



photography vanessa lewis 0825611506

## More Info On Spices Used in Spiced Fruit Buns

### CLOVES

- Cloves are aromatic, dried flower buds that looks like little wooden nails
- it has a very pungent aroma and flavour
- It is pressed into oranges when making mulled wine or studded into glazed gammon
- believed to be a cure for toothache
- should be avoided by people with gastric disorders.

### NUTMEG

- nutmeg fruit is the only tropical fruit that is the source of two different spices: nutmeg and mace
- nutmeg is the actual seed of the nutmeg tree, whereas mace is the covering of the seed
- nutmeg has a slightly sweeter flavour than mace a more delicate flavour.
- It is better to buy whole nutmeg and grate it as and when you need it instead of buying ground nutmeg.
- Nutmeg is used in soups, e.g. butternut soup, sauces, potato dishes, vegetable dishes, in baked goods, with egg nog
- Used extensively in Indian & Malaysian cuisines

### GINGER

- Available in many forms, i.e. fresh, dried, powdered (see image below), pickled ginger, etc.
- Powdered ginger is used in many savoury and sweet dishes and for baking traditional favourites such as gingerbread, brandy snaps, ginger beer, ginger ale
- Fresh root ginger looks like a knobbly stem. It should be peeled and finely chopped or sliced before use.
- Pickled ginger is eaten with sushi.

### CINNAMON

- comes from the inner bark of a tree belonging to the laurel family.
- Whole cinnamon is used in fruit compôtes, mulled wines and curries.
- Ground cinnamon is used in puddings and desserts such as milk tart, cinnamon buns, to flavour cereal, in hot drinks, etc.
- it is used in sweet and savoury dishes and drinks across the world

## **MIXED SPICE**

- Also called pudding spice, is a classic blend of sweet spices, including all spice, cinnamon, nutmeg, cloves, ginger, coriander, and caraway.
- Cinnamon is the dominant flavour, with nutmeg and allspice. It is often used in baking, or to complement fruits or other sweet foods.
- Mixed spice adds warm spicy note to sweet dishes such as fruit cakes and biscuits
- It can be used to season pork, gammon and Oriental stir-fries.
- It can also be added to preserves, pickles and mulled wine.
- Helps aid indigestion.

Mixed Spice are often confused with All Spice, also called Jamaican pepper or pimento (see image overleaf).

## **ALL SPICE**

- All Spice is the dried, unripe berries of a pimento tree and resemble large brown peppercorns.
- It is available ground or in seed form and used in a variety of dishes such as pickles, casseroles, cake and puddings.
- Also called Allspice because it is supposed to have the same flavour as a mixture of cloves, nutmeg and cinnamon. But it has its own unique flavour.