

Would you like to know about a forgotten Spice – “The Magic of Cloves”?

Thank you to Arthur Huxley of Spice Road Spices for his continued support for us dizzies with delicious recipes, information and spices. Arthur continues to support not only us dizzies but all those who are on low salt diets whatever their health issues are. Below, he shares the story of the forgotten spice and how we use it.

Cutting down on salt is good for our health. Spices are the key to tasty food. Enjoy!

To fully appreciate the magic of Cloves - a native from the Indonesian Moluccan Islands - we must first go back a little. Say, about 1000 years would be good

Students of the times and journeys of Marco Polo would be aware that when returning from Venice in 1300, Marco Polo noted in his journal that Caravans carrying Cloves and Nutmeg from China were making their way along the *Spice and Silk Road* to the European markets.

Wikipedia will tell you that Cloves go back much further than Marco Polo and Europe of course. There is evidence Cloves were part of Syrian cooking around 1700BC. In all probability carried to the Middle East by the Chinese traders.

The Portuguese, The Dutch and King Charles11

The value of these remarkable spices was quickly appreciated by the Portuguese and the Dutch who together, created a monopoly for the Cloves, giving great wealth to both countries.

It was the English King, Charles11, who put an end to such dealings with the threat of severe consequences, allowing the Cloves to be set free, so to speak.

Returning to today it follows that we should continue with Cloves and in particular, Ground Cloves and their place in the *Art of Flavour* and our kitchens.

It should be noted that when adding Ground Cloves to a recipe, think of "adding a pinch" rather than a portion of a teaspoon. Cloves are that powerful!

Recipe and a BBQ side

The South Americans have a lovely Pork Shoulder recipe; a pork braise with apples, ancho peppers (wonderful things) lime juice, cardamom, bay leaves – and note, a pinch of ground cloves.

It may be just a pinch but it lifts the dish to new heights. Magic!

And for a special BBQ side, pork chops topped with stewed diced apples, cinnamon, lemon juice, a little brown sugar and a pinch of ground cloves (or even better, a second pinch to your taste - lovely) will again present you