

# January 2025 Spice: Allspice



## Allspice: The Spice of Many Flavors

### What is Allspice?

Allspice is a unique and aromatic spice derived from the dried, unripe berries of the *Pimenta dioica* tree, an evergreen native to the tropical regions of the Caribbean, Central America, and parts of South America. The name "allspice" reflects its complex flavor profile, which combines the essence of cinnamon, nutmeg, and cloves, all in a single spice. This complexity makes allspice a versatile ingredient cherished by chefs and home cooks alike.

### Where Does Allspice Come From?

The allspice tree thrives in warm, tropical climates and is most famously grown in Jamaica, which produces most of the world's supply. Smaller quantities are cultivated in Mexico, Guatemala, and Honduras. The berries are harvested when they are green and unripe, then sun-dried. During the drying process, they develop their rich, dark brown color and distinctive, spicy-sweet aroma. Jamaica's fertile soil and ideal growing conditions make its allspice particularly prized for its robust flavor and high oil content.

### Health Benefits of Allspice

In addition to its culinary uses, allspice has been valued for its potential health benefits. It contains essential oils like eugenol, which have anti-inflammatory and antimicrobial properties. Allspice is also a source of antioxidants, which help protect the body from free radicals. Traditionally, it has been used in herbal remedies to aid digestion, reduce pain, and alleviate colds.

### Fun Facts About Allspice

- In Jamaica, allspice is often referred to as "pimento" or "Jamaica pepper." It is considered one of the island's most iconic flavors and plays a central role in Jamaican cuisine, especially in jerk seasoning.
- Allspice was named by English explorers in the 1600s, who believed it combined the flavors of cinnamon, nutmeg, and cloves.
- The ancient Mayans and Aztecs used allspice not only for cooking but also for embalming rituals and as a natural remedy.







## Uses in Cooking and Baking

Allspice is a staple in many global cuisines and can be used whole or ground. Here are a few popular uses:

### Savory Dishes:

- Season meats like pork, beef, or chicken.
- Add to marinades, stews, and soups for depth of flavor.
- Essential in spice blends such as Jamaican jerk seasoning and Middle Eastern baharat.

### Baking:

- Enhance desserts like gingerbread, pumpkin pie, and spice cakes.
- Sprinkle into cookie dough or muffin batter for warmth and sweetness.

### Beverages:

- Infuse into mulled wine, chai tea, or hot cider for a cozy twist.

### Pickling and Preserving:

- Use whole allspice berries in pickling brines, chutneys, and relishes.

## How to Store Allspice

To keep allspice fresh and flavorful, proper storage is essential.

### Whole vs. Ground:

Whole allspice berries retain their flavor longer than ground allspice because they are less exposed to air. Crushing or grinding them fresh as needed ensures maximum potency.

### Storage Tips:

- Store allspice in an airtight container to protect it from air and moisture.
- Keep it in a cool, dry, and dark place, such as a pantry or spice drawer. Avoid storing it near heat sources, such as stoves or ovens, or in direct sunlight.
- If possible, label the container with the purchase date to track its freshness.

### Shelf Life:

- Whole allspice berries can retain their flavor for up to 3-4 years if stored properly.
- Ground allspice is best used within 1-2 years for optimal flavor, though it will remain safe to use beyond that timeframe.

With its warm, complex flavor and versatility in the kitchen, allspice is a must-have for any home cook or baker. Whether you're spicing up a savory stew, enhancing a sweet treat, or adding a twist to your favorite drink, allspice offers endless possibilities. Keep some in your spice rack to bring a touch of the tropics and a world of flavor to your next culinary creation!

# Allspice, Orange and Lemon Crockpot Chicken Thighs

The allspice gives the chicken an incredible peppery warmth, while the orange and lemon provide a tart, juicy contrast.

Prep Time: 10 mins

Cook Time: 3 hrs 30 mins

Total Time: 3 hrs 40 mins

Servings: 6

## Ingredients

- 6 large chicken thighs with the skin on
- 1 1/4 tsp allspice (divided)
- salt to taste
- 2 tbsp olive oil
- juice of 2-3 oranges (1 cup)
- 1 tsp honey (or more, to taste)
- 1 lemon sliced
- 3 slices of orange
- 6 sprigs thyme
- ground black pepper



## Instructions

1. Season the chicken with half the allspice and salt and heat the oil.
2. Brown the chicken on all sides (for a total of about 6 minutes).
3. Add chicken to your crockpot (if you are not already frying this in your slow cooker), followed by the rest of the ingredients, cover and cook on high for 3-4 hrs.
4. Remove the crockpot chicken thighs from the slow cooker when done and serve warm.

## Notes

### Slow Cooker Chicken Thighs Tips

- The browning step adds a lovely flavour to the end dish and crisps the skin, but skip it if you don't have time.
- For a leaner meal, remove the skin from the chicken thighs before cooking.
- Adjust or change the seasoning altogether on your allspice slow cooker chicken thighs to suit your preferences.

## Nutrition

Calories: 300kcal | Carbohydrates: 4g | Protein: 19g | Fat: 24g | Saturated Fat: 6g | Cholesterol: 111mg | Sodium: 88mg | Potassium: 263mg | Fiber: 1g | Sugar: 1g | Vitamin A: 135IU | Vitamin C: 11.6mg | Calcium: 20mg | Iron: 1mg



## **Skyline Cincinnati Chili**

The allspice gives the chicken an incredible peppery warmth, while the orange and lemon provide a tart, juicy contrast.

