



The Etna Library's



Spice
of the
Month
Program

Spice for Feb, 2024: **CINNAMON**

Cinnamon, a tree native to Sri Lanka, is made by cutting the stems of cinnamon trees. The inner bark is then extracted and the woody parts removed. When it dries, it forms strips that curl into rolls, called cinnamon sticks. These sticks can be ground to form cinnamon powder. It is used as flavoring in a variety of foods, from confections to curries to beverages, and is popular in bakery goods.

Cinnamon has been used as an ingredient for millenia, dating back as far as Ancient Egypt. At one time, cinnamon was more rare and valuable than gold and was regarded as a gift fit for kings. The distinct smell and flavor of cinnamon are due to the oily part, which is very high in the compound cinnamaldehyde. Scientists believe that this compound is responsible for most of cinnamon's powerful effects on health and metabolism.

Fun Facts:

- In medieval Europe, it was used for religious rites, and later became the most profitable spice in the Dutch East India Company trade.
- Cinnamon is rich in antioxidants and other beneficial compounds. Some research suggests that it may help support blood sugar control, protect against heart disease, and reduce inflammation.



The Etna Library
130 Etna Road
Etna, NH 03750

www.etna-library.org
(603) 643-3116

Honey Cinnamon Roll-Ups



Prep Time: 35 min

Cook Time: 15 min

Servings: 24

Cinnamon treats reminiscent of baklava, but with only a few easy ingredients, they're a fraction of the work.

Ingredients:

2 cups ground walnuts, toasted

1/4 cup sugar

2 teaspoons ground cinnamon

12 sheets frozen phyllo dough, thawed

1/2 cup butter, melted

Syrup:

1/2 cup honey

1/2 cup sugar

1/2 cup water

1 tablespoon lemon juice

Directions:

1. Preheat oven to 350°. Combine walnuts, sugar and cinnamon.
2. Place 1 sheet of phyllo dough on a 15x12-in. piece of waxed paper; brush with butter. Place a second phyllo sheet on top, brushing it with butter. (Keep remaining phyllo covered with a damp towel to prevent it from drying out.) Sprinkle with 1/4 cup walnut mixture. Using waxed paper, roll up tightly jelly-roll style, starting with a long side, removing paper as you roll. Slice roll into 4 smaller rolls; transfer rolls to a greased 13x9-in. baking dish. Repeat with remaining phyllo dough and walnut mixture, by 1/4 cupfuls. Bake until light brown, 14-16 minutes. Cool dish on a wire rack.
3. Meanwhile, in a small saucepan, combine all syrup ingredients. Bring to a boil. Reduce heat; simmer 5 minutes. Cool 10 minutes. Drizzle cinnamon rolls with syrup; sprinkle with remaining walnut mixture.

Cinnamon Doughnut Muffins



Prep Time: 15 min

Cook Time: 20 min

Servings: 10

These cinnamon-filled doughnut muffins make a great afterschool treat or Sunday brunch staple.

Ingredients:

1-3/4 cups all-purpose flour

1-1/2 teaspoons baking powder

1/2 teaspoon salt

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cinnamon

3/4 cups sugar

1/3 cup canola oil

1 large egg, room temperature, lightly beaten

3/4 cup 2% milk

10 teaspoons seedless strawberry or other jam

Topping:

1/4 cup butter, melted

1/3 cup sugar

1 teaspoon ground cinnamon

Directions:

1. Preheat oven to 350°. In a large bowl, combine flour, baking powder, salt, nutmeg and cinnamon. In a small bowl, combine sugar, oil, egg and milk; stir into dry ingredients just until moistened.
2. Fill greased or paper-lined muffin cups half full; place 1 teaspoon jam on top. Cover jam with enough batter to fill muffin cups three-fourths full. Bake until a toothpick comes out clean, 20-25 minutes.
3. Place melted butter in a small bowl; combine sugar and cinnamon in another bowl. Immediately after removing muffins from the oven, dip tops in butter, then in cinnamon sugar. Serve warm.

Source for these recipes:

www.tasteofhome.com