

## SCIENCE OF SPICES

# CINNAMON



*Sweet | Aromatic | Warm*

**Cinnamon** is a small evergreen tree in the laurel family, found in the wild, growing in wet tropical forests.

### GENERAL FACTS

#### Botanical Name

*Cinnamomum Verum*

#### Major Flavor Compound

*Cinnamaldehyde*

#### Parts Used

*Dried bark of tender shoots*

#### Region Of Cultivation

*Cinnamon is native to the island of Sri Lanka, and now also cultivated in Myanmar, Vietnam, Indonesia and the islands of the Seychelles.*

#### Method Of Cultivation

*Trees are coppiced at 18-24 months of age and the stump covered, causing it to grow like a bush. New shoots are removed at the base and stripped for their bark every two years.*



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### Preparation

*Inner layers of bark are dried in the sun and rolled together by hand into long “quills”, which are graded and cut.*

### Non-culinary Uses

*In perfumery and as a natural antiseptic*

### Powder

*Ground spice quickly loses its flavor. Buy it small quantities, keep in an airtight container in a cool, dark place, and use within 6 months.*

### Sticks

*Cinnamon sticks will keep their flavor for up to a year. Lighter brown, thinner, more fragile sticks are higher quality.*

## KITCHEN CREATIVITY

Cinnamon does not itself taste sweet, but enhances the perception of sweetness in other ingredients, making it perfect for sweet bakes and desserts, as well as drawing out sweet notes in savory dishes.





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## RELEASING THE FLAVOR



The taste components in cinnamon need time to escape from its woody matrix, and the critical flavor compound, cinnamaldehyde, does not dissolve in water.

- **Add early in cooking** to give flavors time to suffuse the dish.
- **Fat and alcohol** will help disperse cinnamaldehyde.
- **Steam** is also a carrier of cinnamaldehyde, so boil vigorously with lid on pan.

## FOOD PARTNERS

- **Fruit.** Mix cinnamon powder with sugar and scatter over peaches, figs, apples and pears before baking or grilling, or add to the batter for a plum or cherry clafoutis.
- **Sweet bakes.** Use ground cinnamon to flavor Nordic buns, Italian panforte, or French pain d'éclairs.
- **Tomatoes and aubergines.** A cinnamon-infused tomato sauce makes an excellent topping for baked aubergines.
- **Red meats.** Add a stick or two of cinnamon to lamb tagine, and Iranian khorak beef stew, or the stock of a fragrant Vietnamese beef pho noodle soup.



## BLENDS TO TRY



### **Mulling Spice**

Warm red wine or cider is infused with this collection of spices and drunk at winter celebrations.

- **2 cinnamon sticks**
- **6 cloves**
- **6 allspice berries**
- **½ nutmeg**
- **2 bay leaves**

### **Instructions:**

Add all spices to a pan of red wine or cider and heat to simmer point. Add sugar or honey, orange and/or lemon slices, and rum or sloe gin to taste. This blend is enough for 2 bottles of red wine or 1.75 litres (3 pints) of cider.

### **Jamaican Jerk Rub**

A dry seasoning used to marinate chicken, fish and beef. Invented in Jamaica and adapted around the Caribbean.

- **2 tsp allspice**
- **1 tsp whole black pepper**
- **½ tsp cloves**
- **1 tsp chipotle or cayenne powder**
- **1 tsp paprika**
- **1 tsp grated nutmeg**
- **1 tsp ground ginger**
- **½ tsp ground cinnamon**
- **2 tsp onion powder**
- **2 tsp garlic powder**
- **1 tsp dried thyme**
- **2 tsp brown sugar**
- **2 tsp sea salt**

### **Instructions:**

Grind the whole spices and combine with the rest of the ingredients. Flavor intensity will depend on marinating time.



## BLENDS TO TRY



### ***Burmese Garam Masala***

India's most famous spice mix is also popular in Myanmar. Use as the basis for spicing a dish, or like a seasoning at the end of cooking.

- ***1 tsp coriander seeds***
- ***1 tsp black peppercorns***
- ***1 tsp cumin seeds***
- ***2 dried bay leaves***
- ***1 tsp cardamom pods***
- ***1 tsp cloves***
- ***1-inch (2.5cm) cinnamon stick***
- ***2 star anise***

### ***Instructions:***

Dry-roast all the spices in a frying pan, over low heat, until fragrant. Leave to cool before grinding into fine powder.



- **Lose fat**
- **Build muscle**
- **Fill the nutritional gaps in your diet**

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Source: Dr Stuart Farrimond 'The Science of Spices'.