

ALLSPICE, True Cinnamon, Clove Powder
MINI YELLOW SUMMER SQUASH MUFFINS



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FEATURING OUR:
ALLSPICE POWDER

These are moist and delicious little muffins that are just irresistible. Cooked yellow summer squash is mixed into the batter to make them really moist. The flavors for this muffin come from the sweet spice combination of Allspice, True Cinnamon and Cloves Powder. What a great way to enjoy summer squash. Make a batch and watch them disappear!

Ingredients

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| 1 cup cooked & mashed yellow summer squash (remove seeds before cooking) | |
| 1 egg | 1 1/2 cups flour |
| 1/4 cup canola oil | 1 Tbspn baking powder |
| 1/4 cup granulated white sugar | 1 tsp salt |
| 1/4 cup light brown sugar | 1/2 tsp Allspice Powder |
| 1/3 cup (unsweetened) applesauce | 2 tsp True Cinnamon |
| 1 tsp vanilla extract | 1/4 tsp Clove Powder |

Mixture of (white) sugar & True Cinnamon - for sprinkling muffin tops

Directions

This recipe makes 3 dozen mini muffins. Preheat oven to 350 degrees. Spray with cooking spray mini muffin tins. In a small bowl, mix together the squash, oil, egg, applesauce and vanilla. In a separate bowl, blend together all of the dry ingredients. Combine the squash mixture with the flour mixture, and blend until just moistened (do not overmix). Drop tablespoons of the mix in the prepared tins. Sprinkle the tops of each muffin with the sugar/True Cinnamon mixture. Bake in the preheated oven for 8 - 10 minutes or until muffins are set and lightly golden. Cool cooked muffins on a wire rack.

CHINESE FIVE SPICE / CAYENNE POWDER
CHINESE FIVE SPICE PORK AND PLUM SALAD



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FEATURING OUR:
CHINESE FIVE SPICE

The unique Chinese Five Spice Powder is used to season the pork for this colorful and fresh summer salad. The Five Spice powder gives a wonderful flavor to the pork and this, combined with a pinch of cayenne, makes the pork taste perfect with the fresh fruit and vegetables used. Don't forget to add the fresh mint with the other ingredients - it really adds something special to the final taste. This is a delicious salad that is easy to prepare and loaded with lots of great flavors.

Ingredients

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| 1 Tblspn Chinese Five Spice Powder | 2 tsp minced fresh ginger |
| 1 Tblspn packed Light Brown Sugar | 1/2 cup Tblspns Veg Oil |
| Pinch of Cayenne Pepper | 3 large plums, pitted, and cut into large pieces |
| 1 Large Pork Tenderloin (about 1 1/4 pounds) | 4-6 scallions, trimmed and sliced into 1/4 inch slices |
| Salt and Pepper | 1/2 small head of cabbage, chopped (about 5 cups) |
| 1/2 cup Rice Vinegar | About 1 cup fresh snow peas, trimmed and chopped |
| 1/4 cup Honey | 1 cup shredded carrots |
| 2 Tblspn Soy Sauce | 1 cup chopped fresh mint |
| 2 tsp Dijon mustard | 1/2 cup chopped roasted & salted cashews |

Directions

Combine five spice powder, brown sugar and cayenne in a small bowl. Pound pork with a mallet until it is about 1/2 inch thick. Season the pork with salt and pepper and then rub the five spice mixture over the entire pork. Cover and refrigerate the pork for 2 - 4 hours. Make the dressing. Whisk the vinegar, Honey, Soy Sauce, mustard and ginger in a small bowl. Slowly add the oil and whisk until smooth. Refrigerate. Cut the pork into large chunks and stir fry until done in a pan sprayed with oil. Add the plums and scallions and stir fry briefly with the pork (about 2 minutes). Add a little more oil to the pan, if needed. Combine the Cabbage, snow peas, carrots, mint, and cashews in a salad bowl. Add the pork, plum, and scallion combination to the salad bowl and toss until combined. Pour the dressing over the salad and serve.