

True Cinnamon / Nutmeg / Ginger Powder / Clove Powder / Cardamom Powder

Dutch Spice Bars With True Cinnamon Honey



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TRUE (CEYLON) CINNAMON

The Dutch Spice Bars (or cake) are a popular dessert made in Holland. This is a quick and really easy recipe to make, as all of the batter is prepared in one bowl. Also, this is one of the very few moist cake-like bars made with NO EGGS. It's an amazing recipe with the wonderful warm spice flavors of True Cinnamon, Nutmeg, Ginger, Clove and Cardamom. Don't skip the True Cinnamon Honey drizzle on top of each bar- it really makes them perfectly delicious.

Ingredients For The Bars:

1 2/3 cups flour	1/2 cup melted butter, cooled
1 1/2 tsp baking powder	1/2 cup chopped walnuts
1/2 tsp salt	
2 tsp True Cinnamon	
1/2 tsp each: Nutmeg, Ginger Powder, Clove Powder, Cardamom Powder	
1 cup (light) brown sugar	
1 cup milk	

Ingredients & Directions For True Cinnamon Honey:

Combine the following in a small bowl:
1/4 cup honey
1 tsp True Cinnamon
1 tsp vanilla extract

Directions For The Bars:

Preheat oven to 350 degrees. Grease and line a 9 x 9 inch pan with parchment paper, allowing the paper to overhang on all sides. In a medium-sized bowl, combine the flour, baking powder, salt and spices. Make a well in the center of this mixture and add the milk and the butter. Mix it with a spoon until smooth. Spoon the combined mixture into the prepared pan. Smooth the top of the batter and then sprinkle the walnuts over the smoothed top. Bake in the preheated oven for 30 minutes. Cool the bars in the pan for 5 minutes, then remove them from the pan and cool completely on a wire rack. Slice into bars and serve topped with a drizzle of the True Cinnamon Honey.

Paprika / Thyme / Allspice / Clove Powder

Vegetable Beef Stew



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PAPRIKA POWDER

This recipe was adapted from one for an old Amish stew, and it uses just the right spices in the broth (Paprika, Allspice, Thyme and a touch of Clove). Slowly cooking the beef and vegetables makes them extra tender and the spices in the broth makes for a warm and fragrant stew. It is delicious served with hot bread or rolls - a perfect comfort food meal.

Ingredients:

2 - 3 lbs. stew beef cubes	1 1/2 Tblspn Thyme (dried herb)
2 Tblspns olive oil / 1 large onion, sliced	1/2 tsp Allspice / 1/4 tsp Clove Powder
3 garlic cloves, minced	1/2 tsp pepper
4 cups boiling water / 1/2 Tblspn salt	6 carrots, cut into small chunks
1/4 cup sherry cooking wine	6 medium potatoes, peeled and cut into chunks
1 Tblspn sugar	2 cups fresh mushrooms, sliced & sautéed in oil until just golden
1 Tblspn Worcestershire Sauce	1 1/2 cup frozen peas
1 Tblspn fish sauce / 1 tsp Paprika	1 cup cold water / 1/2 cup flour

Directions:

In a large soup pot (with a lid), heat the oil and then add the beef cubes. Brown the beef in the oil (about 10 - 15 mins). Add the onions, garlic, boiling water, sherry, sugar, Worcestershire Sauce, fish sauce, pepper, salt, Paprika, Allspice, Thyme, and Clove Powder. Simmer on low heat, covered, for 2 hours, stirring occasionally. Add the carrots and potatoes, cover and simmer on low heat for another 30 - 40 minutes, or until the vegetables are tender. Mix the cold water with the flour, whisking the mixture until there are no lumps. Push the meat and vegetables to the side of the pot and pour the flour mixture into the middle of the stew, and stir to combine. Add the mushrooms and peas and stir to gently distribute them throughout the stew. Simmer on low for another 5 - 10 minutes. Add salt/pepper to taste.