

CALLING ALL FOODIES!

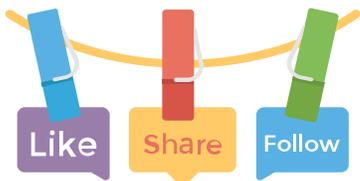
The “Spice of the Month” club is a monthly take-and-make kit featuring a variety of unique spices, herbs, or blends. Each kit will include information about the featured spice, its history with fun facts, and a small packet of the spice with two recipe suggestions!

Once you’ve created your culinary masterpiece, we’d love to see! Share your pictures and tips with us on our Facebook (SEARLibrary) and Instagram (@searlibrary) pages.

Spice of the Month kits are free, but supplies are limited. Only one kit per household.



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SPICE OF THE MONTH CLUB



Nutmeg spice comes from the seed/pit of the fruit which grows on the nutmeg tree, *Myristica fragrans*, an evergreen tree originally native to Indonesia. *Myristica fragrans* is native only to the Banda Islands of Indonesia, which are sometimes called the Spice Islands. The nutmeg seed is egg-shaped, and the outer layer is used to make mace, while the inner portion is ground into a powdered form to become nutmeg. The word nutmeg comes from the latin word *nux*, which means nut, and *muscat*, meaning musky. The aroma/flavor of these spices is described as fruity, citrus, floral, herbal, roasted (mace)/green notes (nutmeg), woody, and spicy.

Nutmeg dates back to the 1st century, when it was considered high currency for trade. In fact, nutmeg was so prized that it caused a war. The Dutch took over the Banda Islands in an effort to monopolize the nutmeg trade, which led to a battle and ultimately the establishment of the Dutch East India Company.

In addition to being delicious, nutmeg offers many health benefits. Nutmeg is a rich source of antioxidants, which help protect against the signs of aging and serious conditions such as cancer, heart disease, and liver disease. Nutmeg is safe in small amounts. However, as little as 2 teaspoons or 5 grams can cause some symptoms of toxicity. At larger amounts, symptoms become worse and serious complications or death can occur.

FUN FACTS

- A mature nutmeg tree can produce 2,000 to 3,000 fruits per year.
- At the end of the Second Anglo-Dutch War the Dutch gained control of Run in exchange for the British controlling New Amsterdam (New York) in North America.
- The essential oil obtained by steam distillation of ground nutmeg is used in the perfumery and pharmaceutical industries.

Source from Wikipedia
<https://en.wikipedia.org/wiki/Nutmeg>

Swedish Meatballs (Svenska Kottbullar)



Yields: 6 servings
Prep Time: 25 mins
Cook Time: 1 hour

Ingredients

- 2 slices day-old white bread, crumbled
- ½ cup heavy cream
- 1 teaspoon butter
- 1 small onion, minced
- ⅔ pound ground beef
- ⅓ pound finely ground pork
- 1 large egg
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- 1 tablespoon butter
- ¼ cup chicken broth
- 3 tablespoons all-purpose flour, or as needed
- 2 cups beef broth, or as needed
- ½ (8 ounce) container sour cream

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place bread crumbs into a small bowl; mix in cream. Allow to stand until crumbs absorb cream, about 10 minutes.
3. Meanwhile, melt 1 teaspoon butter in a skillet over medium heat; cook and stir onion until light brown, about 10 minutes. Transfer onion to a mixing bowl.
4. Mix ground beef, ground pork, egg, brown sugar, salt, black pepper, nutmeg, allspice, and ginger with onion in the mixing bowl. Lightly mix in bread crumbs and cream.
5. Melt 1 tablespoon butter in a large skillet over medium heat. Pinch off about 1 ½ tablespoons meat mixture per meatball; form into balls. Place meatballs into the skillet and cook, turning often, until browned, about 5 minutes. Insides of meatballs will still be pink.
6. Place browned meatballs into a baking dish, pour in chicken broth, and cover with foil.
7. Bake in the preheated oven until meatballs are tender, about 40 minutes. Remove meatballs to a serving dish.
8. Pour pan drippings into a saucepan over medium heat. Whisk flour into drippings until smooth.
9. Gradually whisk in enough beef broth to total about 2 ½ cups liquid.
10. Bring gravy to a simmer, whisking constantly, until thickened, about 5 minutes.
11. Just before serving, whisk in sour cream. Season with salt and black pepper. Serve gravy with meatballs.

Eggnog Cookies



Yields: 6 dozen
Prep Time: 15 mins
Cook Time: 20 mins

Ingredients

- 2 ¼ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground nutmeg, or as needed
- ½ teaspoon ground cinnamon
- 1 ¼ cups white sugar
- ¾ cup butter, softened
- ½ cup eggnog
- 2 egg yolks
- 1 teaspoon vanilla extract

Directions

1. Preheat the oven to 300 degrees F (150 degrees C).
2. Sift flour, baking powder, nutmeg, and cinnamon into a bowl; set aside.
3. Beat sugar and butter together in a large bowl with an electric mixer until light and fluffy. Add eggnog, egg yolks, and vanilla; beat at medium speed until smooth.
4. Gradually beat in flour mixture at low speed until just combined.
5. Drop spoonfuls of dough 1 inch apart onto ungreased baking sheets; sprinkle lightly with nutmeg.
6. Bake in the preheated oven until edges are golden, about 20 minutes.
7. Cool on the baking sheet briefly before removing to a wire rack to cool completely.

Recipe Sources:

<https://www.allrecipes.com/recipe/9438/eggnog-cookies-i/>
<https://www.allrecipes.com/recipe/216564/swedish-meatballs-svenska-kottbullar/>