

# Nutmeg



## History

Historically, grated nutmeg was used as a sachet, and the Romans used it as incense. Around 1600 it became important as an expensive commercial spice in the Western world and was the subject of Dutch plots to keep prices high and of English and French counterplots to obtain fertile seeds for transplantation. The nutmegs sold whole were dipped in lime to prevent their sprouting.

Nutmeg, (*Myristica fragrans*), tropical evergreen tree (family Myristicaceae) and the spice made of its seed. The tree is native to the Moluccas, or Spice Islands, of Indonesia and is principally cultivated there and in the West Indies. The spice nutmeg has a distinctive pungent fragrance and a warm slightly sweet taste; it is used to flavor many kinds of baked goods, confections, puddings, potatoes, meats, sausages, sauces, vegetables, and such beverages as eggnog. The fleshy arils surrounding the nutmeg seed are the source of the spice mace.

## Caramel Apple Bites with Brie

### INGREDIENTS

- Ingredients
- 2 Puff Pastry Sheets thawed
- 1 egg lightly beaten
- 1 apple cored and chopped
- 1 tablespoon lemon juice
- 1 teaspoon Cinnamon
- 1/2 teaspoon nutmeg
- 2 ounces creamy brie rind removed and cut into 24 pieces
- 1/2 cup Caramel Sauce
- fleur de sel for sprinkling, optional



### DIRECTIONS

1. Preheat the oven to 400°F and grease the wells of 24 mini muffin tins with cooking spray or preferably with vegetable shortening.
1. Roll out the puff pastry sheet on a floured surface. Roll each into a rectangle, cut into 12 2-inch squares. Press each square into a muffin well.
2. Brush each piece of dough with beaten egg and bake for 10-12 minutes or until golden brown.
3. Remove the pastry from the oven and using a spoon, pat down the centers of each to make a well large enough for brie and apple mix. Remove the cups from the pan to cool.
4. While the pastry is baking, combine the apples, lemon juice, cinnamon and nutmeg in a small saucepan. Stir the mixture over medium-low heat until the apples are soft.
5. Place a small piece of brie in each pastry cup, top with a small amount of apple mix, caramel sauce and sprinkle of Fleur de Sel.
6. Serve caramel apple bites warm or at room temperature.

Find it online: <https://www.savoryexperiments.com/caramel-apple-bites-with-brie/>

# Spiced Pork Tenderloin with Cranberry Sauce



## **INGREDIENTS**

- 1 1/2 pounds pork tenderloin
- 1 tablespoon fine sea salt
- 1 tablespoon ground black pepper
- 2 teaspoons nutmeg
- 2 teaspoons ground cloves
- Zest of one orange
- Cranberry Relish
- Cooking Spray

## **INSTRUCTIONS**

- Preheat oven to 350 degrees. Coat a baking dish with cooking spray, making sure that the dish is large enough to allow room around the tenderloin.
- In a small bowl, combine fine sea salt through orange zest. Rub all over pork tenderloin and place in the baking dish.
- Bake uncovered for 35-40 minutes or until thickest portion registers are 155-160 degrees.
- Allow to rest for 5 minutes before slicing into 1-inch pieces. Smother with Cranberry Relish.
- If you've tried this recipe, come back and let us know how it was!

Find it online: <https://www.savoryexperiments.com/spiced-pork-tenderloin/#wprm-recipe-container-18570>

## **Cranberry Relish**

### **Equipment**

- Fine Mesh Strainer
- Colander

### **Ingredients**

- 3 cups fresh cranberries coarsely chopped
- 1 1/2 cups sugar
- 1 1/4 cup water
- 1/4 cup fresh orange juice
- 1 teaspoon fresh orange zest
- pinch coarse kosher salt
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### **Instructions**

- Combine the cranberries, sugar, water, orange juice, orange zest and salt in a heavy saucepan. Bring to a simmer. If you prefer smaller cranberries, roughly or finely chop them before adding to the saucepan.
- Simmer and stir for 10-15 minutes, until the cranberries start to pop and break down. The mixture will be thick and sticky.
- Place a fine sieve or colander over a bowl, do not press down on the mixture, you want some liquid.
- Package or serve.

# Skillet Apples with Cinnamon

## **INGREDIENTS**

- 1/4 cup butter
- 8 apples, cored and chopped
- 1/2 cup brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg

## **Instructions:**

1. Melt butter in a large, heavy skillet over medium heat. Add apples, brown sugar, cinnamon, and nutmeg. Sauté in hot butter until tender and golden, 10 to 15 minutes.

Find it online: <https://www.allrecipes.com/recipe/236250/skillet-apples-with-cinnamon/>

