

All Spice Powder– Clove Powder—True Cinnamon

## Glazed Applesauce Cake



**FEATURE**  
**RECIPE 9/24/16**



### Glazed Applesauce Cake

Applesauce is spiced with True Cinnamon, Allspice and Clove Powder, to make this absolutely delicious cake. This cake is moist, and the glaze makes it even more so- and yummy! It is a great cake to serve during the autumn and cooler months with a hot cup of coffee or tea. Enjoy these great warm flavors, made even better with just the right spices.

#### Ingredients

2 cups flour	1/2 tsp Clove Powder	1/2 cup chopped dates
1 tsp baking soda	1/2 tsp salt	1/2 cup butter (room temperature)
1 tsp True Cinnamon	1 cup sweetened applesauce	1 cup light brown sugar
1 tsp Allspice	1 tsp lemon juice	2 eggs
		1 cup chopped walnuts

#### Ingredients & Directions For The Glaze:

Place in a saucepan and heat over medium heat until just boiling:

3 Tbspns Butter	/	1 tsp vanilla extract	/	1/3 cup half and half
		1 cup light brown sugar		

#### Directions (for the cake):

Combine the flour, spices, baking soda and salt in a bowl. In another bowl mix the applesauce with the lemon juice. In a separate bowl cream together the brown sugar and butter. Add the eggs and mix well. Add the flour mixture and applesauce alternatively to the butter/sugar mixture. Beat well. Fold in the dates and the nuts. Pour the cake mixture into a greased 9 x 12 inch pan. Bake at 350 degrees for about 30 minutes. Pour the Glaze over the cake while it is still warm (poke a few holes in the cake with a sharp knife to allow the glaze to seep into the cake). Serve the cake warm or cooled.

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Onion Powder-Garlic Powder-Rosemary-Parsley-Thyme

## Herbed Pot Roast With Gravy



**RECIPE OF**  
**THE WEEK 9/24/16**



### Herbed Pot Roast With Gravy

This recipe makes it easy to prepare a delicious family dinner in your crock pot, and the finished meal looks and tastes like you spent hours in the kitchen. Your crock pot is used to slow cook the pot roast, seasoned with fresh vegetables and herbs. The result is a tender, flavorful roast that tastes just like your best Sunday dinner!

#### Ingredients:

3- 4 lb Rump, Pot or Chuck Roast	3 cups small/tiny (whole) red potatoes
1 Tblspn onion powder	2 cups small (peeled) carrots
1 Tblspn garlic powder	1 - 2 cups fresh baby whole white onions (peeled and left whole)
2 Tblspn Olive oil	3/4 cup red wine
1/2 cup flour	1 Tblspn Worcestershire Sauce
2 Tblspns each: (dried) Parsley, Thyme, Rosemary	1 cup beef broth
2 tsp salt/pepper	

#### Directions:

Rub the roast with the onion & garlic powder & salt and pepper and refrigerate overnight. Heat the oil in a fry pan and rub the roast with the flour. Fry the roast in the oil and brown all sides. Rub the browned roast with, 1 Tblspn each of rosemary, thyme and parsley, and 1 tsp of salt and pepper. Place the browned roast in a crock pot and cover with the red potatoes, carrots, and baby whole onions. Sprinkle the vegetables with 1 Tblspn of rosemary, thyme and parsley, and 1 tsp of salt and pepper. Mix together 3/4 cup red wine, 1 Tblspn Worcestershire sauce and 1 cup beef broth. Pour this mixture over the meat and vegetables. Cook on low in the crock pot for 6 hours.

Directions & Ingredients For Gravy: After cooking the roast, remove the vegetables and meat from the crock pot and place on a serving platter. Place the liquid from the crock pot into a saucepan to make the gravy. Whisk together 1/3 cup water with 1/3 cup flour and 1 tsp salt, and then whisk this into the liquid in the saucepan. Continue stirring with the heat on medium low until thickened. Pour gravy over the meat and vegetables and serve.

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