

# Fluvanna County Public Library

## Spice of the Month Club

### Ground Cloves

#### **Flavor Profile: Strong, Intense, warm, sweet & pungent**

Cloves are the unopened pink flower buds of the evergreen clove tree, native to the tiny Moluccas (formerly known as the Spice Islands) of Indonesia. For many centuries, cloves were one of the world's most popular and costly spices, worth more than their weight in gold.

The ancient Chinese chewed whole cloves as a breath freshener. Arab traders delivered cloves to the Romans 2,000 years ago. During the Age of Exploration (15<sup>th</sup> century), the Portuguese, Spanish and Dutch fought wars for dominion over this commodity trade. As a result, cloves have a special place in the cooking of these European countries, and the cuisines of their other former colonies (like in India and throughout Africa and the New World.)

In India, cloves are a key ingredient in the tea drink masala chai, in the garam masala spice blend, in South Indian biryani, and to dress up plain rice. Holland's colonial history with Indonesia and cloves is reflected in Dutch cuisine, popping up in cheese, stews, and in windmill-shaped Speculaas cookies. The Yoruba in West Africa use clove-infused water, called Ogun Jedi-Jedi, to treat stomach upset.

Ground cloves are commonly used in baking. Cloves are very hard, and may not grind smoothly with mortar and pestle. An electric grinder, without plastic parts, is recommended. If you use a coffee grinder to grind whole cloves, grind a little uncooked rice afterwards, to remove the clove oil taste before your next batch of coffee.

The taste of cloves matches well with apples, pickled beets, game, ham, lamb, pumpkin, sausage, tea, tomatoes, walnuts, and red wines. Cloves add spicy depth to desserts, gingerbread, bread pudding, cookies, rice pudding, spice cake, pumpkin pie, stewed cranberries and fruit dishes.

Because of their powerful flavor, use just a little bit of cloves to flavor a whole batch of what you're cooking.

Much of the world's production of cloves, specifically from Indonesia, is used to make kreteks, a popular cigarette made from tobacco and cloves. Oil produced from cloves is used in perfume, potpourri, and topical medicine to treat mouth pain. Clove oil also plays an important role in oil painting, where it is added to paint and palettes to slow drying and oxidation, allowing the artist more time to work with the color.

Ground cloves are a significant source of manganese and contain trace amounts of vitamin K, vitamin C, and fiber. The spice's flavor and aroma come from the essential oil eugenol, which makes up about 90% of the clove's oil content. Eugenol oil has antiseptic and anesthetic properties, which has led to its use in mouthwash and topical pain relievers for tooth and mouth pain. However, consuming too much clove oil can lead to acute respiratory distress, liver failure, and central nervous system depression.

#### **Whole Cloves to Ground Cloves Conversion**

To use ground cloves instead of whole cloves, use  $\frac{3}{4}$  teaspoon ground cloves for every 1 teaspoon whole cloves called for in the recipe.

### Lemon Clove Cookies (30 cookies)

- 2 cups flour
- ¼ tsp. ground cloves
- 1/8 tsp. salt
- ¾ cup (1 ½ sticks) butter, softened
- 1 cup sugar
- 1 egg
- ½ tsp. lemon extract



### Lemon Glaze

- 1 ½ cup confectioners' sugar
- 2 Tbsp. plus 1 tsp. water
- ¼ tsp. lemon extract

1. For the Cookies, mix flour, cloves and salt in medium bowl. Set aside. Beat butter and granulated sugar in large bowl with electric mixer on medium speed until light and fluffy. Add egg and lemon extract; beat until well blended. Gradually beat in flour mixture until well mixed.
2. Divide dough in half. Form each half into a log about 1 1/2 inches in diameter and 9 inches long. Wrap in wax paper. Refrigerate 1 hour or until firm.
3. Preheat oven to 350°F. Cut dough into 1/4-inch thick slices. Place on ungreased baking sheets. Bake 12 to 15 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.
4. For the Lemon Glaze, mix confectioners' sugar, water and lemon extract in small bowl until well blended. Drizzle over cooled cookies. Let stand until glaze is set.

