

Recipes



Allspice, *Pimenta dioica*

Tips:

- The flavor of allspice is a blend of cinnamon, nutmeg and cloves with a hint of juniper berry and peppercorn.
- Allspice is available whole or ground. Whole allspice retains flavor longer than ground, which begins to lose flavor when as soon as the grinding begins.
- Whole allspice can be quickly ground using a spice grinder or a coffee grinder dedicated to spices.
- Sprinkle ground allspice on a variety of foods, including: curry, stew, recipes, roasted vegetables.
- Include in spice blends such as jerk seasoning, poultry or beef rubs, pickling blends, and barbecue sauce
- Add allspice to pumpkin pie spice blends or make your own.
- Add to baked goods, especially gingerbread, pumpkin pie, stone fruit pies, applesauce, cakes and cookies.
- The spice blends of beverages such as chai tea, spice tea, mulled cider or wine and wassail punch often include allspice.

Grandma Adam's Meat Loaf Balls

1 ½ pounds lean ground beef
½ pound ground pork sausage
½ cup bread crumbs
1 medium onion, chopped
1 clove garlic, pressed

1 ½ teaspoon salt
½ teaspoon pepper
1 rounded teaspoon paprika
¼ teaspoon allspice
¼ teaspoon fresh summer savory
½ cup tomato juice

Preheat oven to 350°F. Mix all ingredients in a large bowl. Form into 2-inch balls and place on an ungreased baking sheet. Bake for 1 hour 20 minutes.

Ellen Adams, HSA Member at large, Great Lakes District
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Port Orange Beef Stew

2 pounds round steak
½ teaspoon black pepper
1 teaspoon paprika
¼ teaspoon garlic powder
2/3 cup all-purpose flour
3 tablespoons cooking oil
1 large onion, coarsely chopped 2 carrots, diced
½ cup tawny port wine

1 cup beef broth, divided
¼ teaspoon ground allspice
1 ½ teaspoon fresh lemon thyme
1 ½ teaspoon fresh rosemary
1 large navel orange
½ cup toasted chopped walnuts for garnish
Fresh parsley or chives for garnish

Cut round steak into bite-sized pieces, trimming excess fat. Combine pepper, paprika, garlic powder, and flour. Coat beef pieces in a seasoned flour. Shake off excess flour.

Heat oil in a 4-quart Dutch oven over medium-high heat. Add meat pieces, a few at a time, and brown on all sides. As meat browns, transfer to a plate.

Add ¼ cup of beef broth to the pan. Add chopped onion and carrots; cook until softened, about 5 minutes, stirring occasionally. Add remaining beef broth, wine, tomato juice, allspice, and herbs. Return browned meat to pan.

Preheat oven to 350°F.

In order to save all of the orange juice, use a shallow bowl in which to cut unpeeled orange into small pieces (remove the white pith in center). Add orange pieces and juice to the pan. Bake uncovered for another 30 minutes.

Add garnish and serve. Yields 4-6 servings.

HSA Western Reserve Unit

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Grilled Jerk Pork Chops

A seasoning mix that originated in Jamaica, jerk is popular throughout the Caribbean in the preparation of meats such as pork and chicken for grilling. Jerk seasoning typically includes chillies, onion, allspice, and thyme. Can be prepared in 45 minutes or less.

¼ cup chopped onion

1 teaspoon dried thyme, crumbled

1 teaspoon sugar

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon cayenne

½ teaspoon ground allspice

1/8 teaspoon freshly grated nutmeg

1/8 teaspoon cinnamon

Two ½ -inch thick rib pork chops (each about 4 ounces)

Prepare grill.

Mince and mash onion to a coarse paste with thyme, sugar, salt, and spices. Pat pork chops dry and rub all over with jerk paste. Grill pork on an oiled rack set 5-6 inches over glowing coals 4 minutes on each side, or until just cooked through. (Alternatively, pork may be grilled in a hot well-seasoned ridged grill pan over moderately high heat.)

Yield: 2

From Gourmet July 1997
epicurious.com

Allspice Spice Cake

Organic ground allspice adds the distinctive sweetness and aroma to this classic spice cake. Add the spice to glaze for extra flavor.

2 1/3 cups all-purpose flour	1 cup vegetable oil
1/2 teaspoon kosher sea salt flakes	1 cup granulated sugar
2 teaspoons baking powder	1 cup light brown sugar, packed
3/8 teaspoon baking soda	1 1/4 cups milk
4 teaspoons organic ground allspice	1 teaspoon organic bourbon vanilla extract
1/2 teaspoon organic ground cinnamon	2 cups powdered sugar
3 eggs	1 tablespoon lemon juice

Preheat oven to 350°F. Grease and flour Bundt pan.

Sift flour, salt, baking soda, baking powder, and spices (save one tablespoon allspice for glaze) in a bowl and whisk to combine. Mix eggs with vegetable oil, granulated sugar, and brown sugar in separate larger bowl, whisking until smooth. Add milk and vanilla. Combine dry ingredients with wet ingredients and whisk to smooth batter.

Pour cake batter evenly into Bundt pan, and place pan on top of sheet pan on center rack of oven.

Bake for 55 minutes or until toothpick inserted into center of cake comes out clean. Remove cake and transfer to rack to cool.

Whisk together powdered sugar, allspice and lemon juice to make a thick glaze. When cake is cool, spread glaze over top.

Woodland Foods
Woodlandfoods.com

Wassail

This sprightly holiday punch may be prepared a day ahead of serving.

6 small baking apples, unwaxed	2 tablespoons cognac (optional)
1 cup packed brown sugar	1 cup water (additional)
1 cup water	

Place the following spices in a coffee filter and secure with string to form a spice bag:

- 6-inch cinnamon stick, broken into pieces
- 1 teaspoon whole allspice, crushed
- 6 whole cloves

6 cups apple cider	1 (12-ounce) can frozen orange juice concentrate
2 cups cranberry juice	1 (6-ounce) can frozen pink lemonade concentrate
1 (46-ounce) can unsweetened pineapple juice	

Preheat oven to 350°F. Lightly oil a 1 ½ quart casserole.

Wash apples and place in casserole. Do not peel or core. In a small saucepan combine brown sugar and water. Over medium heat bring to a boil, stir to dissolve sugar, and simmer for 5 minutes. Stir in cognac. Pour syrup over apples and bake for 35 minutes. Lift apples out of syrup with slotted spoon and set aside.

In a 5-quart saucepan place syrup from apples, the additional cup of water, spice bag, along with remaining ingredients. Simmer for 15 minutes or until heated through.

When ready to serve, transfer to large heat-proof punch bowl. Gloat the baked apples for decoration.

Note: Clove-studded orange slices may also be floated in the Wassail Bowl. 25-30 servings.

The Western Reserve Herb Society
Cooking with Herb Scents

Harvest Heat

4 cups water
1 cup packed brown sugar

2 tablespoons dried orange peel, slivered
6 sticks cinnamon (3-inch pieces)

Place the following spices in a coffee filter and secure with string to form a spice bag:

4 teaspoons whole cloves
2 teaspoons whole allspice
2 teaspoons coriander seed
½ teaspoon ground nutmeg

1 gallon apple cider
1 cup orange juice

1/3 cup lemon juice
2 cups rum (optional)

In a 5-quart saucepan place water, sugar, dried orange peel, cinnamon sticks and spice bag. Bring to a boil; then reduce heat to simmer for 20 minutes. Remove spice bag.

Add apple cider, orange juice, lemon juice, and rum (if using). Heat through. Serve warm.

Yield 16-20 servings.

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Cooking with Herb Scents

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