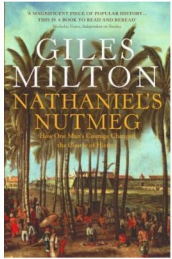
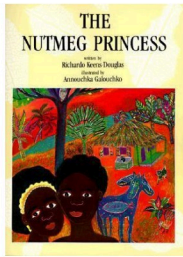


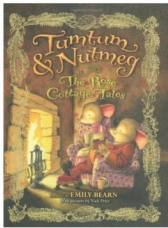
# Book Recommendations



**Nathaniel's Nutmeg**  
by Giles Milton



**The Nutmeg Princess**  
by Richado Keens-Douglas



**Tumtum & Nutmeg: The Rose Cottage Trails**  
by Emily Bearn

**Nutmeg Vol 1: Early Fall Taste Buddies**  
by James F. Wright



## Health Benefits

**Rich in Antioxidants** Nutmeg is packed with powerful antioxidants. Antioxidants play a crucial role in protecting the body from oxidative stress, which is linked to chronic diseases such as heart disease, cancer, and diabetes. By neutralizing free radicals, nutmeg helps reduce inflammation.

**Promotes Digestive Health** Nutmeg has been traditionally used to treat digestive issues. It contains compounds that stimulate the secretion of digestive enzymes, which enhance the breakdown of food, leading to better nutrient absorption. Additionally, it helps to reduce gas and bloating, providing relief from indigestion and discomfort.

There are many ways to add nutmeg to your diet:

**Add it to coffee, hot chocolate, tea, or warm milk**

**Sprinkle over fruit for an added kick or bake with it. Nutmeg is a key ingredient in many baked goods**

**Sprinkle over oatmeal or other breakfast cereals**

**Add to seasonal beverages such as eggnog, mulled cider, and mulled wine**

**Season vegetables such as cauliflower and sweet potato**

**Use it in fall dishes, such as ones that feature pumpkin or other winter squashes**



Nutmeg is the hard inner seed found inside the fruit of a nutmeg tree. It is warm and woody with hints of pine and clove. Very similar to mace, which is the veiny outside of the fruit. Some people think of nutmeg only as a baking spice or something to grate onto eggnog during the holidays, but nutmeg is used widely for both sweet and savoury dishes in many cuisines around the world. It is an ingredient in some Indian curries, is used in several African spice mixtures, and is often added to vegetable dishes in Dutch cuisine. Of course it is also an extremely popular baking spice and is used in all kinds of breads, pastries, cookies and cakes.



## Basic Bechamel Sauce

*Béchamel sauce is a creamy French white sauce that's used in many dishes from lasagna to moussaka.*



### Ingredients

- 5 tablespoons butter
- ¼ cup all-purpose flour
- 4 cups milk
- 1 teaspoon salt, or more to taste
- ¼ teaspoon grated nutmeg

### Directions

1. Melt butter in a large saucepan over medium heat. Add flour and whisk into the melted butter until smooth. Cook and stir until flour turns a light, golden, sandy color, about 7 minutes.
2. Increase heat to medium-high and slowly whisk in milk until thickened by the roux. Bring to a gentle simmer, then reduce heat to medium-low and continue simmering until the flour has softened and no longer tastes gritty, 10 to 20 minutes.
3. Season with salt and nutmeg.

*Yields 5 cups*

## Nutmeg Cake

### Ingredients

- 3 eggs, room temp
- ½ cup butter, softened
- 1 ½ cups white sugar
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground nutmeg
- ¼ teaspoon salt

### Caramel Icing

- ½ cup packed brown sugar
- 3 tablespoons cream
- ¼ cup butter
- 1 ½ cups confectioners' sugar

1. Preheat the oven to 350 F. Lightly grease 2 (9-inch) round cake pans.
2. Sift together flour, baking powder, baking soda, nutmeg, and salt.
3. Pour 1/3 of the flour mixture into the bowl; mix just until incorporated. Stir in 1/2 of the buttermilk, mixing gently. Continue adding flour mixture alternately with buttermilk, mixing until combined. Spread batter into the prepared pans.
4. Bake in the preheated oven until a toothpick inserted in the center of the cakes comes out clean, about 25 to 30 minutes. Let cakes cool in the pans for 10 minutes, then invert them on a wire rack to cool completely before icing.
5. Make caramel icing: Combine brown sugar, cream, and butter in a medium saucepan over medium-high heat. Boil for 2 minutes, then remove from heat and let cool.
6. Stir in confectioner's sugar and beat until smooth. Add more cream or confectioner's sugar to achieve desired spreading consistency.



## Gehakt Ballen

(Swedish Meatballs)

### Ingredients

- 1 pound ground meatloaf mix (beef, pork veal)
- 4 slices white bread
- ⅓ cup milk
- 1 egg, beaten
- 1 small onion, finely chopped
- 1 tablespoon grated nutmeg
- ½ teaspoon ground cloves
- salt and pepper to taste
- ½ cup butter
- 2 cups water
- 1 (14.5 ounce) can diced tomatoes
- 1 (14 ounce) can beef broth
- 1 package dry onion soup mix

### Directions

1. Place meatloaf mix in a large mixing bowl; crumble bread over meat and knead with hands to combine. Add milk and egg to meat mixture. Knead onion, nutmeg, cloves, salt, and pepper into meat mixture until well-combined. Form mixture into six equal-sized balls.
2. Melt butter in a Dutch oven over medium-high heat. Cook and stir meatballs in hot butter until browned on all sides, 5 to 10 minutes. Stir water, tomatoes, beef broth, and onion soup mix into Dutch oven; bring to a boil, reduce heat to medium-low, and simmer until meatballs are tender and cooked through, about 1 hour.

*Tip You can substitute 1/2 pound ground pork and 1/2 pound ground beef for 1 pound meatloaf mix if desired.*

