



## What Is Nutmeg?

Nutmeg is the spice made by grinding the seed of the fragrant nutmeg tree into powder. The spice has a strong fragrance and a warm, slightly sweet taste; it is used to flavor many kinds of baked goods, confections, puddings, potatoes, meats, sausages, sauces, vegetables, and beverages such as eggnog. Indonesia is the main producer of nutmeg, and the true nutmeg tree is native to its islands.

## Interesting facts

- Has been used for centuries in traditional medicine to treat various ailments, including digestive issues, pain, and even as an aphrodisiac.
- During the 17th century, nutmeg was highly prized and sought after. It was considered a luxurious spice and a symbol of wealth. It was even used as a form of currency in some European countries. It was so valuable that it was one of the driving factors behind European exploration and colonization of the Spice Islands.
- Is a good source of essential minerals like copper, potassium, calcium, and manganese. It also contains numerous healthy compounds, including antioxidants and essential oils.
- The oil is often used in aromatherapy due to its calming and stress-relieving properties. It is believed to promote relaxation and enhance mood.



“Spice of Life” is a monthly “Take & Make Spice Club Kit” featuring a variety of unique spices, herbs, or blends.

## This kit includes:

- Information on the featured spice
- 2-3 recipes
- A small packet of featured spice - enough for at least 1 of the recipes.

The kits are free, but supplies are limited.  
**Please take only one kit per household.**



## Share your experience with us

Once you have created your culinary masterpiece at home, you're welcome to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice on the library's Facebook page, and may even be featured on our Spice of Life webpage.



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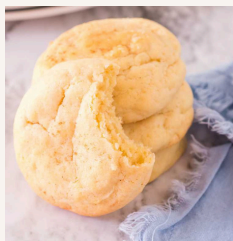
# Take & Make Spice Club Kit



## November Nutmeg



# Soft & Chewy Eggnog Cookies



*(Yields 2 dozen cookies)*

## INGREDIENTS

- 10 tablespoons (1¼ stick) butter, softened
- ½ cup granulated sugar
- 2 large egg yolks
- 1 teaspoon vanilla extract
- ¼ cup eggnog
- 1 ½ cup all purpose flour
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

## INSTRUCTIONS

Preheat your oven to 350 degrees F and prepare baking sheet with nonstick spray and set aside. In the bowl of a stand mixer fitted with a paddle attachment add in butter and granulated sugar and cream until light and fluffy. Next add in egg yolks and vanilla and mix to combine. Add in eggnog and mix well. Combine flour, salt, baking powder, cinnamon, and nutmeg into a medium bowl and whisk to combine. Add the dry ingredients into the mixer bowl and mix until a loose dough forms. Take about 3 tablespoons of dough and form into a ball and place about 1½- inches apart on the baking sheet. Bake for 10-12 minutes or until golden brown. Allow to cool completely and serve.

# Awesome Baked Sea Scallops



*(Yields 4 servings)*

## INGREDIENTS

- 16 sea scallops, rinsed and drained
- 5 tablespoons butter, melted
- 5 cloves garlic, minced
- 2 shallots, chopped
- 3 pinches ground nutmeg**
- salt and pepper to taste
- 1 cup bread crumbs
- 4 tablespoons olive oil
- ¼ cup chopped parsley
- lemon wedges for garnish

## INSTRUCTIONS

Gather all ingredients. Preheat the oven to 425F. Place scallops, melted butter, garlic, and shallots in a bowl. Season with nutmeg, salt, and pepper. Stir gently to combine. Transfer to a casserole dish. Combine bread crumbs and olive oil in a separate bowl. Sprinkle on top of scallops. Bake in the preheated oven until crumbs are brown and scallops are done, 11 to 14 minutes. Top with parsley, and serve with lemon wedges on the side.

## Recipe Sources

- <https://www.allrecipes.com/recipe/88596/awesome-baked-sea-scallops/>
- <https://www.xoandso.com/baked-eggs-with-parmesan-nutmeg/>
- <https://rosebakes.com/soft-chewy-eggnog-cookie-recipe/>

# Baked Eggs with Parmesan



*(Yields 1 serving)*

## INGREDIENTS

- 2 large eggs
- 1 tablespoon cream
- 1 tablespoon shredded parmesan or more, to taste, divided in half, plus more for topping!
- ¼ teaspoon ground nutmeg
- salt and pepper

## INSTRUCTIONS

Preheat your oven to 375F. Generously grease a small ramekin with butter. Pour one tablespoon of cream into the greased ramekin, then crack the eggs on top of the cream. Add nutmeg, salt and pepper and top with half of the parmesan cheese. Bake the eggs for 7 minutes. Then, turn the oven to broil and sprinkle the other half of the parmesan on top. Cook on broil for about two minutes, or until you get the consistency you like. Watch for burning. Remove from the oven and let sit for at least two minutes. If you find there's still some egg white not thoroughly cooked through, just mix the eggs and letting the residual heat cook it through. Top with more parmesan, serve with toast for dipping, (or eat on its own!) and enjoy!