

# CARIBBEAN BLEND, Caribbean Spice CARIBBEAN PULLED PORK SANDWICH



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TRUE (CEYLON) CINNAMON

A deliciously different pork sandwich with slightly spicy island flavors from our Caribbean Spice & Caribbean Blend seasonings. An easy family favorite dish.

## Ingredients:

2 - 3 lb boneless pork shoulder (remove excess fat)  
2 Tblspns Peanut Oil  
1 small onion, chopped, 1 Tblspn minced garlic  
2 tsp minced fresh ginger  
1 Tblspn Caribbean Spice Blend  
1 Tblspn Caribbean Blend, Salt/Pepper

1/2 cup (low salt) chicken broth  
2 Tblspns light brown sugar  
1 Tblspn soy sauce  
1/2 Tblspn liquid smoke  
1 Tblspn Worcestershire sauce  
3 Tblspns cornstarch, 3 Tblspns water  
8 butter/grilled sandwich buns

**Directions:** Salt and pepper the pork and sauté it in 1 Tblspn of oil, browning all sides. Sprinkle the Caribbean Spice Blend and the Caribbean Blend onto the pork, cut it into 2 inch chunks, and set aside. Using the other 1 Tblspn of oil, sauté the onion, garlic and ginger. Make a sauce by combining the broth, sugar, soy sauce, liquid smoke, & Worcestershire sauce. Pour 1/2 of this sauce into the pan to deglaze the onions. Place the chunks of pork & onion mixture into the crock pot\* and pour the remaining sauce over the pork. Cook on low for 6-8 hours or high for 4-5 hours. At the end of cooking time, remove the pork from the pot and, using two forks, shred the meat. Pour the broth from the crock pot into a small saucepan. Combine the cornstarch & water, whisk it into the broth, bring it to a boil and simmer until thickened. Serve placing about 1/2 cup of the shredded pork on the sandwich bun, with a little of the thickened sauce poured over the meat. \*NOTE: This recipe can be made with the Instant Pot. The pork browning and vegetable sauté can be done in the pot under the Sauté function. Pour the sauce over the sautéed vegetables and browned pork; high pressure 28 mins & 15 mins pressure release method. Remove the pork & thicken the sauce in the pot using the Sauté function.

# TRUE CINNAMON, Nutmeg Powder, Clove Powder APPLE-PEANUT BUTTER OAT COOKIES



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Apples, peanut butter and oats- what a delicious combination! Our True Cinnamon, Nutmeg and Clove Powder perfectly spice these cookies and complements both the apples and the oats. A great cookie to make for a special fall treat.

## Ingredients & Directions For Peanut Butter Crumb Topping:

1/2 cup oats (not quick oats)  
1/4 tsp salt  
1/4 cup flour  
1/2 tsp True Cinnamon  
1/3 cup light brown sugar  
1/3 cup peanut butter  
1 Tblspn butter (cold)

## Ingredients For Cookies:

1 1/4 cup butter (room temperature)  
1 cup light brown sugar, 1 cup white sugar  
1 tsp vanilla extract, 2 eggs  
1/4 cup oats (not quick oats), 3 cups flour  
1 tsp baking soda, 1 tsp salt  
1 tsp True Cinnamon, 1/2 tsp Nutmeg Powder  
1/4 tsp Clove Powder  
1 medium apple (peeled and finely chopped)

**Directions For Cookies:** Cream together the butter and sugars until light and fluffy. Add the eggs and extract and beat until smooth. In a separate bowl mix together the flour, oats, baking soda, salt and spices. Add the flour mixture to the butter mixture and mix until combined. Fold in the apples. Refrigerate the dough for 1 hour (dough is easier to work with when it is chilled). Preheat oven to 350 degrees. Roll dough into 1 inch balls and dip the top of the ball into the Crumb Topping. Place the balls into a greased cookie sheet, a few inches apart. Bake for about 9 minutes or until cookie edges are just brown. Cool cookies on a rack.