

## NUTMEG RIND PRODUCTS

Nutmeg rind is also blended (creating a fresh, green, tangy taste and white colour juice) or boiled (resulting in a much sweeter and brown juice) to make iced nutmeg juice. In Kerala Malabar region of India, it is used for juice, pickles and chutney.

### ➤ WINE

#### *Ingredients:*

- Nutmeg fruits 1 kg
- Sugar 1 kg
- Whole wheat 2 teaspoons
- Yeast 1 teaspoon

#### *Procedure:*

- 1) Wash and dry the fruits well before putting them into a washed glass jar.
- 2) Add sugar, yeast and wheat into the jar
- 3) Add boiled and cool water till the fruits are submerged
- 4) Close the jar so that it is air tight
- 5) Stir the contents with a wooden spoon daily for 21-40 days (more the number of days, stronger will be the wine)
- 6) Strain and transfer the content into another glass bottle.



## ➤ JUICE

### *Ingredients:*

- Nutmeg fruit 15
- 1 litre
- Sugar  $\frac{3}{4}$  kg
- Lemon 2
- juice 3 tbsps



### *Procedure:*

- 1) Peel and cook the fruits in pressure cooker in  $\frac{1}{2}$  litre of water for 2 whistles.
- 2) Bring to room temperature. Pulp in a mixer grinder.
- 3) Dissolve  $\frac{3}{4}$  kg sugar in  $\frac{1}{2}$  litre water.
- 4) Mix the pulp with the sugar syrup, lemon juice and ginger juice.
- 5) Bottle and refrigerate
- 6) Add 2 tbsps of the concentrate, ice cubes and water and blend. (Add sugar if you need to).

## ➤ NUTMEG JAM

### *Ingredients:*

- Nutmeg (outer fleshy part) 1 kg
- Nutmeg pdr  $\frac{1}{4}$  Tsp (optional)
- Sugar  $\frac{3}{4}$  kg



Clean and cut the outer fleshy part of nutmeg into small pieces. Then pressure cook it using little water. After cooling down, grind it well and transfer it to a thick bottom vessel or non-stick kadai. Cook it in high flame for few mins and add sugar into it and reduce the flame. Stir it continuously without burning it. When it thickens and reaches the consistency of a jam, add the nutmeg pdr and mix well. Allow it to cool completely and refrigerate it.

### ➤ **NUTMEG PICKLE**

#### ***Ingredients:***

- Grated Nutmeg fruit - 2 cups (Not the seed part)
- Red chilly powder - 2 tea spoon
- Vinegar - 1 tea spoon
- Asafoetida - 1/4 tea spoon
- Gingelly / Sesame oil/Til oil - 3 tea spoon
- Fenugreek Powder - 1/4 tea spoon
- Boiled and cooled saltwater - 1/2 cup
- Mustard seeds - 1/2 spoon
- Red dried Chilly - 5 numbers
- Curry leaves - 10 leaves



#### ***Preparation method:***

Take a Deep, thick bottom pan, heat the gingelly oil and season it with mustard seeds, wait till the mustard splutters. Add red chili, and curry leaves, allow it to turn crispy, occasionally mix to avoid burning. Add all other ingredients to this oil, add chili powder, Asafoetida, fenugreek powder and keep mixing the powder to avoid

burning till these are roasted well and the flavor is released from the mixture. Switch of the heat and add the grated nutmeg after the mixture cools down. Store this in a glass bottle and do not cover it for about a day, use a clean cloth to cover the mouth of the bottle and place it under direct sunlight to let the pickles stay longer period. You could start using pickles after 1 week. The pickles are best to be consumed within 2 months. Avoid using moist spoon when you serve it.

Nutmeg pickles are not advised during pregnancy by Kerala traditional mothers, generally all pickles are avoided too during first three months of gestation. Nutmeg has medicinal properties and pickles should be consumed in small quantities like 1 or 2 spoons or so along with a meal.

### ➤ **NUTMEG SYRUP**

#### ***Ingredients:***

- 1 cup sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 cups cold water
- 2 tablespoons butter
- 1 teaspoon vanilla extract



***Directions:***

In a large saucepan, combine the sugar, flour, cinnamon, nutmeg and water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in the butter, vanilla and extract if desired.

***Nutrition Facts:***

3 tablespoons: 88 calories, 2g fat (1g saturated fat), 5mg cholesterol, 14mg sodium, 18g carbohydrate (17g sugars, 0 fiber), 0 protein.