

# MRS. MORRISON'S MACE CAKE



## Ingredients

- 1 cup milk
- 8 tablespoons unsalted butter, softened
- 4 extra large eggs, beaten
- 2 1/2 cups sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon ground mace &
- 1/2 teaspoon ground mace, separated

## Instructions

1. Preheat oven to 350°F.
2. Butter and flour a 9 x 13 inch baking pan.
3. Combine the milk and butter in a saucepan and bring to a boil.
4. Remove from heat.
5. Beat together the eggs and 2 cups of sugar.
6. Sift together the flour, baking powder and one tablespoon of mace.
7. Mix the dry ingredients into the egg mixture.
8. Add the milk and butter mixture while still hot to the flour/egg mixture and mix very well, beating until all ingredients are incorporated and mixture is fluffy.
9. Pour into prepared baking pan.
10. Mix remaining 1/2 cup of sugar and 1/2 teaspoon mace together and sprinkle mixture evenly over top of batter.
11. Bake for 25 to 35 minutes or until a tester comes out clean.
12. Cool on a wire rack.
13. Serve warm.

Note: The cake may also be baked in a 10 inch tube pan at 325° F for one hour.

[www.food.com/recipe/mrs-morrison-s-mace-cake-120846](http://www.food.com/recipe/mrs-morrison-s-mace-cake-120846)

# MEXICAN SPICED CHOCOLATE PECANS

- 1/2 C dark brown sugar
- 1/4 C cocoa powder
- 2 Tbs minced dark chocolate
- 2 Tsp coarse salt
- 1/2 Tsp cinnamon
- 1/2 Tsp cayenne pepper
- 1/4 Tsp nutmeg
- 1/8 Tsp allspice
- 1/8 Tsp ground ginger
- 1 large egg white
- 4 C pecans



1. Preheat oven to 300°F & grease a baking sheet.
2. In a bowl, mix sugar, cocoa, salt, chocolate & spices.
3. In a large bowl, beat egg white until foamy. Stir in spiced sugar until a smooth batter forms. Fold in pecans.
4. Spread evenly over prepared sheet and bake until pecans are lightly toasted, about 25 mins.

[www.seriousseats.com/mexican-spiced-chocolate-pecans-nuts-recipe](http://www.seriousseats.com/mexican-spiced-chocolate-pecans-nuts-recipe)

Did you make something with this month's spices? Do you have suggestions? Comments?



@AtlantaTexasPublicLibrary  
email: [library@atlantatexas.org](mailto:library@atlantatexas.org)

This program was created by the Clatskanie Library District  
[www.clatskanielibrary.org](http://www.clatskanielibrary.org)



Atlanta Public Library

# OCTOBER



# NUTMEG

**Flavor Profile:**  
**warm, nutty, spicy & sweet**

## A BRIEF HISTORY OF NUTMEG

Nutmeg comes from the seed of an evergreen tree, *Myristica fragrans*, native to the Maluku Islands of Indonesia. The Romans used it as incense, in the Middle Ages it was worn ground in a sachet to ward off danger, and in China it was considered a powerful aphrodisiac. It has also long been highly valued for its antimicrobial and preservative properties. From the 16th Century, when the rarity of nutmeg made the spice worth more than its weight in gold, the Portuguese, Dutch and British competed fiercely for control over the Malukus, also called the Spice Islands, at a terrible cost to the native peoples, cultures, and ecosystems. Today, the spice is principally cultivated in the tropical island climates of the East and West Indies.







## NUTMEG AND MACE

The fruit of the nutmeg tree, which resembles an apricot in size and shape, ripens and splits open to reveal a crimson-colored aril, called the mace, and a shiny brown seed which contains the nutmeg. The mace is removed and processed separately, and the nutmeg is sun-cured until dry. The fruit is used in local cuisine, and the oil pressed from the seed has medicinal value.

## NUTMEG'S CHARACTERISTICS

**Nutmeg** is produced in the Banda islands (part of the Maluku) of eastern Indonesia and the small island of Grenada. It's warm and nutty aroma and flavor make it a versatile spice for both sweet and savory dishes. Try it in baked goods, sprinkled over cozy beverages, mixed into mild, cheesy sauces, or added to a barbecue seasoning.



**Mace** is processed on the same small west Indies island after which it is named, is ground from the dried, lacy arils of the nutmeg seed, commonly called the blades. Its flavor is softer than nutmeg, so it's best used in mild dishes where its subtle complexity can shine.



As with most spices, nutmeg should be stored in a cool, dry place away from light. A whole nutmeg can keep for years or even decades, but should be used immediately once it is ground.

In the United States, nutmeg is commonly used for sweet pastries and cocktails. Pumpkin Spice is incomplete without nutmeg as is any apple or pumpkin pie recipe. Classic old-fashioned cake donuts are principally spiced with nutmeg or mace. Nutmeg pairs well with savory dishes too. Pork roasts, duck breast, creamed spinach, stewed lamb, bratwurst, barbecue rubs, pasta sauces, cream sauces, and even mac n' cheese are frequently spiced with nutmeg.

As a baking spice, nutmeg is often found alongside cinnamon, cloves, anise, allspice, cardamom, and ginger. In savory situations, nutmeg is commonly blended with cumin, black pepper, coriander, sage, thyme, chile peppers, mustard seed, and turmeric.

[www.thespicehouse.com/blogs/news/what-is-nutmeg](http://www.thespicehouse.com/blogs/news/what-is-nutmeg)

**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.**

**Cases of nutmeg poisoning generally involve either people who try to use the spice as a recreational hallucinogenic or young children who take it unaware.**

[www.webmd.com/diet/nutmeg-health-benefits-nutrition-uses](http://www.webmd.com/diet/nutmeg-health-benefits-nutrition-uses)

## NUTMEG COOKIES WITH RUM ICING



### Ingredients

Nutmeg cookie dough

- 3 cups Unbleached All-Purpose Flour
- 16 tablespoons unsalted butter, softened
- 3/4 cup granulated sugar
- 1 teaspoon nutmeg
- 1/2 teaspoon table salt
- 1 large egg, room temperature
- 2 teaspoons King Arthur Pure Vanilla Extract

Rum icing

- 1 1/2 cups confectioners' sugar, sifted
- 2 tablespoons unsalted butter, softened
- 2 to 3 tablespoons rum

### Directions

1. Line two baking sheets with parchment paper and set aside.
2. In the bowl of your mixer, combine all ingredients and blend on medium speed until a soft, smooth dough forms, about 2 minutes.
3. Wrap and chill the dough for 1 hour. Towards the end of the chill time, preheat the oven to 350°F.
4. Drop 1-tablespoon sized dough balls onto your baking sheet. A heaped teaspoon cookie scoop makes this job a snap. Bake the cookies for 8 to 10 minutes. The edges will be slightly browned and the cookies will be round and domed.
5. Cool the cookies completely. Prepare the icing by blending the softened butter and confectioners' sugar. Add rum one tablespoon at a time until you have a spreadable icing. Top each cookie with a dollop of icing and a dash of nutmeg. If you prefer not to use actual rum, you can use heavy cream and a few drops of rum flavoring.

[www.kingarthurbaking.com/recipes/nutmeg-cookies-with-rum-icing-recipe](http://www.kingarthurbaking.com/recipes/nutmeg-cookies-with-rum-icing-recipe)