

Recipes



Nutmeg, *Myristica fragrans*

Tips:

- Grate nutmeg with a nutmeg grater or the fines blade of a box grater just before using for best flavor.
- Add ground nutmeg towards the end of cooking because heat will diminish the flavor.
- To test a whole nutmeg for freshness, insert a needle approximately 1 centimeter into the whole nut. A tiny drop of oil will seep out if the nut is fresh.
- Store whole nutmegs, tightly sealed in a cool, dark location.

Rexford's Sweet Potato Pie

¼ cup butter, softened	1 teaspoon lemon zest
½ cup sugar	1 tablespoon lemon juice
2 cups cooked, mashed sweet potatoes (microwave in skins if desired)	1 teaspoon pure vanilla extract
3 eggs	½ teaspoon freshly ground nutmeg
¼ cup peach brandy	1 vanilla wafer pie shell, or crust of choice

Preheat oven to 375°F. Cream butter and sugar in a mixing bowl, beating well. Add potatoes; beat at medium speed with an electric mixer until well blended. Add eggs, one at a time, beating well after each addition.

Place brandy in a small pan; heat just until warm (do not boil). Add brandy, lemon zest, lemon juice, vanilla, and nutmeg to sweet potato mixture; stir until well blended.

Pour mixture into pastry shell. Bake for 30-40 minutes, or until a cold knife inserted in the center of pie comes out clean.

Rexford H. Talbert, HSA's North Carolina Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Pumpkin Pie-Spice Whipped Cream

2 cups heavy cream

2 tablespoons powdered sugar

¼ teaspoon ground ginger

⅛ teaspoon ground nutmeg

Pinch of kosher salt

¼ teaspoon ground cinnamon, plus more for serving

Using an electric mixer on medium-low speed or a whisk, beat cream, powdered sugar, ginger, nutmeg, salt, and ¼ teaspoon cinnamon in a large bowl until medium peaks form. Transfer whipped cream to a serving bowl and top with more cinnamon.

Do Ahead: Cream can be made 2 hours ahead; cover and chill.

Makes 4 cups. Active time 10 minutes.

Katherine Sacks, October 2016
Epicurious.com

Apple, Sage and Squash Bread

1 ¼ cups salad oil

1 cup brown sugar

¾ cup white sugar

4 eggs

1 ¼ cups pureed butternut squash (or pumpkin)

1 ½ tablespoon chopped fresh sage

1 cup all-purpose flour

1 cup whole-wheat flour

2 teaspoons baking soda

1 teaspoon ground cinnamon

½ teaspoon ground cloves

½ teaspoon freshly ground nutmeg

½ teaspoon salt

3 apples (Fuji or Gala), peeled and chopped

½ cup raisins

Preheat oven to 350°F. Grease and flour two 9-inch loaf pans.

Cream together the oil, brown and white sugar, and eggs. Blend in the squash puree. Add sage. Sift together the dry ingredients, then stir them gradually into the creamed mixture. Add apples and raisins and stir until well blended. Divide the batter between the pans and bake for 50-60 minutes. Cool on rack for 10 minutes, then turn out onto rack and cool completely.

Ed Pierzynski. HSA's South Jersey Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Cocoa and Spice Slow-Roasted Pork with Onions

Spice Rub:

½ tablespoon whole white peppercorns	1 tablespoon plus 2 ¼ teaspoons
½ tablespoon whole coriander seeds	unsweetened cocoa powder
2 tablespoons coarse sea salt (preferably gray crystals)	1 teaspoon ground nutmeg
	½ teaspoon ground cloves

Pork and Onions:

6 tablespoons extra-virgin olive oil	1 ½ cups water
3 ¾ to 4 pounds onions, thinly sliced	1 5-pound pork shoulder butt with bone
1 ½ tablespoons chopped fresh sage	

For the Spice Rub:

Stir peppercorns and coriander in a small skillet over medium heat until spices are darker in color, about 5 minutes. Transfer toasted spices to spice grinder; grind finely. Place in a small bowl; mix in remaining ingredients. **Do Ahead:** Can be made 1 week ahead. Cover and let stand at room temperature.

For Pork and Onions:

Heat oil in large pot over medium heat. Add onions and sage; sprinkle with salt and pepper. Sauté 10 minutes. Add 1 ½ cups water; cover and cook until onions are soft, about 15 minutes. Uncover; continue to cook until onions are beginning to brown and water has evaporated, about 30 minutes.

Meanwhile, preheat oven to 300°F. Sprinkle spice rub on large sheet of foil. Roll pork in rub, pressing to coat (some of rub will be leftover). Set pork on rack in large roasting pan. Top pork with ½ of onions; scatter remaining onions around pork in pan.

Roast pork and onions until onions are deep brown, stirring occasionally, about 3 hours. Transfer onions from pan to medium bowl. Continue to roast pork until very tender and thermometer inserted into center registers 165°F, about 2 ½ hours longer. Transfer pork to platter. Rewarm onions in microwave at 10 second intervals and season with salt and pepper; spoon around pork.

Michael Chiarello, Bon Appetit, December 2007
Epicurious.com

**Do you have a recipe using nutmeg to share?
Please send it to Educator@herbsociety.org**