

Recipes



Cinnamon, *Cinnamomum* spp.

Tips

- *Cinnamomum verum* – Ceylon or “true” cinnamon has a sweet, warm, earthy and more subtle flavor. It is tan in color. It is great in dishes that feature the cinnamon flavor such as cinnamon ice cream.
- *C. cassia* – Cassia or Chinese cinnamon is more pungent in flavor and aroma and is reddish brown. It is described as sweet, spicy and strong.
- Cinnamon sticks or quills stay fresh for about 1 year, while the powder stays fresh for about 6 months stored in a cool dark place.
- *C. burmannii* – known as Korintje, Padang cassia or Indonesian cinnamon is said to be sweet and mellow. It is commonly used in baking and sprinkling on foods for extra flavor.
- *C. loureiroi* – known as Saigon cinnamon, Vietnamese cassia or Vietnamese cinnamon has a strong, yet rich and sweet flavor. Use in “cinnamon forward” flavored dishes or use less than Ceylon cinnamon when the flavor should be more in the background. It is sold as broken pieces of bark as well as powdered.

Buttery Tomato and Cinnamon-Spiced Rice

This Persian rice dish, known as kateh gojeh farangi, is the ideal late-summer comfort food. The cinnamon tames the natural acidity of tomatoes, creating a sweet-savory aroma and flavor.

3 tablespoon vegetable oil	2 cups long-grain white rice (such as basmati or jasmine), rinsed until water runs clear
1 large onion, thinly sliced	
3 garlic cloves, thinly sliced	½ teaspoon ground cinnamon
Kosher salt, freshly ground black pepper	½ teaspoon ground turmeric
3 tablespoon double-concentrated tomato paste	2 tablespoon unsalted butter, cut into pieces
2 medium tomatoes, halved crosswise, seeds removed, coarsely chopped	1/3 cup coarsely chopped cilantro, dill, or mint
	Plain whole-milk yogurt (for serving)

Heat oil in a medium pot over medium. Add onion and cook, stirring occasionally, until softened and golden brown, 8–10 minutes. Add garlic, season with salt and pepper, and cook, stirring occasionally, until garlic is softened and onion is lightly charred around the edges, about 5 minutes.

Stir tomato paste into onion mixture and cook, stirring often, until slightly darkened in color and beginning to stick to bottom of pot, about 3 minutes. Add tomatoes and cook, still stirring, until tomatoes burst and mixture starts to thicken, about 5 minutes. Add rice, cinnamon, and turmeric and cook, stirring, until spices are fragrant, about 30 seconds.



Pour 2¼ cups water into pot, give the mixture a stir, and bring to a boil. Reduce heat to low and cover pot. Let steam until water is absorbed and rice is cooked through, 20–25 minutes. Remove from heat and let sit (still covered) 10 minutes. Uncover, add butter, and fluff with a fork.

Serve topped with herbs and dollops of yogurt.

Andy Baraghani, Bon Appetit, August, 2020
bonappetit.com

Swedish Cinnamon Cookies (kanelkakor)

2/3 cup butter	1 teaspoon baking powder
1 cup sugar	1 teaspoon cinnamon
1 egg	½ cup walnuts, chopped fine
1 ½ teaspoons vanilla	1 ½ tablespoons cinnamon
1 1/3 cup flour	2 tablespoons sugar

Cream butter and gradually add 1 cup sugar.
Beat in vanilla and eggs.
Sift the flour with baking powder and 1 teaspoon cinnamon.
Add to egg mixture and blend well.
Chill for 30 minutes.

Preheat oven to 350 degrees.
Combine walnuts, cinnamon and sugar.
Roll chilled dough into sugar.
Place cookies on greased and floured baking sheets about 3 inches apart. Bake about 12 minutes.
Cool on racks.

Becca B3c
Food.com

Sweet and Spicy Greek Meatballs (Keftedes me Saltsa Domata)

Meatballs:

1 pound ground lamb or 20% fat ground beef	2 tablespoons extra-virgin olive oil
1 cup cooked and cooled couscous	3 tablespoons dried mint leaves
3 scallions, chopped	1 ½ tablespoons dried oregano leaves
2 cloves garlic, chopped	2 teaspoons kosher salt
1 egg, at room temperature, beaten	1 ½ teaspoons cumin
¼ cup chopped fresh Italian parsley, plus more for serving	1 tablespoons ground cinnamon
	½ teaspoon cayenne pepper

Sauce:

- 3 tablespoons extra-virgin olive oil
- 1 (25 ounce) jar marinara sauce
- 2 cinnamon sticks
- 1 tablespoon ground cinnamon

For the meatballs: In a large bowl, mix together the lamb, couscous, scallions, garlic, egg, parsley, olive oil, mint, oregano, salt, cumin, cinnamon, and cayenne pepper. Form the mixture into 15 to 16 (2-inch diameter) meatballs.

For the sauce: Heat the oil in a large nonstick skillet over medium-high heat. Add the meatballs and cook until brown on all sides, about 6 minutes. Add the marinara sauce, cinnamon sticks, and ground cinnamon. Bring the sauce to a boil and reduce the heat to a simmer. Cook, turning occasionally, until the meatballs are cooked through, 10 to 12 minutes. Discard the cinnamon sticks. Transfer the meatballs and sauce to a large bowl and serve. Yield 4 to 6 servings, Total time: 29 minutes.

Giada de Laurentiis
Foodnetwork.com

Simple Cinnamon Tea

- 1 cinnamon stick
- 1 cup water

Steep cinnamon stick in just boiled water for 2 minutes. Remove stick and enjoy.

Mayan Hot Chocolate

20 Sonoran chile peppers (or 1-2 regular hot peppers)
1 pint whipping cream
1 gallon whole milk
2 vanilla beans, split lengthwise

2 oz. hazelnuts, chopped
1 teaspoon Ceylon cinnamon
20 ounces semisweet hot chocolate
4 ounces unsweetened chocolate
2 tablespoons honey

Crush the chile peppers in a small dish; put peppers into a saucepan, and add 2 cups boiling water. Cook until liquid is reduced to approximately 1 cup. Strain water, discard peppers, and set aside.

In a large pot, combine cream, milk, vanilla beans, hazelnuts, and cinnamon. Warm over medium heat until bubbles form around edge of pot (whisking occasionally so as not to allow milk to burn on the bottom of the pan). Reduce heat to low. Add chocolate and honey. Whisk occasionally until chocolate is melted. Turn off the heat. Remove vanilla beans and strain out the hazelnuts. Add the chile-infused water a little at a time until desired level of heat is achieved (taste after each addition).

Amy Pollock, National Herb Garden Intern (2001-2002)
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Do you have any recipes using cinnamon to share?

Contact educator@herbsociety.org