

# December



## History

As early as 200 BCE, envoys from Java to the Han-dynasty court of China brought cloves that were customarily held in the mouth to perfume the breath during audiences with the emperor. During the late Middle Ages, cloves were used in Europe to preserve, flavor, and garnish food. Clove cultivation was almost entirely confined to Indonesia, and in the early 17th century the Dutch eradicated cloves on all islands except Amboina and Ternate in order to create scarcity and sustain high prices. In the latter half of the 18th century the French smuggled cloves from the East Indies to Indian Ocean islands and the New World, breaking the Dutch monopoly.

The clove tree is an Evergreen that grows to about 25-40 feet in height. Its gland-dotted leaves are small, simple, and opposite. The trees are usually propagated from seeds that are planted in shaded areas. Flowering begins about the fifth year; a tree may annually yield up to 75 pounds of dried buds. The buds are hand-picked in late summer and again in winter and are then sun-dried. Cloves vary in length from about .5-.75 inch

## Lemon Clove Cookies

### INGREDIENTS

#### LEMON CLOVE COOKIES

- 2 cups flour
- 1/4 teaspoon ground\_Cloves
- 1/8 teaspoon salt
- 3/4 cup (1 1/2 sticks) butter, softened
- 1 cup granulated sugar
- 1 egg
- 1/2 teaspoon Lemon Extract

#### LEMON GLAZE:

- 1 1/2 cups confectioners' sugar
- 2 tablespoons plus 1 teaspoon water
- 1/4 teaspoon Lemon Extract



### INSTRUCTIONS

1. For the Cookies, mix flour, cloves and salt in medium bowl. Set aside. Beat butter and granulated sugar in large bowl with electric mixer on medium speed until light and fluffy. Add egg and lemon extract; beat until well blended. Gradually beat in flour mixture until well mixed.
2. Divide dough in half. Form each half into a log about 1 1/2 inches in diameter and 9 inches long. Wrap in wax paper. Refrigerate 1 hour or until firm.
3. Preheat oven to 350°F. Cut dough into 1/4-inch thick slices. Place on ungreased baking sheets. Bake 12 to 15 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.
4. For the Lemon Glaze, mix confectioners' sugar, water and lemon extract in small bowl until well blended. Drizzle over cooled cookies. Let stand until glaze is set.

# Maple Orange Chicken Wings

- INGREDIENTS
- 12 whole chicken wings
- vegetable oil
- ½ cup maple syrup\*
- ½ cup fresh orange juice
- 2 tablespoons unsalted butter
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper flakes
- ¾ teaspoon ground clove
- 1 green onion, optional



## INSTRUCTIONS

1. Heat the oven to 400 degrees F.
2. Pat the wings dry with paper towels,\*\* then brush the wings with oil and season with salt and pepper.
3. Line a rimmed baking sheet with aluminum foil and place a wire rack on it. Set the wings on the rack in a single layer and bake for 40 minutes.
4. Meanwhile combine maple syrup, juice, butter, salt, red pepper flakes and cloves in a saucepan. Simmer the mix until thickened (15 to 20 minutes).
5. Take the wings out of the oven, brush with the glaze, return to the oven and bake for another 10 minutes. Check that the internal temperature of the wings has reached 165 degrees F. to make sure the wings are fully cooked.
6. Spoon more glaze on, then sprinkle with green onion (if using) and serve.

Find online: <https://thespicetrain.com/maple-orange-chicken-wings/>

# Clove Chai Tea

## INGREDIENTS

- 1 cup nonfat dry milk powder
- 1 cup non-dairy powdered coffee creamer
- 1 cup powdered French vanilla fat free non-dairy coffee creamer
- 2 ½ cups white sugar
- 1 ½ cups unsweetened instant tea
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground cardamom
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- ¼ teaspoon white pepper
- ½ cup of hot water/ ½ cup unsweetened coconut milk
- 1-quart water
- 1 Tablespoon whole cloves (freshly ground in a spice grinder or mortar and pestle)

## INSTRUCTIONS

- In a large bowl, combine milk powder, non-dairy creamer, vanilla flavored creamer, sugar and instant tea. Stir in ginger, cinnamon, cloves, cardamom, nutmeg, allspice and white pepper. In a blender or food processor, blend 1 cup at a time, until mixture is the consistency of fine powder. Store in a tightly sealed container.
- Bring water for the clove tea to a boil.
- Turn off the heat, add the ground cloves and let steep for 20 minutes.
- Strain through a fine mesh strainer. At this point, you can add sugar/cream or drink it as is, but if you're new to the spicy tea experience, you can dilute the brew with a little more hot water. If you want the entire Clove Chai Tea experience, then do NOT add sugar or cream and carry on.
- Mix the Chai by adding 2 heaping tablespoons into 1/2 mug of hot water or, for a more decadent treat, use hot, unsweetened coconut milk instead of water!
- Now top off the mug with the hot clove tea, stir and enjoy.

Find online: <https://www.food.com/recipe/clove-chai-tea-305927>