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Spice of the Month

take and make kit

November's spice is: **Cloves**

Clove, (*Syzygium aromaticum*), tropical evergreen tree of the family Myrtaceae and its small, reddish-brown flower buds used as a spice. Cloves were important in the earliest spice trade and are thought to be indigenous to the Moluccas, or Spice Islands, of Indonesia. Strong in aroma and hot and pungent in taste, cloves are used to flavor many foods, particularly meats and bakery products; in Europe and the United States the spice is a characteristic flavoring in Christmas holiday fare, such as wassail and mincemeat.

As early as 200 bce, envoys from Java to the Han dynasty court of China brought cloves that were customarily held in the mouth to perfume one's breath during audiences with the emperor. By the 10th to 12th centuries, cloves were already being traded in Ceylon (now Sri Lanka), as evidenced by archaeological finds at the ancient port of Mantai. Sri Lanka played a key role in the Indian Ocean spice trade, sourcing cloves from Southeast Asia and trading them with India, the Roman Empire, and Arabia.

During the late Middle Ages, cloves were used in Europe to preserve, flavor, and garnish food. The Portuguese discovered their origin in the Moluccas in the 16th century and controlled their trade for nearly a century before the Dutch took over in the 17th century, restricting cultivation to only the Amboina (now Ambon, Indonesia) and Ternate islands in order to create scarcity and sustain high prices. In the late 18th century the French smuggled cloves from the East Indies to Indian Ocean islands and to the New World (Americas), breaking the Dutch monopoly. According to a 2021 report, Indonesia is the world's largest producer of cloves, followed by Madagascar, Comoros, Tanzania, and Sri Lanka.

How to Use Clove:

Cloves are used in food, medicine, and personal care, either whole, ground, as oleoresins (plant extracts used as a flavoring agent), or as essential oils. In cooking, they are a key ingredient in spice blends, enhance the flavor of baked goods, and serve as a natural preservative. Medicinally, cloves aid digestion, reduce bloating, and relieve nausea and vomiting. They are used to soothe sore throats, suppress coughing, and numb toothaches. Clove oil is used in temporary dental fillings, and when applied externally it can help ease headaches and muscle pain. Industrially, clove oil is found in toothpaste, mouthwash, antiseptics, perfumes, and soaps. Eugenol has antibacterial, antifungal, and antiviral properties, including effectiveness against MRSA bacteria. It is also used in the synthesis of vanillin (the flavoring component of vanilla) and as a sweetener or flavor enhancer.

For more information visit: <https://www.britannica.com/plant/clove>

Register for future kits at:
tuxedoparklibrary.org/spice

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Spice of the Month

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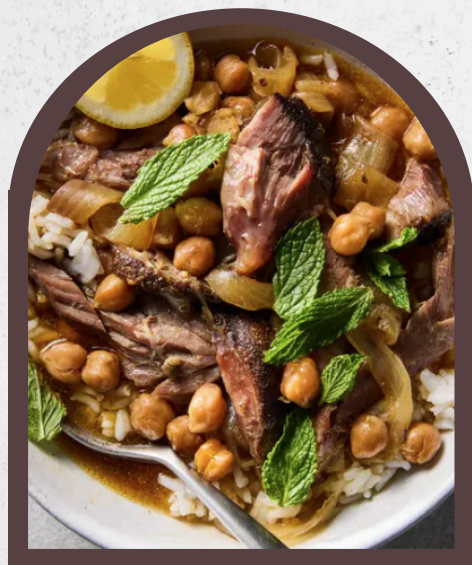
Slow Cooker Lamb Stew With Chickpeas

Makes 4 servings | Time: About 6¼ hours

Recipe by: Cybelle Tondu

INGREDIENTS:

- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon ground cloves
- 2½ to 3 pounds lamb shanks or 2 (1-pound) bone-in lamb shoulder chops
- Salt
- Cracked black pepper
- 1 heaping cup/8 ounces dried chickpeas
- 2 yellow onions, cut into 1-inch slices
- 6 garlic cloves, lightly smashed and peeled
- 3 bay leaves
- 2 cups chicken broth
- 1 lemon, plus lemon wedges for serving
- A handful of mint, basil or cilantro leaves, for serving
- Flatbread or rice, for serving



INSTRUCTIONS:

- Combine cumin, paprika and cloves in a large bowl. Place lamb shanks in the bowl and season generously with salt (about 1 teaspoon per pound) and black pepper, then coat evenly with the spices. (For the best flavor, this step can be done up to 48 hours in advance; cover and refrigerate until ready to cook.)
- In a 5- to 6-quart slow cooker, combine chickpeas, onions, garlic, bay leaves and broth. (The chickpeas should be just covered in liquid, since the lamb and onions will release juices as they cook.) Peel wide strips of lemon zest and add to the slow cooker. Place lamb shanks on top (the meat will not be submerged in liquid), cover and cook on high for 6 hours, until lamb and chickpeas are very tender.
- Pull away and discard lamb bones from the meat. Cut the zested lemon in half and squeeze in the juice into the stew. Taste and adjust salt and pepper. Top with herbs, and serve with lemon wedges and flatbread or rice.



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Cranberry Sauce With Orange and Golden Raisins

Makes 4 Cups • Time: 24 1/2 Hours

Recipe from Claire Saffitz

INGREDIENTS:

- 12 ounces fresh or frozen and thawed cranberries (3 cups)
- 2 1/3 cups/466 grams granulated sugar
- 1 1/4 cups/6 ounces golden raisins
- 1 small navel orange, halved, seeds removed, roughly chopped
- 1/3 cup apple cider vinegar
- 1 teaspoon finely grated lemon zest
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- Pinch of kosher salt (such as Diamond Crystal)



INSTRUCTIONS:

In a large saucepan, combine the cranberries, sugar, raisins, chopped orange, vinegar, lemon zest, cinnamon, cloves and salt. Cook over medium-low heat, stirring frequently to dissolve the sugar, until the mixture is simmering vigorously and the cranberries have burst, 25 to 30 minutes.

Remove the saucepan from the heat and let cool until warm but not hot. Scrape into a lidded container and refrigerate for 24 hours to allow the flavors to meld. (The cranberry sauce can be made several weeks ahead. Keep refrigerated.)

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Dirty Chai Earthquake Cookies

Makes: 2 Dozen Cookies | Time: 45 minutes

Recipe by Susan Spungen

INGREDIENTS:

- 1 tablespoon finely ground espresso (not instant espresso) or finely ground coffee
- ½ cup/115 grams cold unsalted butter (1 stick)
- 2 cups/255 grams all-purpose flour
- 2 tablespoons malted milk powder, such as Carnation brand
- 1 teaspoon baking powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ⅛ teaspoon ground cloves
- ½ teaspoon kosher salt
- ½ teaspoon finely ground black pepper
- 2 large eggs
- ¾ cup/165 grams light brown sugar
- 2 teaspoons vanilla extract or paste
- ¼ cup/50 grams granulated sugar, for rolling
- ½ cup/50 grams confectioners' sugar, sifted, for rolling



INSTRUCTIONS

continued on next page...

A decorative background featuring various spices and kitchen items. In the top left, there's a star anise. Below it, a small mortar and pestle. To the right of the pestle, another star anise. Further down, a small jar of yellow powder (likely turmeric). To the left of the yellow powder, a small bowl of orange powder (likely paprika). Below the orange powder, a small bowl of green herbs. To the right of the green herbs, a small bowl of orange powder. Below the orange powder, a small bowl of brown seeds. In the bottom left, a small bowl of brown seeds. The background is a light, textured surface.

