

We'd love to see your successes (and fun fails)!
Share your photos, opinions, and tips on our
Facebook page. Let's spice things up together!

 @parkcitypubliclibrary
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You can always email your pictures and
thoughts to us at:
librarian@parkcitypubliclibrary.com

*Spice of the Month Kits are free, but supplies
are limited. Please, only one kit per household.*

Check out what's happening at the library!

Stitch Night

@ the library

Nov. 20th 4-6pm

PUZZLES
and Popcorn

Dec. 12th 4-5:30pm

parkcitypubliclibrary.com

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Spice of the month CLUB



Spice up your life!

The library will have take-and-make kits
to pick up at the beginning of each
month.

Each kit includes:

- Small packet of the featured spice
(enough for two recipes)
- Information and fun facts about the
selected spice
- Two recipes to try at home

nutmeg

Nutmeg is the seed of the evergreen tree, *Myristica fragrans*. The inner seed is enveloped by a bright red aril known as mace.

Nutmeg is the spice made by grinding the seed into powder. The spice has a distinctive pungent fragrance and a warm, slightly sweet taste.

The seeds are dried gradually in the sun over a period of 15 to 30 weeks. During this time, the nutmeg shrinks away from its hard seed coat until the kernels rattle in their shells when shaken. The shell is then broken with a mallet and the nutmegs are picked out.

Indonesia is the main producer of nutmeg and mace, and the true nutmeg tree is native to its islands. Nutmeg trees yield fruit eight years after sowing and bear fruit for 60 years or longer.

Fun Facts:

- Nutmeg trees may reach a height of 65 ft!
- Grenada's flag depicts a nutmeg fruit.
- Connecticut's nickname "the Nutmeg State" came from the claim that some unscrupulous Connecticut traders would whittle "nutmeg" out of wood, creating a "wooden nutmeg", a term which later came to mean any type of fraud.

Info. from *Britannica* and *The Spice House*

Instructions:

1. Whisk the egg yolks and sugar together in a medium bowl until light and creamy.



2. In a saucepan over medium-high heat, combine the cream, milk, nutmeg and salt. Stir often until mixture reaches a bare simmer.
3. Add a big spoonful of the hot milk to the egg mixture, whisking vigorously. Repeat, adding a big spoonful at a time, to temper the eggs.
4. Once most of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove.
5. Whisk constantly for a minute or so, until the mixture is just slightly thickened (or until it reaches about 160°F on a thermometer). It will thicken more as it cools.
6. Remove from heat and stir in the vanilla, and alcohol*, if using.
7. Pour the eggnog through a fine mesh strainer into a pitcher or other container and cover with plastic wrap.
8. Refrigerate until chilled. It will thicken as it cools. If you want a thinner, completely smooth consistency, you can add the entire mixture to a blender with 1 or 2 tbsp of milk and blend until smooth.
9. Serve with a sprinkle of cinnamon or nutmeg, and fresh whipped cream, if desired.
10. Store homemade eggnog in the fridge for up to one week.

Homemade Eggnog

🕒 Total Time: 25 mins

🍵 Yield: about 4 cups



Ingredients:

- 6 large egg yolks
- 1/2 cup granulated sugar
- 1 cup heavy whipping cream
- 2 cups milk
- 1/2 teaspoon ground nutmeg
- Pinch of salt
- 1/4 teaspoon vanilla extract
- Ground cinnamon (topping)
- *Alcohol optional, see note

Notes

Alcohol: If you want to add alcohol to your eggnog, start with 1/4 cup brandy, bourbon, rum or whisky added at the same time as the vanilla, or after cooling the eggnog. Add more to taste, if desired.

Eggnog is believed to have originated in medieval Britain as “posset,” a comforting mixture of hot milk or cream, wine or ale, and spices. In the 13th century, the scarcity of the more expensive ingredients, including eggs and sherry, made this drink a luxury reserved mainly for the British elite.

-Smithsonian Magazine

Roasted Butternut Squash Soup

🕒 Total Time: 1 hour 5 mins

🍵 Yield: 4 bowls or 6 cups



Ingredients:

- 1 large butternut squash (about 3 pounds), halved vertically and seeds removed
- 1 tablespoon olive oil, plus more for drizzling
- 1/2 cup chopped shallot (about 1 large shallot bulb)
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced
- 1 teaspoon maple syrup
- 1/8 teaspoon ground nutmeg
- Freshly ground black pepper, to taste
- 3 to 4 cups (24 to 32 ounces) vegetable broth
- 1 to 2 tablespoons butter, to taste



Recipe from: Tastes Better from Scratch

<https://tastesbetterfromscratch.com/homemade-eggnog/>



Recipe Link

Recipe from: Cookie and Kate

<https://cookieandkate.com/roasted-butternut-squash-soup/>



Recipe Link

Instructions:

1. Preheat the oven to 425°F and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with olive oil to lightly coat the squash on the inside (~ 1/2 tsp each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
2. Turn the squash face down and roast until it is tender, about 40-50 mins (don't worry if the skin or flesh browns—that's good for flavor). Set the squash aside until it's cool enough to handle, about 10 mins.
3. Meanwhile, in a large soup pot, warm 1 tbsp olive oil over medium heat until shimmering. Add the chopped shallot and 1 tsp salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3-4 mins. Add the garlic and cook until fragrant, about 1 min, stirring frequently. Transfer the contents to your stand blender.



Instructions continued:



4. Use a large spoon to scoop the butternut squash flesh into your blender. Discard the tough skin. Add the maple syrup, nutmeg and a few twists of freshly ground black pepper to the blender. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line (work in batches if necessary, and stir in any remaining broth later).
5. Blend on high (or select the soup preset, if available), being careful to avoid hot steam escaping from the lid. Stop once your soup is ultra creamy and warmed through.
6. If you would like the soup thinner, stir in the remaining cup of broth. Add 1-2 tbsp butter or olive oil, to taste, and blend well. Taste and stir in more salt and pepper, if necessary.
7. If your soup is piping hot from the blending process, you can pour it into serving bowls. If not, warm the soup over medium heat in your soup pot, stirring often, until it's nice and steamy.