<https://www.mccormick.com/recipes/dessert/lemon-clove-cookies>

### Pfeffernuesse German Cookies (24 cookies)

- 2 ¾ cups flour
- 1 tsp. baking powder
- 1 tsp. Ground Cinnamon
- ½ tsp. ground Black Pepper
- ½ tsp. salt
- 1/8 tsp. ground Cloves
- 1/8 tsp. ground Nutmeg
- 1 cup firmly packed light brown sugar
- ½ cup (1 stick) butter, softened
- 2 eggs
- 1 tsp. vanilla extract
- ½ tsp. anise extract
- ½ tsp. lemon extract
- Confectioners' sugar



1. Sift flour, baking powder, cinnamon, pepper, salt, cloves and nutmeg into large bowl. Set aside. Beat brown sugar and butter in large bowl with electric mixer on medium speed until light and fluffy. Add eggs and extracts; mix well. Gradually beat in flour mixture on low speed until well mixed. Cover. Refrigerate 2 hours.
2. Preheat oven to 375°F. Shape heaping teaspoons of dough into ovals. Place 1 inch apart on ungreased baking sheets.
3. Bake 10 minutes. Cool on baking sheets 1 minute. Remove to wire racks. Sprinkle confectioners' sugar over warm cookies. Cool completely. Store cookies in airtight containers.

<https://www.mccormick.com/recipes/dessert/pfeffernuesse-german-cookies>

### Spiced Pumpkin Cupcakes (24 cupcakes)

- 1 package (2-layer size) yellow cake mix
- 1 package (4-serving size) vanilla instant pudding mix
- 1 cup canned pumpkin
- ½ cup oil
- ½ cup water
- 3 eggs
- 1 ½ tsp. ground cinnamon
- 1 tsp. ground cloves
- 1 tsp. vanilla extract
- Spiced Cream Cheese Frosting:
  - 1 package (8 ounces) cream cheese, softened
  - ¼ cup (1/2 stick) butter, softened
  - 1 teaspoon McCormick® All Natural Pure Vanilla Extract
  - 1/4 teaspoon McCormick® Ground Cloves
  - 1 box (16 ounces) confectioners' sugar



1. Preheat oven to 350°F. For the Cupcakes, beat all ingredients, except Spiced Cream Cheese Frosting, in large bowl with electric mixer on low speed just until moistened, scraping side of bowl frequently. Beat on medium speed 2 minutes or until well blended.
2. Spoon batter into 24 lightly greased or paper-lined muffin cups, filling each cup 2/3 full.
3. Bake 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 10 minutes. Remove from pans; cool completely.
4. For the Frosting, beat cream cheese, butter, vanilla and cloves in large bowl until light and fluffy. Gradually beat in confectioners' sugar until smooth. Frost cooled cupcakes with Frosting.

<https://www.mccormick.com/recipes/dessert/spiced-pumpkin-cupcakes>

### Apple Pie Bombs (10 servings)

- 4 Tbsp. unsalted butter, divided
- 2 Tbsp. heavy cream
- 1 Tbsp. cornstarch
- ¾ tsp. vanilla extract

- 1/4 cup light brown sugar
- 1 tsp. cinnamon, divided
- ¼ tsp. nutmeg
- ¼ tsp. ginger
- 1/8 tsp. ground cloves
- 1 pinch sea salt
- 1 can (7.5 ounces) biscuit dough (10 biscuits)
- 2 diced and peeled apples (about 2 cups diced)
- 2 tablespoons cane sugar



1. Preheat oven to 375 degrees. Lightly oil a 10-inch cast iron skillet.
2. In a large saucepan, heat 2 tablespoons butter over medium heat. Whisk in heavy cream, cornstarch, vanilla, brown sugar, ½ teaspoon cinnamon, nutmeg, cloves, ginger and salt.
3. Add apples to saucepan, stirring well to coat. Cook on medium-low heat for 6 to 8 minutes, until apples are fork tender. Let cool.
4. Using your hands or a rolling pin, flatten each piece of biscuit dough into a 4-inch round.
5. Place 1 to 2 tablespoons apple mixture in center of each biscuit. Wrap dough around filling, pressing edges to seal.
6. Place seam-side down in prepared cast iron skillet, leaving a little room between each one for dough to rise.
7. In a small bowl, add sugar and remaining ½ teaspoon cinnamon, whisking to combine.
8. Melt remaining 2 tablespoons butter. Brush on tops of biscuits, then sprinkle with cinnamon-sugar mixture.
9. Bake for 18 to 20 minutes, or until golden brown.

