

Cinnamon (Cinnamomum)

Use 1-2 sticks for 4 servings

Description

Cinnamon is the peeled and curled inner bark of a tropical evergreen tree. It has a warm, sweet, woody aroma.

Cinnamon complements - beef, pork, curries, spinach, stewed fruits, sweet and savoury rice, cakes, biscuits, puddings, pickles, mulled wine, chocolate.

Did you know?

The best Cinnamon grows within sight of the sea in a sub-tropical climate. Before the source of spices was discovered by Europeans, the Arabs maintained their monopoly of the spice trade by claiming that Cinnamon was harvested from the nests of ferocious birds and had to be gathered under their attack.

Quality

Cinnamon Sticks should be an even, soft brown colour and quite slim. A pale coloured bark shows the finest quality.

Whole Cinnamon Sticks have only a faint aroma but once broken or ground the volatile oils are released giving off their powerfully warm, sweet, pungent flavours. Cinnamic Aldehyde is the principal flavour-giving oil.

Usage

Cinnamon is an important ingredient in Garam Masala, the Indian blend of warm spices used to add extra flavour to curries towards the end of cooking.

Stir hot chocolate drinks with a Cinnamon Stick as they do in Mexico.

Cinnamon is an essential ingredient in Moroccan tagines or lamb stew.

Cinnamon, Coriander and Cloves are excellent in mulled wine.

Add a rich warm, spicy aroma to your Christmas tree with bundles of Cinnamon Sticks tied in bright red ribbon and decorated with a sprig of holly.

Remember to remove the sticks before serving.



Upbeat - Heart Support In West Suffolk

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