

## Allspice (Pimenta dioica)

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Use 1/2-1 tsp for 4 servings

### **Description**

Allspice is the dried, unripe berry of a tree indigenous to the Caribbean and Central America.

As its name implies it tastes of a mixture of cinnamon, nutmeg and cloves.

Allspice complements - beef, pork, chicken, sausages, fish, cheese, pickles, stewed fruit, cakes, biscuits.

### **Did you know?**

Columbus introduced Allspice to Europe in the 16th Century. It is one of the few spices native to the Western hemisphere and,

although many attempts have been made to grow Allspice in other parts of the world, it remains the only spice

commercially produced exclusively in this area. Allspice was originally used by American Indians to preserve meat and fish.

The term buccaneer comes from the Allspice cured meats of the Arawak Indians, called boucan, adopted by the pirates using

the island of Jamaica as a base for raiding shipping.

### **Quality**

Allspice berries from Jamaica have the highest oil content and a dark reddish-brown colour. Eugenol is the principal flavour-giving volatile oil.

### **Usage**

Ideal sprinkled on gammon and pork steaks, just mix with orange juice, a little honey or brown sugar and oil and brush on before grilling.

Sprinkle into beef or lamb casseroles for an extra warming flavour.

Stir into fruit salad or stewed fruit for extra flavour.

Use in many Caribbean dishes for an authentic taste.