<https://www.simplyorganic.com/recipes/apple-pie-bombs>

### **Apple Nachos with Spiced Nut Butter (6 servings)**

- 5 to 6 green apples, cored and sliced
- 2 tsp. lemon juice
- 1 ½ tsp. cinnamon, divided
- 1/3 cup nut butter (cashew, almond or peanut)
- 2 tsp. coconut oil, divided\*
- ½ tsp. ginger
- ¼ tsp. nutmeg
- 1 pinch ground cloves
- ½ cup dark chocolate chips
- 2 Tbsp. unsweetened coconut flakes
- 2 Tbsp. slivered almonds



1. In a large bowl, toss apples with lemon juice and 1 teaspoon of the cinnamon, then lay apples flat on a plate or serving tray.



2. In the top of a double boiler or heat-proof bowl placed over a pot of barely simmering water, warm nut butter with 1 teaspoon of the coconut oil until melted. Mix in ginger, nutmeg and cloves and 1/2 teaspoon cinnamon.
3. Using a spoon, drizzle spiced nut butter over apples.
4. Wash top pan of double boiler or heat-proof bowl and place again over simmering water. Add dark chocolate chips and 1 teaspoon coconut oil, stirring until melted.
5. Drizzle chocolate over apples.
6. Top apple nachos with coconut flakes and slivered almonds, and serve.
7. \*NOTE: Amount of oil needed may vary depending on nut butter used. Try starting with ½ teaspoon and adding more as needed.

<https://www.simplyorganic.com/recipes/homemade-apple-nachos-with-spiced-nut-butter>

### Hot Apple Cider Cinnamon Spice Mix

Servings: 4 8-oz jars OR 8 4-oz jars

- 4 cups sugar
- 4 tablespoons ground cinnamon
- ½ Tbsp. ground nutmeg
- ½ Tbsp. ground cloves

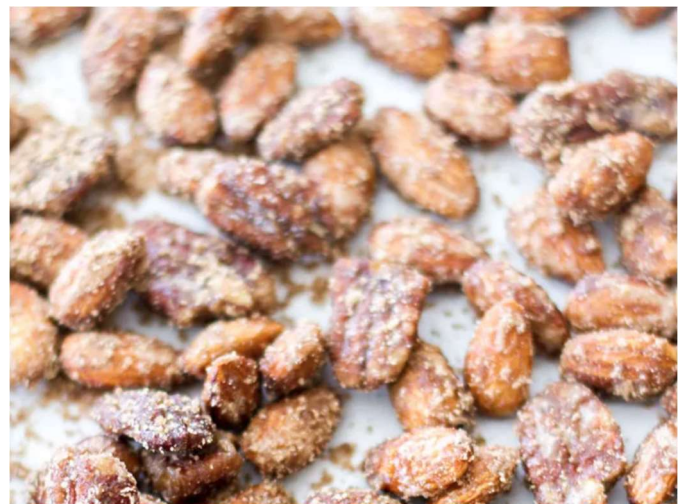
1. Mix all ingredients in a large bowl and fill into individual jars.
2. Use about 1 tablespoon per quart of liquid. Less sweet liquids (like wine or cranberry juice) can use a little more.



<https://www.savorynothings.com/hot-apple-cider-cinnamon-spice-mix-free-printable/>

### Pumpkin Spice Candied Nuts (3 cups)

- 1 ½ cups raw almonds, whole
- 1 ½ cups raw pecans, whole
- ¼ cup water
- ¾ cup brown sugar
- ¼ cup granulated sugar
- ¾ tsp. ground cinnamon
- ¼ tsp. ground all spice
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cloves
- ¼ tsp. ground ginger
- cinnamon sugar, for sprinkling (optional)



1. In a large saucepan, over medium-low heat, combine all ingredients except nuts. Stir until all sugar and spices have dissolved completely.
2. Add in almonds and pecans, making sure all nuts are coated with the sugar mixture.
3. Once coated, stir constantly (on med-low heat) for about 7-8 minutes, or until there is no more liquid in the pot. Remove from heat immediately (otherwise the sugars might burn).