Prep Time: 10 mins

Cook Time: 1 hr 10 mins

Servings: 10-12

### **Ingredients**

- 2 lbs ground beef
- 2 cups chopped onions
- 4 cups beef stock
- 2 (8 ounce) cans tomato sauce
- 2-3 tablespoons chili powder
- 2 tablespoons apple cider vinegar
- 2 teaspoons Worcestershire sauce
- ½ ounce grated unsweetened chocolate  
(or 2 ¾ tablespoons cocoa powder)
- 2 teaspoons instant minced garlic
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground red pepper or cayenne pepper
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves
- 1 bay leaf or 1/8 teaspoon bay leaf powder



### **Instructions**

1. In a large skillet over medium heat, add ground beef and onions. Sauté until onions are translucent and beef is no longer pink. Drain.
2. Reduce the heat to low and pour the beef stock. Simmer for 10 minutes.
3. Mix in the tomato sauce, chili powder, apple cider vinegar, Worcestershire sauce, unsweetened chocolate or cocoa powder, minced garlic, cinnamon, cumin, salt, red or cayenne pepper, allspice, cloves, and bay leaf or bay leaf powder. Simmer, uncovered, for 1 hour.
4. Remove the bay leaf (if using) and spoon off the layer of grease on the surface.
5. Serve over spaghetti noodles or on top of hot dogs. Top with cheese, onions, and/or kidney beans. Enjoy!

## Applesauce Spice Cake

This applesauce cake has all your favorite spices like cinnamon, allspice and ground cloves and it's SO easy to put together. You can enjoy this cake right out of the oven while it's still warm or pop it in the refrigerator and enjoy it cold. Either way you slice it, it should become A new favorite recipe your family will enjoy.

### Ingredients

- 1/2 cup butter, Softened
- 1 cup sugar
- 1 cup brown Sugar
- 2 cups flour
- 2 tsp baking Soda
- 1 tsp salt
- 1 1/2 tsp cinnamon
- 1/2 tsp ground Cloves
- 1/2 tsp allspice
- 2 cups applesauce
- 2 eggs



### Instructions

1. Cream together butter and sugar until combined.
2. In A separate bowl, whisk together flour, baking soda, salt, cinnamon, cloves and allspice.
3. Add flour mixture to butter mixture and mix until combined.
4. Add applesauce and eggs and mix again.
5. Pour into A 9x13 inch baking pan.
6. Bake at 350 degrees for 40-45 minutes or until A toothpick in the center comes out clean.
7. Allow to cool.
8. Top individual slices with powdered sugar and A dollop of cool whip.

### Ways to serve our applesauce spice cake

- **Add a dollop of cool whip**—a favorite way to enjoy this cake is cold with a dollop of cool whip.
- **Sweet scoop of ice cream**— have a sweet tooth? Add a scoop of vanilla ice cream with this cake for an a' la mode treat!
- **Drizzle of caramel sauce** – add a warm drizzle of caramel sauce for a delicious fall dessert

# Check Out These Cookbooks!

These cookbooks all contain recipes with allspice as an ingredient. Did you know that we have over 350 cookbooks in our collection? Explore recipes from many different countries and cuisines!

## The Mediterranean Dish: 120 Bold and Healthy Recipes You'll Make On Repeat

By Suzy Karadsheh

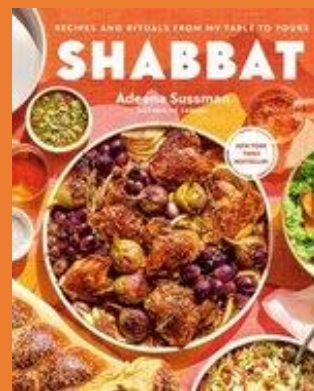
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## Shabbat: Recipes and Rituals From My Table To Yours

By Adeena Sussman

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## Lebanese Cuisine: The Authentic Cookbook

By Samira Kazan

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## The Cook You Want To Be: Everyday Recipes To Impress

By Andy Baraghani

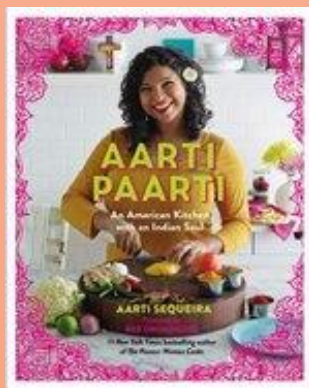
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## Aarti Paarti: An American Kitchen with an Indian Soul

By Aarti Sequeira

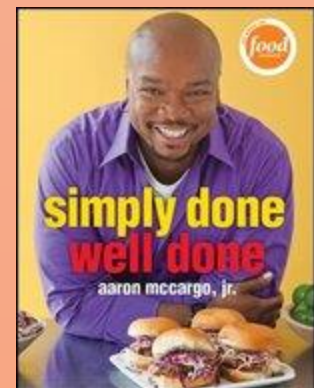
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## Simply Done, Well Done

By Aaron Mccargo

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