

SPICE OF THE MONTH CLUB:
ALLSPICE

ALLSPICE MUFFINS

SERVINGS: 12
TOTAL TIME: 40 MINS



INGREDIENTS

For the Streusel:

- ½ cup plain (all purpose) flour
- ½ cup light brown sugar
- ½ teaspoon ground allspice
- ¼ teaspoon cinnamon
- 5 tablespoons cold unsalted butter, cut into small pieces

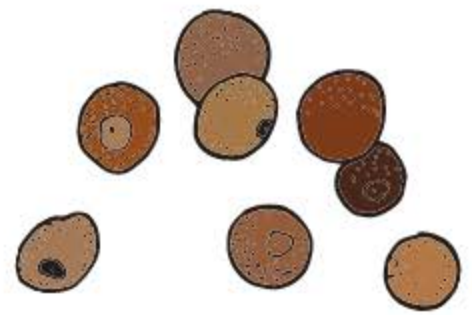
For the Muffins:

- 2 cups plain (all purpose) flour
- ½ cup castor sugar
- ¼ cup brown sugar
- 1 tablespoon baking powder
- ½ teaspoon allspice
- ¼ teaspoon salt
- 1 stick (8 tablespoons/115 grams) unsalted butter, melted and cooled
- 2 large eggs
- ¾ cup milk
- ¼ teaspoon vanilla extract
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DIRECTIONS ON BACK

1. Centre a rack in the oven and preheat oven to 190 degrees C (375 degrees F). Grease or spray a regular-sized muffin pan or line with 12 cupcake liners.
2. For the crumb topping, mix the flour, brown sugar, and allspice in a small bowl. Add the pieces of cold butter and mix with your hands by pinching the mixture between your fingers. Keep pinching until you have uneven crumbs. Set aside in the refrigerator.
3. For the muffins, whisk together the flour, granulated sugar, allspice, baking powder, and salt in a large bowl. Add in the brown sugar, and stir until no lumps remain. In a separate large bowl, mix together the melted butter, eggs, milk and vanilla extract until well combined. Pour the liquid ingredients into the dry ingredients. With a whisk, gently but quickly stir to blend. The batter will be lumpy.
4. Evenly distribute the batter into the muffin cups. Sprinkle the crumb topping over each muffin, and gently press the crumbs into the batter.
5. Bake for about 20 minutes, or until the tops are golden. Transfer the pan to a wire rack and cool for 5 minutes before carefully removing each muffin. Cool completely. Muffins can be stored, in an airtight container, at room temperature for up to 5 days.

HISTORY OF ALLSPICE



Allspice is a spice made from the dried berries of a plant known as *Pimenta dioica*, which is a member of the myrtle family. The flavor of allspice brings to mind cinnamon, cloves, nutmeg, and pepper. Allspice is used in Caribbean, Middle Eastern, and Latin American cuisines, among others. The versatile seasoning can be used to flavor desserts, side dishes, main courses, and beverages, including mulled wine and hot cider.

The name might suggest it is a blend, but allspice is a single spice made from dried berries of the allspice tree which look like peppercorns. The allspice tree is native to Jamaica, and it is also known as Jamaica pepper and new spice. It was documented by Christopher Columbus during his second voyage to the New World and named by Dr. Diego Chanca. The Europeans thought it combined the flavors of several spices and they introduced it into European and Mediterranean cuisines.

Allspice combines the flavors of cinnamon, nutmeg, cloves, and pepper. It can be used for many purposes that those warm spices are used, or as a substitute for them.