4. As soon as the nuts are done, pour nuts onto a sheet of parchment paper to cool (make sure they are flat and in a single layer, otherwise the nuts will stick to each other). If you want to sprinkle with cinnamon sugar to give them a 'sugared' look (as pictured), do it while the nuts are cooling so the cinnamon sugar will stick.
5. Alternatively, you can use 1 tsp. pumpkin pie spice + ½ tsp. cinnamon instead of the ratio of spices used above.

<https://www.alattefood.com/pumpkin-spice-candied-nuts/>

### Gingerbread For One (4 servings)

- 2 Tbsp. granulated sugar
- 2 Tbsp. salted butter, softened
- 1 large egg yolk
- ¼ cup molasses
- ⅔ cup all purpose flour
- ¼ tsp. baking soda
- ¼ tsp. ground cinnamon
- ¼ tsp. ground ginger
- ⅛ tsp. ground cloves
- ⅛ tsp. salt
- ¼ cup hot water



1. Heat oven to 350 F. Grease a 5-inch baking dish or dish of similar size.
2. In a medium-sized bowl, cream together the sugar and butter. Beat in the egg yolk, and mix in the molasses.
3. In a small bowl, whisk together the flour, baking soda, cinnamon, ginger, cloves, and salt. Pour into the sugar/butter mixture and mix well.
4. Stir in the hot water.
5. Pour into the prepared pan.
6. Bake for 30 minutes, until a knife inserted in the center comes out clean.
7. Allow to cool in pan before slicing.
8. Selecting the Right Baking Dish: The baking dish size is crucial for this gingerbread recipe. Ideally, use a 5x5 inch dish, about 1 ¼ inches deep. This size ensures even baking and perfect texture. Alternatively, a 6.5x4.9 inch dish or two 8-ounce ramekins are also suitable.

<https://onedishkitchen.com/gingerbread-for-one/>

### South-of-the-Border Chicken Thighs

- 1 cup Olive Oil
- 5 tsp. chili powder
- 1 Tbsp. lime juice
- 2 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. salt
- ½ tsp. ground cloves



- ¾ tsp. cayenne pepper (adjust to taste)
- ½ tsp. black pepper
- 6 garlic cloves, minced
- 6 boneless chicken thighs (you can also use bone-in) about 2 pounds

1. In a small bowl, combine the first 10 ingredients.
2. Set aside ½ of the marinade for basting.
3. Add chicken thighs to the remaining marinade in the bowl....stir the chicken making sure all pieces are covered well. Cover and place in the refrigerator for at least 4 hours.....
4. After the chicken has marinated, remove chicken from the marinade and discard the remaining marinade from the bowl. Grill chicken thighs, uncovered, over medium-low heat, for 20-40 minutes (until internal temperature reaches 165 degrees).....turn and baste frequently with the reserved marinade that was set aside....and watch closely as chicken tends to burn easily.....

<https://nubbs75.wordpress.com/2013/06/14/south-of-the-border-chicken-thighs/>

### **Gingerbread Cookie Bars with Cream Cheese Frosting**

- |                       |                        |
|-----------------------|------------------------|
| • ½ cup butter melted | • 2 cups flour         |
| • ¾ cup sugar         | • 1 Tbsp. cinnamon     |
| • ¼ cup brown sugar   | • ½ tsp. ground ginger |
| • ½ tsp. vanilla      | • ¼ tsp. ground cloves |
| • ⅓ cup molasses      | • ¼ tsp. nutmeg        |
| • 1 egg               | • ½ tsp. salt          |
| • 2 tsp. baking soda  |                        |

### **Cream Cheese Frosting**

- 8 ounces cream cheese softened
- ¼ cup butter softened
- 3 cups powdered sugar
- 1 tsp. vanilla

