



FIND MORE RECIPES AT THE NBPL!

Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at
Bins and Bins
at 107 Shirreff Ave.,
North Bay, ON.

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northbaypublib@gmail.com.



Spice Club

OCTOBER
2022:
CINNAMON



THIS MONTH'S SPICE: CINNAMON

4 INGREDIENT CINNAMON TWISTS

INGREDIENTS

- 2 sheets puff pastry, thawed
- 1/4 cup butter, melted
- 1 cup sugar
- 2 tsp cinnamon

INSTRUCTIONS

1. Preheat oven to 400 F.
2. Combine cinnamon and sugar and mix well.
3. Roll out your puff pastry into about a 12"x10" rectangle.
4. Brush with butter until pastry surface is covered.
5. Sprinkle with the cinnamon sugar mixture covering the surface. Use your hands to press around and press down slightly.

6. Fold the pastry in half the short way and roll out slightly to press it together so the cinnamon sugar gets a little more grip.

7. Brush with more butter until the surface of the pastry is covered.

8. Sprinkle with more cinnamon sugar covering the whole surface.

9. Using a pizza cutter or knife, cut your pastry into about 1" strips, you can do thinner if you want as well. Twist your strips as tightly as you can.

10. Place on parchment paper lined baking sheet and bake for about 20 minutes until golden and crispy. Move to wire rack to cool.

This month's recipe is from
www.bakerish.com

DID YOU KNOW?

Cinnamon is one of the world's oldest known spices and so valued that it was historically traded for currency.

When cinnamon is harvested, the outer bark is removed and the inner bark is retrieved and dried.

Cinnamon and cassia (another variety) are both members of the Cinnamomum genus, and are related to the laurel (bay leaf) family.

(from The Spice Bible by Jane Lawson and The Spice and Herb Bible 3rd Ed. by Ian Hemphill)