



## Ground Nutmeg

Nutmeg, the hard brown seed of *Myristica fragrans*, a tropical evergreen, has a warm, spicy, sweet flavor. Mace is the dried lacy reddish membrane from around the nutmeg seed. This is the only tropical fruit that is the source of two different spices.



This mild baking spice is used in sausages, meats, soups, vegetables, and preserves. It is commonly added to eggnog, puddings, and fruit pies.

### Toffee-Pecan Nutmeg Cakes

(Prep: 15 min. Bake: 35 min.)

#### Ingredients

3 cups all-purpose flour  
2-1/4 cups packed brown sugar  
1/2 teaspoon salt  
3/4 cup cold butter  
1-1/4 cups chopped pecans, toasted, *divided*  
1 egg  
1-1/2 cups (12 ounces)  
1-1/2 teaspoons baking soda  
1-1/2 teaspoons ground nutmeg  
1-1/2 teaspoons vanilla extract

#### Directions

In a bowl, combine flour, brown sugar and salt. Cut in butter until mixture resembles coarse crumbs. Place 3 cups of mixture in a small bowl; add 1/2 cup pecans. Press gently onto the bottom of two greased 9-in. round baking pans. In a small bowl, combine the egg, sour cream, baking soda, nutmeg and vanilla; mix well. Beat in the remaining flour mixture until well blended. Pour over the crust. Sprinkle with remaining pecans. Bake at 350° for 33-38 minutes or until a toothpick comes out clean. Cool in pans on wire racks. Cut into wedges. Yield: 2 cakes, 12 servings each.



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6/16 oz.