Spice of the Month

take and make kit

Dirty Chai Earthquake Cookies

INSTRUCTIONS:

1. Put espresso or coffee in a small metal bowl. Put butter in a small saucepan, and cook over medium-high heat, swirling and stirring occasionally with a rubber spatula, until nutty brown, 5 to 6 minutes. Add the butter to the bowl with the espresso and stir to combine. Set aside to cool, stirring occasionally, while you prepare the rest of the cookie.
2. Combine the flour, malted milk powder, baking powder, ginger, cinnamon, cardamom, cloves, salt and pepper in a medium bowl. Whisk to combine thoroughly and set aside.
3. Combine eggs and light brown sugar in the bowl of a stand mixer fitted with the paddle attachment. Beat on medium speed until well combined and slightly paler, about 3 minutes, scraping bowl as needed.
4. Add the vanilla and the butter mixture, then mix on low speed until combined. Add the flour mixture, then mix again on low until combined. Transfer dough to a resealable glass or plastic container, and chill thoroughly, at least 2 hours and up to 3 days.
5. Heat oven to 350 degrees. Put granulated sugar and confectioners' sugar into two separate bowls. Use a small cookie scoop to portion dough into heaping tablespoons (about 25 grams each). Roll into smooth balls and drop a few at a time into the bowl of granulated sugar, rolling to coat. Transfer to the bowl with the confectioners' sugar. Roll gently, coating well, then transfer to a parchment- or silicone mat-lined baking sheet, leaving at least 2 inches between cookies. Place in freezer until firm, about 10 minutes.
6. Bake until cookies are golden underneath but still quite tender (they will firm up as they cool), 12 to 14 minutes. Let cool a few minutes on the baking sheets and transfer to wire racks to cool completely. Cookies will keep in an airtight container at room temperature for 1 week.

