

Mace, *Myristica fragrans*

Tips for Using Mace:

- Use in sweet or savory dishes
- Use in the ground form in cobblers, cakes, custard based desserts and other sweet confections.
- Mace pairs well with other spices like allspice, cinnamon, cloves, coriander, fennel, ginger, and vanilla.
- In savory dishes it also pairs well with saffron, cumin, ginger, garlic and turmeric and other spice blends in vegetable dishes, meats and in dairy products.
- Whole blade mace is the term for mace that is broken pieces and not ground. It can be added to dishes while cooking and then removed like a bay leaf.
- Add whole blade mace to a pot of steaming basmati rice for a subtle flavor.
- For Indian cooking, whole blade mace can be toasted with other warming spices such as cardamom, cloves, and black pepper and then ground with fresh ingredients like ginger, turmeric, and garlic to make a paste.

Mace Cake

"...serve with whipped cream and strawberries, but it is also delicious on its own."

4 large eggs
1 ½ cups sugar
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon plus ½ teaspoon ground mace
1 cup whole milk
1 stick (1/2 cup) unsalted butter
Accompaniment: lightly sweetened whipped cream

Put oven rack in middle position and preheat oven to 350°F. Butter and flour a 13- by 9-inch baking pan, knocking out excess flour.

Beat eggs with 2 cups sugar in a large bowl using an electric mixer at high speed until tripled in volume and thick enough to form a ribbon that takes 2 seconds to dissolve into batter when beater is lifted, 7 to 8 minutes in a stand mixer or 14 to 16 with a handheld.

Whisk together flour, baking powder, salt, and 1 tablespoon mace.

Bring milk and butter to a boil in a small heavy saucepan, then remove from heat.

Add flour mixture to egg mixture, stirring until just combined. Stir in hot milk mixture until combined (batter will be thin).

Stir together remaining ½ cup sugar and remaining ½ teaspoon mace in a small bowl.

Pour batter into baking pan and sprinkle evenly with mace sugar. (Sugar will form a crust as cake bakes.)

Bake until pale golden and a wooden pick or skewer inserted in center comes out clean, 25 to 30 minutes.

Cool cake in pan on a rack until warm, at least 30 minutes. Cut into squares and serve warm or room temperature. Total time: 1 ½ hour. Makes 10 to 12 (dessert) servings
Note: Cake keeps in an airtight container at room temperature 3 days

Gourmet, Epicurious.com, March 2005

Recipes



Sugar Mace Cookies

"A lovely sugar cookie that is perfumed with mace and that I add vanilla sugar to. Perfect all year around. Yield depends on the size that you make the cookies."

1 cup sugar
½ cup butter, softened
1 egg
¼ cup milk
½ teaspoon vanilla
2 ¼ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon ground mace
½ teaspoon salt
Vanilla sugar, optional

Cream sugar and butter.

Add egg, milk, and vanilla; beat well.

Stir together flour, baking powder, mace, and ½ teaspoon salt; blend into creamed mixture.

Divide in ½. Cover and chill 1 hour.

Preheat oven to 375°F.

On a lightly floured surface, roll each half to ½-inch thickness, if dough is too soft to roll and cut nicely, knead in more flour a little at a time, until it is a good consistency.

Cut with cookie cutters.

Sprinkle with vanilla sugar if using.

Bake on ungreased cookie sheet for 7 to 8 minutes.

Annacia, Food.com

Mace and Black Pepper Brandy Alexander

My grandma was, you know, a grandma in the truest sense, but when she wanted to get wild she'd order a single brandy Alexander. I've swapped nutmeg for an infusion of mace and a garnish of black pepper to honor her spicy kick.

2 pinches mace
1 ½ ounces heavy cream
1 ounce brandy
1 ounce crème de cacao
Ice

Freshly ground black pepper

Make an ice bath in a heatproof bowl or a high-sided sauté pan. Set aside.

In a pot over medium-low heat, add the mace to the heavy cream. Bring the heavy cream up to a simmer, then remove the pot from the heat directly to the ice bath and stir until fully chilled. (If not using right away, transfer to a container and chill in the refrigerator until ready to use.

Combine the cream, brandy and cream de cacao in a cocktail shaker filled with ice and shake until very cold. Strain into tall cocktail glasses and garnish with black pepper, then serve.

Total time (with chilling) 40 minutes. Yield 1 serving

Justin Warner
Foodnetwork.com

Garam Masala Style Seasoning

1 teaspoon ground cumin
1 teaspoon ground cardamom
1 teaspoon black pepper
 $\frac{3}{4}$ teaspoon ground cloves
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground mace
 $\frac{1}{4}$ teaspoon ground ginger
 $\frac{1}{8}$ teaspoon cayenne pepper, or to taste
1 teaspoon finely crushed rose petals (optional)

India's "mixed spices" may be substituted for curry powder. Use in rice or bean dishes, with chicken, lamb or shrimp, vegetarian dishes, and chutneys.

Cooking with Herb Scents, pg. 263
The Western Reserve Herb Society

Pumpkin Pie Spice

1 tablespoon ground cinnamon
2 teaspoons ground ginger
 $\frac{1}{2}$ teaspoon ground allspice
 $\frac{1}{2}$ teaspoon ground cloves
 $\frac{1}{2}$ teaspoon ground mace
 $\frac{1}{2}$ teaspoon ground nutmeg

Measure out all ingredients into a small bowl. Whisk or stir to combine. Store in an airtight container at room temperature for up to one year. Makes 2 $\frac{1}{3}$ tablespoons.

Thekitchen.com

Do you have a recipe using Mace to share?
Please send it to educator@herbsociety.org