

Mace (Myristica fragrans)

Use 1-2 tsp for 4 servings

Description

Mace is the scarlet lacy covering which surrounds the hard black shell of the nutmeg. The flavour is aromatic, sweet, warm and rich.

Did you know?

Nutmegs form a major crop for the island of Grenada, which is often called the Nutmeg Isle.

The Nutmeg comes well packaged - first in a hard shell, then covered by the network of Mace and finally with a fleshy outer shell, similar to an apricot. This part of the fruit is used locally for making jam. Connecticut in the USA was known as the Nutmeg State because Yankee peddlars sold whittled wooden Nutmegs to housewives as the genuine spice. Nutmeg can cause hallucinations when eaten in large quantities. In the 18th century, Nutmeg was considered a cure-all.

Quality

Nutmegs should have a light brown colour and strong aromatic flavour. Schwartz special milling process preserves the flavour - giving volatile oils. Nutmeg is very oily causing the Ground Nutmeg to clump together in the jar. Just shake to loosen before using. Mace has a brighter orange colour and nutmeg-like flavour.

Usage

Mace adds a sweetness and warmth to both sweet and savoury dishes. Mace has a more delicate flavour for lighter dishes. Mace is excellent in dishes made with milk and cheese, such as rice pudding, béchamel sauce and whipped cream.

Add Mace to onion confit and vichyssoise as well as pâtés and terrines.