

Description of Cinnamon

Cinnamon is the dried inner bark of various evergreen trees belonging to the genus

Cinnamomum. Ceylon cinnamon is sometimes marketed as the only "true" cinnamon referring to other types as "cassia".

History about Spice

Cinnamon was one of the first known spices. In ancient Egyptian times, much of the world's cinnamon came from China. The Romans believed cinnamon's fragrance was sacred and burned it at funerals, but it was not popular as a cooking spice. In medieval Europe, cinnamon became a favorite flavor in many banquet foods. It was also regarded as an appetite stimulant, a digestive, an aphrodisiac, and a treatment for coughs and sore throats. Because cinnamon was one of the first spices sought in 15th-century European explorations, some say it indirectly led to the discovery of America. Between the 16th and 18th centuries, the Dutch and Portuguese brutally fought to control the cinnamon plantations of Ceylon now called Sri Lanka.



Cinnamon Powder vs. Ground Cinnamon: What Is the Difference?

The main difference is in their texture. Cinnamon powder is much finer and easier to mix into recipes, whereas ground cinnamon has a coarser texture and can add a bit of crunch to dishes. This means that cinnamon powder is better suited for baking, while ground cinnamon is better suited for savory dishes.

Information

The "Spice up Your Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for 1 of the recipes.

Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to reference@townhall.lib.wi.us and you might be featured on the Town Hall Library Website

One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



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Take & Make Spice Club Kit

Spice Up Your Life



October Ceylon Cinnamon Powder

Pumpkin Snickerdoodles



Ingredients

Cookies

- (½) cup unsalted butter melted and cooled for at least 10 minutes
- (½) cup sugar
- (⅓) cup light brown sugar tightly packed
- (¼) cup pumpkin puree
- (1) large egg yolk
- (¾) teaspoon vanilla extract
- (1 ½) cups of all-purpose (plain) flour
- (1 ½) teaspoons pumpkin pie spice
- (½) teaspoon baking soda
- (¼) teaspoon cream of tartar
- (½) teaspoon salt

Topping

- (¼) cup sugar
- **(2) teaspoons ground cinnamon (Ceylon Cinnamon Powder)**

Sources

- <https://sugarspunrun.com/pumpkin-snickerdoodles/>
- <https://www.tasteofhome.com/recipes/cinnamon-apple-pork-chops/>
- <https://www.vahdam.com/blogs/teas-us/cinnamon-powder-vs-ground-cinnamon-what-is-the-difference#:~:text=The%20Texture,better%20suited%20for%20savory%20dishes.>
- <https://www.mccormickscienceinstitute.com/resources/culinary-spices/herbs-spices/cinnamon#:~:text=History%20%26%20Folklore&text=In%20ancient%20Egyptian%20times%2C%20much,flavor%20in%20many%20banquet%20foods.>

Pumpkin Snickerdoodles

Baking Directions

- Combine butter, sugar, and brown sugar and stir until well-combined. Add pumpkin and stir well.
- Stir in egg yolk and vanilla extract.
- In a separate bowl, whisk together flour, pumpkin spice, baking soda, cream of tartar, and salt until well combined.
- Gradually add dry ingredients to wet until ingredients are well-combined.
- Cover cookie dough with clear wrap and place in the refrigerator to chill for at least 45 minutes.
- Once the dough is nearly finished chilling, preheat the oven to 350F and prepare a cookie sheet by lining it with parchment paper. Prepare your cinnamon sugar mixture by whisking together ¼ cup sugar and 2 tsp ground cinnamon in a small bowl.
- Remove dough from refrigerator and scoop into 1 ½ Tablespoon-sized balls. Roll briefly between your palms until smooth and then roll through cinnamon sugar and transfer to a prepared cookie sheet, spacing at least 2" apart.
- Bake cookies in a 350F oven for 10-12 minutes. Keep your remaining dough refrigerated while cookies are baking and do not place cookie dough on a hot baking sheet.
- Allow baked cookies to cool completely on the cookie sheet before enjoying.



Fun Fact

To make Pumpkin Spice Coffee at home. Just add (1) Teaspoon of Pumpkin Pie Seasoning into your ground coffee. Once in mug add whipped cream and a sprinkle of cinnamon sugar Mix.

Cinnamon-Apple Pork Chops



Ingredients

This recipe has a serving size of 4 people

- (2) tablespoons butter, divided
- (4) boneless pork loin chops (4 ounces each)
- (3) tablespoons brown sugar
- **(1) teaspoon ground cinnamon (Ceylon Cinnamon Powder)**
- (1/2) teaspoon ground nutmeg
- (1/4) teaspoon salt
- (4) medium tart apples, thinly sliced
- (2) tablespoons chopped pecans

Directions

- In a large skillet, heat 1 tablespoon butter over medium heat. Add pork chops; cook 4-5 minutes on each side or until a thermometer reads 145°.
- Meanwhile, in a small bowl, mix brown sugar, cinnamon, nutmeg, and salt.
- Remove chops; keep warm.
- Add apples, pecans, brown sugar mixture, and remaining 1 tablespoon butter to pan; cook and stir until apples are tender.
- Add Apple Mixture on top of the chops.