



Whole Stick Cinnamon

Cinnamon is the dried bark of various laurel trees in the cinnamomum family. Cinnamon sticks are made from long pieces of the bark that are rolled, pressed, and dried. They have a sweet, woody fragrance in both ground and stick form.

The most common baking spice, cinnamon is used in cakes, cookies, and desserts throughout the world. Cinnamon is also used in savory chicken and lamb dishes from the Middle East. In American cooking, cinnamon is often paired with apples and used in other fruit and cereal dishes. Stick cinnamon is used in pickling and for flavoring hot beverages. It can also be used in the preparation of soups, barbecue sauces, and as one of the ingredients in a variety of curry powders. Along with other spicy items, it is being used in marinating chicken, fish and meats.

Since prolonged cooking results in the evaporation of essential oils, cinnamon spice is generally ground just before preparing dishes and added at the last moment to the cooking recipes.



680772 6/8 oz.



One cinnamon stick yields approximately 1/2 teaspoon of ground cinnamon.

Spiced Rice Pilaf

2 tablespoons vegetable oil
1 cinnamon stick, broken into 3 pieces
4 whole cloves
1/2 cup chopped onion
1 cup long-grain white rice
2 cups water

Heat oil in heavy medium saucepan over medium-high heat. Add cinnamon and cloves and stir until fragrant, about 30 seconds. Add onion and cook until beginning to brown, stirring occasionally, about 8 minutes. Add rice and stir to coat with onion mixture. Mix in water and bring to boil. Cover pan, reduce heat to low and cook until rice is tender and water is absorbed, about 20 minutes. Fluff pilaf with fork. Season with salt and pepper. Transfer to bowl.

Great served with trout, salmon, chicken, pork or shrimp.