

# Did you know...

Nutmeg is one of the earliest known traded spices, and comes from grinding the nutmeg seed. It's warm, nutty flavour goes well in both sweet and savoury dishes, and while it often appears the most in the colder months, it can be enjoyed year round!

Nutmeg is rich in antioxidants and anti-inflammatory properties. It also may boost your mood and your heart health.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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# Spice Club



December 2023  
Spice of the Month:  
Ground Nutmeg



# Apple and Pear Crisp



## Roasted Rosemary Nutmeg Sweet Potatoes

### Ingredients

- 3 sweet potatoes
- 3 tbsp olive oil
- 1.5 tbsp fresh rosemary chopped
- 1.5 tsp salt
- 1 tsp herbs de provence seasoning
- 1 tsp pepper
- .5 tsp nutmeg

### Directions:

- Preheat the oven to 450°F
- Peel the skin off sweet potatoes and cut into 1/2 inch cubes.
- Transfer the sweet potatoes to a baking sheet lined with parchment paper. Drizzle olive oil, rosemary, herbs de provence, salt, pepper, and nutmeg. Toss to coat evenly.
- Bake for 35-45 minutes, until the sweet potatoes are tender and starting to brown around the edges. Remove pan from oven and enjoy!

### Ingredients

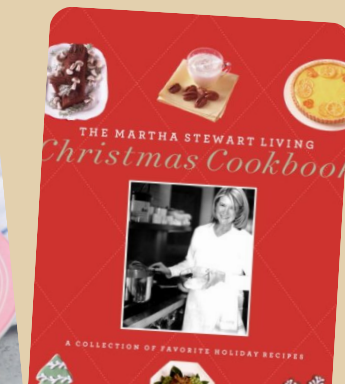
- 2 pounds ripe Bosc pears(4 pears)
- 2 pounds firm Honeycrisp apples (6 apples)
- 1 tsp grated orange zest
- 1 tsp grated lemon zest
- 2 tbsp freshly squeezed orange juice
- 2 tbsp freshly squeezed lemon juice
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg

### For the topping:

- 1 1/2 cups all-purpose flour
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar, lightly packed
- 1/2 tsp kosher salt
- 1 cup old-fashioned oatmeal
- 1/2 pound (2 sticks) cold unsalted butter, diced

### Directions:

- Preheat the oven to 350°F.
- Peel, core, and cut the pears and apples into large chunks. Place the fruit in a large bowl and add the zests, juices, sugar, flour, cinnamon, and nutmeg. Pour into a 9 by 12 oval baking dish.
- For the topping: Combine the flour, sugars, salt, oatmeal, and butter in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed for 1 minute, until the mixture is in large crumbles. Sprinkle evenly over the fruit, covering the fruit completely.
- Place the baking dish on a sheet pan and bake for 50 minutes to 1 hour, until the top is brown and the fruit is bubbly. Serve warm.



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