bake 8-10 min. until cookies slightly crack on top - makes 48 cookies

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