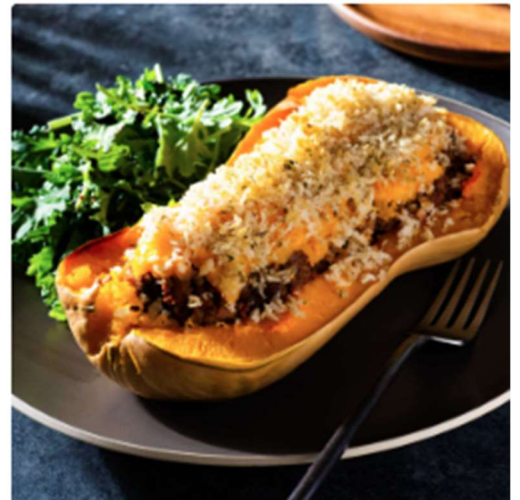


1. Preheat oven to 350 degrees F. Grease a 9×13" baking pan and set aside.
2. In a large bowl, cream together butter, sugar, brown sugar, vanilla, and molasses.
3. Add the egg and stir until completely incorporated.
4. Add baking soda, flour, cinnamon, ginger, cloves, nutmeg and salt and mix until well combined. Spread dough evenly into the greased pan, pressing all the way to the edges.
5. Bake at 350 degrees for 15-20 minutes (Do not overcook). Remove & let cool.
6. Cream Cheese Frosting
7. Mix butter and cream cheese together in a large mixing bowl. Add vanilla.
8. While mixing, gradually add in powdered sugar. Mix until creamy & well-combined.
9. Once the bars have cooled, frost the tops. Garnish with holiday sprinkles or a pinch of cinnamon.
10. Cut into squares and serve.

<https://www.momendeavors.com/gingerbread-cookie-bars-with-cream-cheese-frosting/Library Resources>

## Stuffed Butternut Squash with Ground Beef

- 1 butternut squash
- 1 pound ground beef (80 percent lean)\*
- 4 tsp. mild olive oil, divided into 1 teaspoon and 1 tablespoon
- ½ onion, peeled and diced
- ½ tsp. ground cinnamon
- ½ tsp. ground clove
- ¼ tsp. salt
- 1 cup canned crushed tomatoes\*\* (about 9 ounces)
- ½ cup panko
- 1 tsp. dried oregano



1. Heat the oven to 350 degrees F.
2. Lay the squash on a baking sheet. Pierce 2 to 3 times with a paring knife.
3. Bake the squash whole until a paring knife goes through easily (about 1 ½ hours).
4. When you have about 20 minutes left on the squash, cook the beef.
5. Add the ground beef to a cast iron pan to which you have a lid. Cook, stirring often, until no longer pink and beginning to brown (5 to 7 minutes).
6. Spoon the grease out of the pan and discard. Transfer the cooked beef to a bowl and set aside.
7. Wipe the inside of the pan with a paper towel, then heat 1 teaspoon of the olive oil in it. Add the onion and cook until starting to soften (2 to 3 minutes).
8. Stir cinnamon and clove into the onion, then add the cooked beef back in.
9. Stir in salt and crushed tomatoes, then cover and simmer for 5 minutes. Take off the heat and set aside.
10. Take the squash out of the oven and let cool for a minute.
11. Increase the oven temperature to 400 degrees F.
12. Transfer the cooked squash onto a cutting board and carefully slice in half lengthwise. Scoop out and discard the seeds, then transfer the squash halves back onto the baking sheet.
13. Scoop about half of the flesh out of each squash half and set aside. Fill the squash halves with the beef, then top the beef with the scooped out flesh.
14. Mix the panko with the remaining olive oil and the dried oregano. Spoon the mix on top of the butternut halves. Transfer back to the oven and bake until starting to brown (5 to 8 minutes).
15. Serve hot by itself or with a green salad.

<https://thespicetrain.com/stuffed-butternut-squash-with-ground-beef/>

### Library Resources

Bismillah, Let's Eat by Zehra Allibhai – 641.5954 ALL

Christmas with Southern Living 2024 – 641.594 CHR

Milk Street: The World Skillet by Christopher Kimball – 641.5918 KIM

My First Christmas Cook Book by David Atherton – J 745.2 ATH

Modern Asian Kitchen by Kat Lieu – 641.595 LIE

Spiced – 641.6383 AME