

# FYI...



Despite what the name suggests, allspice is not a spice blend. Ground allspice is made by drying unripe berries from Pimenta dioica. That tree is native to Southern Mexico, Central America, and the Greater Antilles. Allspice is also known as Jamaica pepper, myrtle pepper, or pimenta. In Jamaica, it is a key ingredient in Jerk Seasoning.

Following the Columbian exchange, allspice spread to cuisines around the world. In Finland, allspice is included in Karelian hot pot. In North America, it is often used in fall-flavored desserts like pumpkin pie. In the Middle East, allspice is paired with cinnamon in Hashweh, a rice dish made with spices and beef.

The English called it "allspice" because it combines the flavors of cloves, cinnamon, and nutmeg.

What will you make with allspice?



## BOOK RECOMMENDATIONS



### COOKBOOK

**Mi Cocina**  
by Rick Martinez

📍 641.597 MAR

*Curious about other foods from the same region as allspice? Check out this book of Mexican dishes just in time for Mexican Independence Day (September 16th)!*

### FICTION

**Mexican Gothic**  
by Silvia Moreno-Garcia

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*If you're looking for something eerie as we head into fall, try Mexican Gothic! This is a creepy and atmospheric novel set in 1950s Mexico.*

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## SPICE OF THE MONTH CLUB



September 2024  
Spice of the Month:

**ALLSPICE**



## EASY TACOS

### Ingredients

- 1 lb (453 grams) ground beef
- 1 yellow onion
- 4-5 cloves garlic
- 2 teaspoons ground cumin
- 2 teaspoons ground allspice
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 tablespoon flour
- 1/2 cup water
- 6-8 taco shells

### Suggested toppings

- Chopped tomatoes
- Iceberg lettuce
- Shredded cheddar cheese
- Salsa
- Sour cream
- Guacamole

### Directions

- Peel and mince onion and garlic.
- In a frying pan, cook onion and garlic until softened.
- Add beef. Cook until browned.
- Add cumin, allspice, chili powder, salt, and water.
- Lower heat and add flour, stirring occasionally until mixture thickens.
- Serve with toppings of your choice.

*If you're looking for more complex Mexican recipes, check out "Mi Cocina: Recipes and Rapture from My Kitchen in Mexico" by Rick Martinez! More information in the Book Recommendations.*

**Try these recipes, or get creative!  
Have fun in the kitchen!**

Please email photos of your recipes to [kdewaal@gppl.ca](mailto:kdewaal@gppl.ca).

## PUMPKIN PANCAKES

### Ingredients

- 1 cup pumpkin puree
- 1 1/2 cups milk
- 1 egg
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- 2 cups all-purpose flour
- 1/2 teaspoons salt
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon allspice
- 3 tablespoons brown sugar
- 1/2 ground ginger

### Directions

- In a large bowl, combine milk, pumpkin, egg, oil, and vinegar.
- In a second bowl, combine flour, salt, baking powder, baking soda, cinnamon, allspice, brown sugar, and ginger.
- Add the flour mixture to the pumpkin mixture. Whisk until combined.
- Heat a frying pan over medium-high heat.
- After spraying the frying pan with a non-stick cooking spray, pour 3 to 4 tablespoons of batter onto the frying pan.
- Cook until small bubbles appear, about 2 minutes.
- Flip and cook for an additional 2 minutes.
- Repeat until all batter is used.



## SWEDISH MEATBALLS

### Meatball Ingredients

- 1/3 cup breadcrumbs
- 1/2 cup milk
- 1 egg
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon allspice
- 1 lb (453 grams) ground beef
- 1/2 lb (226 grams) ground pork
- 2 tablespoons finely chopped parsley
- 2 teaspoons olive oil
- 1 tablespoon butter

### Sauce Ingredients

- 5 tablespoons butter
- 1/3 cup flour
- 3 cups beef broth
- 3/4 cup sour cream

### Directions

- Combine breadcrumbs, milk, egg, onion powder, garlic powder, salt, pepper, and allspice in a bowl. Let sit for 10 minutes.
- Add the beef, pork, and parsley. Mix until thoroughly combined. Shape into 24 small meatballs.
- In a large frying pan on medium-high heat, combine 1 tablespoon butter and olive oil.
- Cook meatballs in a single layer. This may take multiple batches.
- Remove meatballs from the frying pan and add remaining butter.
- When the butter is melted, whisk in the flour until it is thick.
- Add beef broth while whisking constantly. Cook for 1-2 minutes.
- Return meatballs to the gravy and let simmer for 5 minutes, until the meatballs are heated through.
- Serve warm.