

Did you know...

Mace is the sister spice to nutmeg, as they both come from the nutmeg tree. While nutmeg comes from the seed inside, mace comes from the seed inside, mace is the reddish coating protecting the spice, also known as the aril. This coating becomes more of a yellow-brown colour as it dries. Both spices have a similar flavour, but mace is a bit spicier and less sweet than nutmeg. The whole aril can be used to flavour sauces or dishes such as rice or curries, or it can be ground into a powder to be used in both sweet and savoury dishes. While you can substitute nutmeg for mace, it will not give the same affect to your next dish!



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Spice Club



December 2022
Spice of the Month:
Ground Mace



Directions:

- Preheat the oven to 400 °F.
- Toss the carrots, radishes, turnip beets, garlic, sweet potatoes, salt, pepper, and shallot in enough olive oil to thoroughly coat them.
- Spread the root vegetable mixture in a single layer on a sheet pan and roast for 45 minutes.
- Meanwhile, mix together your maple syrup, the 1/4 cup of olive oil, lemon juice, mustard, thyme, and mace. Add salt and pepper to taste.
- Pierce the vegetables with a fork or toothpick to ensure they are cooked through. If not, pop them back in the oven until they are done.
- Once the vegetables are tender, toss them in the dressing.
- Turn the oven up to broil and pop them in for an additional 2-3 minutes, just to barely start charring. Keep a close eye on them so they don't burn.



Roasted Root Vegetables with Maple and Mace

Ingredients

- 2 large carrots, quartered lengthwise and cut in 3 to 4-inch strips
- 1 bunch radishes, halved
- 1 turnip, cut in 1-inch cubes
- 1 parsnip, sliced in 1/4-inch rounds
- 2-3 beets, peeled and cut into 1/2-inch wedges
- 2 shallots, minced
- 1 head garlic, cloves separated
- 1 large sweet potato, cubed into 3/4-inch pieces
- 1/4 cup olive oil
- 2 tbsp. maple syrup
- 3 tbsp. lemon juice
- 1 tsp. fresh thyme, chopped finely
- 1 tsp. mace
- 1 tsp. dijon mustard
- Salt and pepper to taste

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True Spice Cookies

Ingredients

- 3/4 cup olive oil
- 1/4 cup molasses
- 1 1/4 cups sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1 3/4 cups flour
- 1 cup whole-wheat pastry flour
- 1 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 1/2 tbsp. ground cinnamon
- 1 1/2 tbsp. ground ginger
- 1 tsp. mace
- 2 tsp. ground cloves

Directions:

- Preheat the oven to 350 degrees. Line 2 baking sheets with parchment paper.
- Whisk together the olive oil, molasses, 1 cup of the sugar, eggs and vanilla extract in a large bowl.
- In a separate medium bowl, combine the flours, baking soda, salt, and all spices. Add to the wet ingredients and stir until well combined. Cover and refrigerate overnight.
- Place the remaining 1/4 cup sugar in a small bowl. Form the dough into 1 1/2-inch balls, then roll them in the sugar. Place the balls on the baking sheets spaced 2 inches apart; bake 10 to 12 minutes or until the tops of the cookies crack. Let the cookies cool for 5 min. on the baking sheets and transfer to a wire rack.