Spice of the Month

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Election Cake

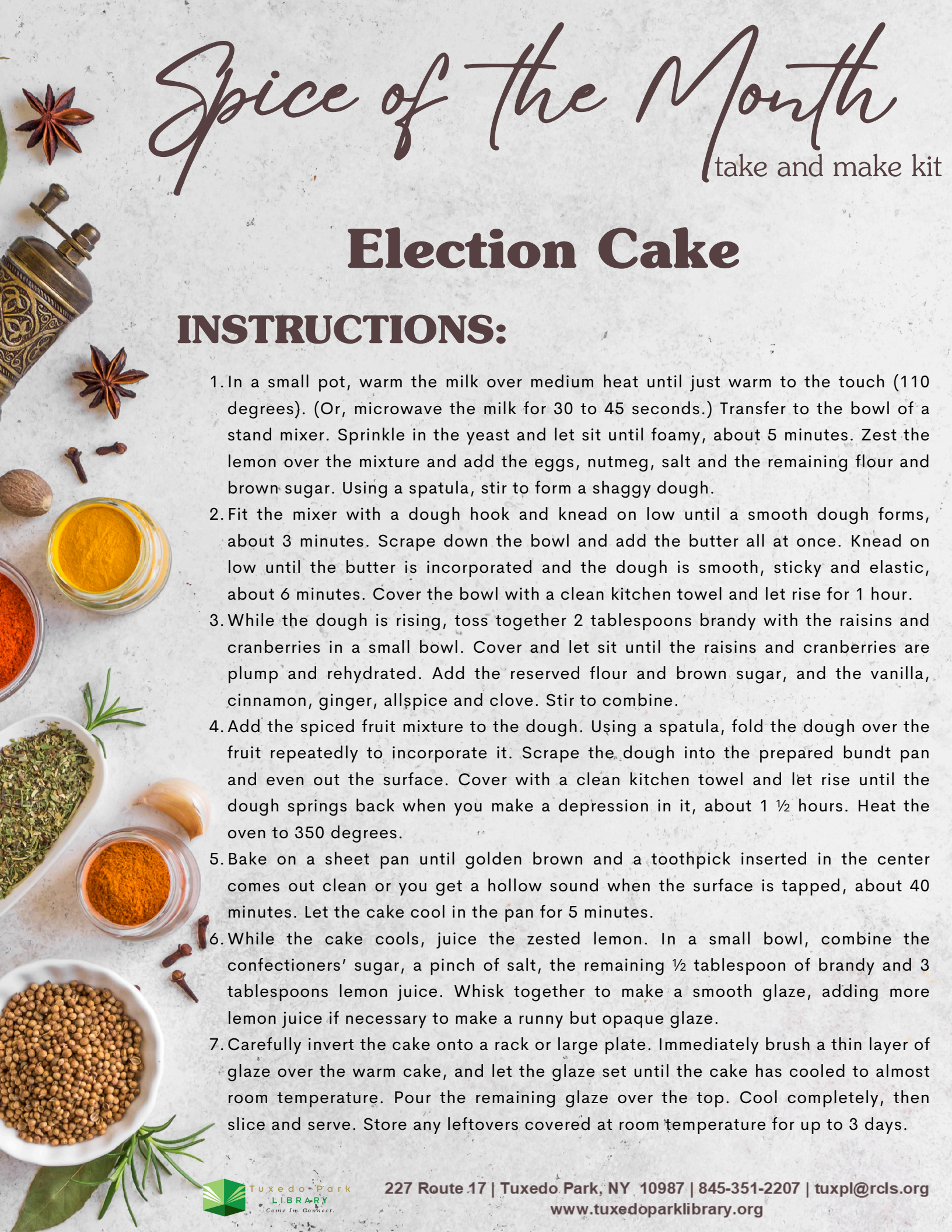
Makes: 10 -12 Servings | Time: 4 Hours

Recipe by Yewande Komolafe

INGREDIENTS:

- 8 tablespoons/114 grams unsalted butter, room temperature, plus more for pan
- 4 cups/527 grams all-purpose flour
- 1 cup/190 grams packed dark brown sugar
- 1 cup/230 milliliters whole milk
- 2 (¼-ounce) envelopes active dry yeast (4½ teaspoons)
- 1 lemon
- 2 large eggs, room temperature, lightly beaten
- ¼ teaspoon ground nutmeg
- 2 teaspoons kosher salt (such as Diamond Crystal) or 1 teaspoon coarse Kosher or sea salt
- 2½ tablespoons brandy
- ⅔ cup/95 grams packed raisins
- ½ cup/67 grams dried unsweetened cranberries
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ¼ teaspoon ground clove
- 2 cups/242 grams confectioners' sugar



A decorative background featuring various spices and kitchen items. On the left, there is a small brass mortar and pestle, a whole nutmeg, a small jar of yellow powder, a small bowl of orange powder, a small bowl of green herbs, a small bowl of brown seeds, and a small jar of orange powder. Scattered around are several star anise, cinnamon sticks, and a small piece of ginger. The items are arranged in a way that suggests a theme of spices and baking.

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Election Cake

INSTRUCTIONS:

