

## Nutmeg (*Myristica fragrans*)

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Use 1-2 tsp for 4 servings

### **Description**

Nutmeg is the seed of a tropical tree and has an aromatic, sweet, warm and rich flavour.

Nutmeg complements - beef, seafood, veal, vegetables, potatoes, tomato and white sauce, quiches, stewed fruit, biscuits, cakes, milk puddings.

### **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**

Nutmeg adds a sweetness and warmth to both sweet and savoury dishes.

Nutmeg is excellent in dishes made with milk and cheese, such as rice pudding, béchamel sauce and whipped cream.

Add Nutmeg to Italian pasta dishes such as Bolognese sauce or stuffings for tortellini, ravioli and cannelloni.

Add a subtle difference to the béchamel sauce in lasagne with a pinch of Nutmeg.



Vegetables such as spinach, carrots, mushrooms and sweet potato improve when flavoured with Nutmeg.

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

Greek moussaka and spanakopita (spinach pie) are traditionally spiced with Nutmeg.

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