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



The KanShare Consortium libraries present this collaborative
program to explore folklore from around the world.
Each library has a specific folk tale inspiring their event!

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Spice of the MONTH

clove

Spice up your life!

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

Each kit includes:

- Packet of the featured spice
(enough to try both recipes)
- Information and fun facts
- Two recipes to try at home



clove

Cloves are the dried flower buds of *Syzygium aromaticum*, a tropical tree in the myrtle family. The flower buds contain high concentrations of eugenol, an aromatic chemical compound that is also in cinnamon, nutmeg and basil. The tree is native to a row of volcanic islands, the Spice Islands or Moluccas, in what is now Indonesia's North Maluku Province. Prior to the 17th century, clove trees could not be found anywhere else.

Cloves are a key ingredient in Indian cuisine, featured in a variety of spicy dishes and teas, suggesting an ancient connection between the Spice Islands and India. Cloves also have widespread traditional use in China and Japan, where they are used to make incense and perfume.

It took more than a century to pinpoint the location of the Spice Islands. Portuguese explorers arrived in the mid-15th century, followed by the Spanish, English, and Dutch. After bloody conflict, the Dutch controlled the islands for 350 years. Clove seeds were eventually smuggled to other tropical regions in the 18th century, where they were propagated in French and English colonies, making cloves more widely available.

The majority of the world's cloves now come from elsewhere, primarily Zanzibar, Madagascar and Sri Lanka.

Fun Facts

- *For centuries, it was believed that cloves could only be grown and harvested by genies using magical methods.*
- *The first detailed maps of the world's continents, along with records of distant plants and animals, were created during early voyages to discover the Spice Islands.*

Info. from the *Fairchild Tropical Botanic Garden*

Instructions

1. In a mortar, crush the cloves, cardamom pods and cinnamon.
2. Transfer the crushed spices to a small saucepan, add the water, ginger, and pepper and bring to a boil. Remove the pan from the heat, cover and let steep for 5 minutes.
3. Add the milk and sugar to the pan and bring to a boil. Remove from the heat and add the tea. Cover and let steep for 3 minutes.
4. Stir the chai, then strain it into a warmed teapot or directly into teacups.

About this Recipe:

Masala Chai is a warming drink made by steeping toasted whole spices in water with additional aromatics and black tea. The mixture is then boiled with sugar and milk to yield a not-too-sweet, not-too-creamy drink.

A traditional Indian tea drink, Masala Chai's name is often shorted incorrectly to just, chai. The word chai means tea, so the inclusion of masala is what differentiates this drink from plain brewed tea. Masala refers to mixed spices, meaning Masala Chai is a mixed spice tea.

For the black tea, try using Darjeeling or orange pekoe tea; Darjeeling has blends intense tannins with a floral, almost grape-y subtly and Orange Pekoe brews to with a more orange-tinged hue and offers citrus notes.

Masala Chai

🕒 Total Time: 10 mins

🍵 Yields: 4 cups



Ingredients

- 4 whole cloves
- 2 cardamom pods
- 1 cinnamon stick, broken into pieces
- 3 cups water
- 1/4 teaspoon ground ginger
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup milk
- 2 tablespoons granulated sugar
- 2 tablespoons black tea (such as Darjeeling or orange pekoe)

Recipe from: Food & Wine

<https://www.foodandwine.com/masala-chai-recipe-8774322>



German Red Cabbage

🕒 Total Time: 2 hrs 10 mins

🍽 Servings: 6



Ingredients

- 1/2 large head red cabbage, about 5-6 cups
- 1 apple, cut in half
- 1/3 cup apple cider vinegar
- 3 tablespoons water
- 1/4 cup brown sugar
- 2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4-5 whole cloves or 1/4 teaspoon ground cloves
- 2 tablespoons butter

Recipe from: Tastes Better from Scratch

<https://tastesbetterfromscratch.com/german-red-cabbage/>



Instructions

1. Cut the cabbage, shredding into thin, 1/8"-1/4" thick slices. Put half the shredded cabbage into a medium sized heavy pot.
2. Grate one-half of the apple on top of the cabbage in the pot. Poke the whole cloves into the other half of the apple and add to the pot.



4. Add the remaining shredded cabbage on top. In a small bowl add vinegar, water, sugar, salt and pepper. Stir to combine. Pour over cabbage.
5. Add 2 tablespoons butter and cover the pot with a lid. Bring to boil, reduce heat to simmer, and cook 1½ – 2 hours.
6. Remove apple with cloves and discard. Stir mixture and serve.



Notes

Make Ahead Instructions: You can make German Red Cabbage up to a week ahead of time, stored in the refrigerator. It keeps and warms up really well.

Serve with: For a complete meal make with Rouladen and Spaetzle. It's also great served with bratwurst and boiled yellow potatoes or traditional potato salad.



Rouladen

Beef Rouladen is rolls of tender, braised beef wrapped around bacon and match-sticked carrots, onions and pickles, smothered in gravy. It is traditional German comfort food.



Spaetzle

Spaetzle is Traditional German pasta with flour, eggs, and milk and seasoned with nutmeg.

