



## Herbs & Spices



Allspice Ground (*Pimenta dioica*)

### Description

IDEAL WITH GAMMON AND PORK

The Allspice berry has a warm, fragrant aroma which tastes like a mixture of cinnamon, nutmeg, ginger and cloves. Use sparingly.

### Did you know?

Columbus introduced Allspice to Europe in the 16th Century. It is one of the few spices native to the Western hemisphere and, although many attempts have been made to grow Allspice in other parts of the world, it remains the only spice commercially produced exclusively in this area. Allspice was originally used by American Indians to preserve meat and fish. The term buccaneer comes from the Allspice cured meats of the Arawak Indians, called boucan, adopted by the pirates using the island of Jamaica as a base for raiding shipping.

### Quality

Allspice berries from Jamaica have the highest oil content and a dark reddish-brown colour. Eugenol is the principal flavour-giving volatile oil.

### Usage

- Mix with orange juice, brown sugar and oil, then brush onto gammon or pork steaks before grilling.
- Sprinkle into beef or lamb casseroles for an extra warming flavour.
- Stir into fruit salad or stewed fruit for a fuller flavour.
- Use in many Caribbean dishes for an authentic taste.

## Nutritional Information

### Values per 100g

Energy: 358 KCal

Protein: 6.1 g

Carbohydrates: 74.3 g

Fat: 4 g

### Values per serving