



Organic whole nutmeg

Nothing But Plants® POWDER

Intense and inspiring aroma

	1 unit	3 + 1 free
Whole nutmeg 20 g	5,50 €	16,50 €

PRINCIPAL INDICATIONS:

Oral hygiene

Brand: 

Discover the exceptional properties of SPICES with the new powder range from our new brand POWDER Nothing But Plants® range!

This product range offers an innovative concept: an alternative way of consuming dietary supplements and healthier foods – in milkshakes, salads or mixed with your favourite foods.

The precious spice of Sri Lanka!

Nutmeg has unique flavouring properties. Its intense dry aroma is ideal for potatoes stews, pasta dishes and green leafy vegetables.

The nutmeg is a natural antioxidant: it helps to lower blood pressure, relieve stomach pains; additionally being an excellent tonic and brain stimulant.

POWDER whole organic nutmeg allow you to benefit from its aromatic and therapeutic properties, and to enrich your daily diet.

Why choose POWDER® spices?

Our quality requirements:

Organically grown spices

Controlled geographical area

Organoleptic analysis

Physicochemical analysis

Microbiological analysis

Hermetic packaging

Process Control

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DESCRIPTION

Nutmeg is the dried seed of *Myristica fragans* Houtt, a tree from the *Myristicaceae* family that can grow up to 20 m in height. It has perennial leaves of around 10 cm and small yellow flowers (1,2).

Nutmeg is found inside the spongy fruit, whose bright red colour when fresh then turns brown when it dries.

Although the nut is much more commonly used, the leaf and fruit of the *Myristica fragans* Houtt tree also have a very intense aroma (1,2).

Nutmeg come from the archipelago of the Moluccas, a province of Indonesia also known as 'the spice islands'. Its indigenous have used nutmeg for centuries for medicinal and culinary purposes (for diarrhoea, mouth sores and insomnia) (3).

Later, during the 12th Century some Arabs merchants introduced nutmeg to Europe (4). The interested to this spice grew rapidly. Portugal took over its trade for centuries, even concealing the location of the producing islands (5) until the Dutch secured their monopoly. In the 18th Century, the Dutch tried to prohibit its cultivation on some islands, in a vain attempt to control its production (2,6).

Nutmeg has been used by people not otherwise able to access to drugs, due to its hallucinogenic and euphoria-inducing effects. For example, in the biography of Malcolm X, it is mentioned that he consumed nutmeg while he was in jail (4).

Currently, nutmeg is mainly cultivated in Indonesia, as well as in in other areas, such as the Caribbean, India and Sri Lanka (5). It is widely used in gastronomy due its flavouring properties, but also in the pharmaceutical and cosmetics industry to form oleoresins, butters and essential oils (7).

COMPOSITION AND BENEFITS

Traditionally, nutmeg has been used as an aphrodisiac, digestive, carminative, tonic and stimulant (1).

Nutritionally, nutmeg is rich in carbohydrates, proteins, fibre, vitamins A, C and E, minerals (calcium, copper, iron, magnesium, manganese, zinc and phosphorus) and phytonutrients such as β -carotene.

The nutmeg seed is mainly composed of fats (30-40%) and of essential oils (8-15%) responsible for its therapeutic action and its aroma and taste, such as terpene hydrocarbons (sabinene and alpha and beta pinenes) and aromatic esters (such as myristicin and elemicin) (9).

Nutmeg also contains polyphenolic compounds, which make it a natural source of **antioxidants** (10).

Studies have shown that it helps to reduce blood pressure, **relieve stomach pains**, stop diarrhoea, **stimulate the brain, detoxify the body and help with respiratory problems** (8).

RECIPES

Nutmeg is a widely used spice thanks to its intense and inspiring aroma. Mauritians describe it as hot, dry and somehow astringent.

Armenian nutmeg cake

Ingredients (11)

- 250 ml milk
- 1 teaspoon bicarbonate of soda
- 200 g wheat flour
- 100 g walnuts
- 2 teaspoons baking powder
- 300 g brown sugar
- 150 g cold butter
- 1½ teaspoon nutmeg

Method

- Preheat the oven to 180°C. Grease a 22-cm diameter springform cake tin.
 - Mix the milk with the bicarbonate of soda and set aside.
 - In an electric mixer, combine the flour, baking powder and 50 g of nuts.
 - Add the brown sugar and mix again.
 - Add the cold butter, cut into cubes and process.
 - Divide the dough into two. Spread one part over the base and walls of the tin.
 - In the mixer, combine the second part of the dough with the milk and nutmeg, until it becomes a soft, fluid dough.
- Pour over the extended base in the tin.
- Grind the remaining 50 g of nuts, mix with a tablespoon of flour to prevent them sinking into the dough. Sprinkle the nut flour onto the cake.
 - Bake for around 40 minutes.

Onion Pie (Zwiebelkuchen)

Ingredients (12)

- 800 g onions
- 150 ml tepid milk
- 250 g flour
- 125 g diced bacon
- 300 g sour cream
- 5 eggs
- 80 g butter
- nutmeg
- cumin
- salt
- sugar
- 20 g yeast

Method

- Mix the yeast with the tepid milk and sugar.
- In a bowl, prepare the flour, an egg, the butter, salt and knead with the yeast and milk mixture. Cover the dough

obtained with a tea towel and allow to stand for 50 minutes.

- Peel and finely chop the onions, brown with butter. Remove from the heat and set aside.
- Preheat the oven to 225°C.
- Mix the onion, once cold, with the soured cream, 4 eggs, 4 tablespoons of flour, cumin, nutmeg and salt. Brown the bacon.
- Once the dough is resting, stretch it with a rolling pin and spread it out on the base and walls of a tin greased with butter.
- Pour the onion mixture over. Add the browned bacon.
- Bake for around one hour at 225°C

BIBLIOGRAPHY

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Composition

INGREDIENTS:

Organic whole nutmeg (*Myristica fragrans* Houtt.).

ALLERGENS:

This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

FABRICATION AND GUARANTEE:

This food is manufactured under a GMP-compliant. GMPs are the Good Manufacturing Practice guidelines for the European food industry.

Use

DIRECTIONS:

In cooking, nutmeg goes very well in potato stews, pasta dishes, with leafy green vegetables (spinach, chard etc.) and brassica (Brussel sprouts, broccoli and cauliflower), and for dressing sauces. It is usually grated when serving dishes.

STORAGE INSTRUCTIONS:

Store in a cool dry place away from sunlight.