1. In a small pot, warm the milk over medium heat until just warm to the touch (110 degrees). (Or, microwave the milk for 30 to 45 seconds.) Transfer to the bowl of a stand mixer. Sprinkle in the yeast and let sit until foamy, about 5 minutes. Zest the lemon over the mixture and add the eggs, nutmeg, salt and the remaining flour and brown sugar. Using a spatula, stir to form a shaggy dough.
2. Fit the mixer with a dough hook and knead on low until a smooth dough forms, about 3 minutes. Scrape down the bowl and add the butter all at once. Knead on low until the butter is incorporated and the dough is smooth, sticky and elastic, about 6 minutes. Cover the bowl with a clean kitchen towel and let rise for 1 hour.
3. While the dough is rising, toss together 2 tablespoons brandy with the raisins and cranberries in a small bowl. Cover and let sit until the raisins and cranberries are plump and rehydrated. Add the reserved flour and brown sugar, and the vanilla, cinnamon, ginger, allspice and clove. Stir to combine.
4. Add the spiced fruit mixture to the dough. Using a spatula, fold the dough over the fruit repeatedly to incorporate it. Scrape the dough into the prepared bundt pan and even out the surface. Cover with a clean kitchen towel and let rise until the dough springs back when you make a depression in it, about 1 ½ hours. Heat the oven to 350 degrees.
5. Bake on a sheet pan until golden brown and a toothpick inserted in the center comes out clean or you get a hollow sound when the surface is tapped, about 40 minutes. Let the cake cool in the pan for 5 minutes.
6. While the cake cools, juice the zested lemon. In a small bowl, combine the confectioners' sugar, a pinch of salt, the remaining ½ tablespoon of brandy and 3 tablespoons lemon juice. Whisk together to make a smooth glaze, adding more lemon juice if necessary to make a runny but opaque glaze.
7. Carefully invert the cake onto a rack or large plate. Immediately brush a thin layer of glaze over the warm cake, and let the glaze set until the cake has cooled to almost room temperature. Pour the remaining glaze over the top. Cool completely, then slice and serve. Store any leftovers covered at room temperature for up to 3 days.

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Homemade Apple Butter

Makes: 2 Cups | Time: 2 Hours, 20 Minutes

[Recipe from BakingAMoment.com](http://BakingAMoment.com)

INGREDIENTS:

- About 4 lbs apples (roughly 9 medium-sized apples), peeled & cored
- 1 cup apple cider (NOT apple cider vinegar)
- 3/4 cup loosely packed light brown sugar
- 2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp kosher salt
- Juice of half a lemon (about 1 TBS)



INSTRUCTIONS:

1. Place the apples, apple cider, brown sugar, cinnamon, cloves, and salt in a large pot, and cook over medium-low heat, uncovered (stirring occasionally), until the apples have become very soft (about 1 hour).
2. Use a hand blender to puree the mixture (or ladle into a regular blender in batches) until smooth.
3. Place the puree back into the pot and continue to cook, uncovered (stirring occasionally), until thick, velvety, and deep mahogany brown (about 1 hour).
4. Stir in the lemon juice, transfer the mixture to jars, and keep refrigerated.

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Cooks Illustrated Molasses Spice Cookies

Makes: 20 servings | Time: 30 Minutes

INGREDIENTS:

- 2 1/4 cup all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 3/4 teaspoon ground cloves
- 1/4 teaspoon ground allspice
- 12 tablespoons 1 1/2 sticks unsalted butter, softened
- 1/2 cup dark brown sugar packed
- 1/2 cup granulated sugar plus 1/2 cup for rolling cookies
- 1 large egg
- 1 teaspoon vanilla extract
- 1/3 cup unsulphured molasses



INSTRUCTIONS:

1. Preheat the oven to 375 degrees with the racks on the upper and lower mid-position.
2. Whisk together the flour, baking soda, salt, and spices and set aside.
3. In a stand mixer, cream the butter, brown sugar, 1/2 cup of the granulated sugar for about 3 minutes, or until light and creamy.
4. Add the egg, vanilla extract, and molasses, making sure to scrape down the sides of the bowl.
5. Add the dry ingredients and mix at low speed for about 30 seconds, until just combined.
6. Place the remaining granulated sugar in a shallow dish.
7. Using a spoon or cookie scoop, divide the dough into approximately 2 tablespoon portions and roll into balls.
8. Roll the balls in sugar and place them on your cookie sheet, giving them 1 1/2 to 2 inches of space.
9. Bake 11 to 13 minutes, rotating the sheets in the oven about halfway through, until the outer edges just begin to set.
10. Allow to cool on the cookie sheets for 2 to 3 minutes before transferring to a wire rack.
11. When the cookies are cooled, drizzle with glaze (see recipe for glaze) and allow to set.

Glaze:

Whisk together 1 1/4 cups confectioners' sugar and 2 tablespoons milk until smooth. Drizzle over cooled cookies.