

Pumpkin Pie Spice —True Cinnamon

Sweet Potato - Orange Bread



FEATURE
RECIPE 10/22/16



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Sweet Potato - Orange Bread

This moist bread can be made as muffins or bread (it makes two regular loaves). A hint of orange is mixed with the sweet potatoes and the batter is perfectly spiced with Pumpkin Pie Spice and True Cinnamon. Great fall flavors that come together deliciously.

Ingredients

- 2 cups white sugar
- 1 cup vegetable oil
- 3 eggs
- 2 cups mashed sweet potatoes
- 1/4 cup Orange juice
- 2 tsp Orange zest
- 2 tsp Orange extract

- 3 cups flour
- 1/4 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tsp pumpkin pie spice
- 1 tsp True cinnamon
- 1 cup chopped walnuts

Directions :

Preheat oven to 325. Prepare loaf pans by spraying then with non-stop cooking spray. In a large bowl, mix together the sugar, oil, eggs, sweet potatoes, orange juice, orange extract, and the orange zest. In another bowl, mix together all of the dry ingredients, except for the nuts. Add the dry ingredient mixture to the sweet potato mixture. Stir to fully combine. Fold in the nuts. Pour the batter into the prepared loaf pans. Bake the loaves for about 75 minutes or until a knife inserted into the middle of the loaf comes out clean. Cool loaves on a rack.

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Anise Star—True (Ceylon) Cinnamon Sticks

SIMMERED CHICKEN WITH ANISE STAR & CEYLON CINNAMON STICKS



RECIPE OF
THE WEEK 10/22/16



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SIMMERED CHICKEN WITH ANISE STAR & CEYLON CINNAMON STICKS

Anise Star and Ceylon Cinnamon Sticks (True Cinnamon) are key ingredients for this dish, and they add the deliciously different tastes to this old Chinese recipe. These two spices are used in the marinade as well as the sauce, and the result is a sweet and savory dish that is truly unique and full of flavors.

Ingredients:

For The Marinade:

- 1 Tblspns minced garlic
- 1 Tblspns minced ginger
- 1/4 cup soy sauce
- 1/4 cup cooking sherry
- 2 cloves Anise Star
- 1 Ceylon Cinnamon Stick
- 1 Tblspn light brown sugar

For The Dish:

- 4- 5 boneless /skinless chicken breasts or thighs (or a combination)
- 1 Tblspn minced garlic
- 1 Tblspn minced ginger
- 1/4 cup soy sauce
- 1/4 cup cooking sherry
- 2 tsp. sesame oil
- 3 cloves Anise Star
- 2 Ceylon Cinnamon Sticks
- 2 scallions, chopped
- 1 Tblspn light brown sugar
- 1 bunch bok choy- green part only- large chop

Directions:

Combine all marinade ingredients. Cover all pieces of the chicken with the marinade and refrigerate for 4 hours. Discard the marinade. Place all of the dish ingredients - except the chicken and the bok choy - in a large frypan, and heat to a low boil. Add the chicken pieces and bring to a simmer. Cover the pan and cook for about 15 minutes or until the chicken is done. Remove the lid, add the bok choy and cook for another 2 minutes. Serve immediately, with rice.

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