



## What Is Cinnamon?

Cinnamon is harvested from the rolled layers of inner bark of a small evergreen tree in the laurel family. The layers curl naturally into quills to form a cylinder. The quills or sticks can be used whole to flavor broths, ciders, hot chocolate, hot drinks, chutneys, and dishes in which the sticks are easy to remove before eating or ground into a powdered spice. Cinnamon flavors both sweet and savory preparations, it often helps bridge the flavor between meats and fruits. Cinnamon is a spice that can be found in most Indian curries to not just add taste to the dish, but a strong, sweet aroma as well.

## Interesting facts

- In ancient Egyptian times, much of the world's cinnamon came from China.
- The Romans believed cinnamon's fragrance was sacred and burned it at funerals, but it was not popular as a cooking spice.
- In medieval Europe, cinnamon became a favorite flavor in many banquet foods. It was also regarded as an appetite stimulant, a digestive, an aphrodisiac, and a treatment for coughs and sore throats.
- Between the 16th and 18th centuries, the Dutch and Portuguese brutally fought to control the cinnamon plantations of Ceylon, now called Sri Lanka.
- Once it was more valuable than gold, and was used in Egypt in the embalming process as a preservative.



“**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.

**You can view the flyers from past months on our website.**



490 East Grand Avenue  
Wisconsin Rapids WI 54494

715-422-5136

[www.mcmillanlibrary.org](http://www.mcmillanlibrary.org)



# Take & Make Spice Club Kit



## December Cinnamon



## Cinnamon Powder vs. Ground Cinnamon

The main difference is in their texture.

Cinnamon powder is much finer and easier to mix into recipes, whereas ground cinnamon has a coarser texture and can add a bit of crunch to dishes. This means that cinnamon powder is better suited for baking, while ground cinnamon is better suited for savory dishes.

## Cinnamon Chicken



*(Yields 6 servings)*

### INGREDIENTS

1 tablespoon olive oil  
1 sweet onion peeled, cut in half and sliced  
6 chicken thighs bone in and skin on  
**1 teaspoon ground cinnamon**  
1 teaspoon ground paprika  
Salt and black pepper to taste  
1 teaspoon honey or maple syrup  
1 cup chicken broth

### INSTRUCTIONS

Preheat oven to 400°F. Sauté onions in a skillet until tender, then transfer to a baking dish. Brown the chicken for 2-3 minutes per side and place skin side up over the onions in the baking dish. Combine cinnamon, paprika, salt, pepper, honey (or maple syrup), and chicken broth and pour it over the chicken. Bake 30-35 minutes or until juices run clear and the temperature reaches 165°F.

## Cinnamon-Honey Glazed Carrots



*(Yields 6 servings)*

### INGREDIENTS

11½ lbs. carrots, peeled and sliced  
2 clove garlic, minced  
¼ cup butter  
¼ cup honey  
¼ cup brown sugar  
**1 teaspoon cinnamon**  
1 teaspoon salt and fresh cracked black pepper  
Fresh thyme and parsley, for garnish

### INSTRUCTIONS

PBoil the sliced carrots for 5 to 7 minutes. Drain and set aside. In a skillet, melt butter on medium heat. Stir in the honey, brown sugar, cinnamon, and salt. Bring the glaze to a simmer and continue to cook, stirring constantly for a couple of minutes. The glaze should reduce and thicken a little bit. Stir in the cooked carrot slices and garlic and toss to coat well with glaze. Reduce heat to a gentle simmer and continue cooking for another 5 minutes, stirring regularly. Adjust seasoning with black pepper and salt if necessary. Garnish with fresh thyme and parsley and serve immediately.

### Recipe Sources

- <https://www.eatwell101.com/honey-glazed-carrots-recipe>
- <https://budgetdelicious.com/cinnamon-chicken/>
- <https://www.bhg.com/recipe/cinnamon-and-brown-sugar-custards/>

## Cinnamon-Brown Sugar Custards



*(Yields 4 servings)*

### INGREDIENTS

1 ½ cup diced carrots  
2 eggs, lightly beaten  
⅓ - ½ cup packed brown sugar  
¼ cup fat-free milk  
**½ teaspoon ground cinnamon**  
Whipped cream (optional)

### INSTRUCTIONS

Preheat oven to 350°F. Lightly grease four 6- to 8-ounce ramekins or custard cups; place in a 13×9×2-inch baking pan. Set aside. Meanwhile, place diced carrots in a medium saucepan; cover with 2 inches of water. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until very tender. Drain; rinse with cold water and drain again. Place carrots in a food processor. Cover and process about 20 seconds or until smooth. Add eggs, brown sugar, milk, and cinnamon; cover and process until smooth. Divide carrot mixture evenly among prepared ramekins. Place baking pan on oven rack. Pour enough hot water into the baking pan to reach halfway up sides of ramekins. Bake for 30 to 35 minutes or until a knife inserted off-center comes out clean. Cool on a wire rack. If desired, serve with whipped cream. Chill within 2 hours.