

CARIBBEAN BLEND, Caribbean Spice  
**CARIBBEAN PULLED PORK SANDWICH**



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FEATURING OUR:  
 TRUE (CEYLON) CINNAMON

A deliciously different pork sandwich with slightly spicy island flavors from our Caribbean Spice & Caribbean Blend seasonings. An easy family favorite dish.

<b>Ingredients:</b>	1/2 cup (low salt) chicken broth
2 - 3 lb boneless pork shoulder (remove excess fat)	2 Tblspns light brown sugar
2 Tblspns Peanut Oil	1 Tblspn soy sauce
1 small onion, chopped, 1 Tblspn minced garlic	1/2 Tblspn liquid smoke
2 tsp minced fresh ginger	1 Tblspn Worcestershire sauce
1 Tblspn Caribbean Spice Blend	3 Tblspns cornstarch, 3 Tblspns water
1 Tblspn Caribbean Blend, Salt/Pepper	8 butter/grilled sandwich buns

**Directions:** Salt and pepper the pork and sauté it in 1 Tblspn of oil, browning all sides. Sprinkle the Caribbean Spice Blend and the Caribbean Blend onto the pork, cut it into 2 inch chunks, and set aside. Using the other 1 Tblspn of oil, sauté the onion, garlic and ginger. Make a sauce by combining the broth, sugar, soy sauce, liquid smoke, & Worcestershire sauce. Pour 1/2 of this sauce into the pan to deglaze the onions. Place the chunks of pork & onion mixture into the crock pot\* and pour the remaining sauce over the pork. Cook on low for 6-8 hours or high for 4-5 hours. At the end of cooking time, remove the pork from the pot and, using two forks, shred the meat. Pour the broth from the crock pot into a small saucepan. Combine the cornstarch & water, whisk it into the broth, bring it to a boil and simmer until thickened. Serve placing about 1/2 cup of the shredded pork on the sandwich bun, with a little of the thickened sauce poured over the meat. \*NOTE: This recipe can be made with the Instant Pot. The pork browning and vegetable sauté can be done in the pot under the Sauté function. Pour the sauce over the sautéed vegetables and browned pork; high pressure 28 mins & 15 mins pressure release method. Remove the pork & thicken the sauce in the pot using the Sauté function.

MACE POWDER, True Cinnamon, Clove Powder  
**BANANA BREAD COOKIES**



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FEATURING OUR:  
 POWDERED MACE

These are soft, delicious cookies that taste just like banana bread. Kids love them as a quick breakfast or as a 'grab and go' snack. The bananas are complemented (and not overpowered) with the True Cinnamon, Mace and Clove spices. Just the right combination of spices to enhance the banana flavor. It's an easy-to-make treat everyone will love!

<b>INGREDIENTS:</b>	1 tsp baking soda
1/2 cup butter (one stick), room temperature	2 cups all-purpose flour
1/2 cup sugar (white)	1/8 tsp salt
1/2 cup light brown sugar	1 1/2 tsp True Cinnamon (reserve 1/2 tsp to sprinkle on cookies before baking)
1 egg	1 tsp Mace Powder
2 tsp vanilla extract	1/4 tsp Clove Powder
1 cup mashed bananas (about 2 1/2 large bananas)	1 cup chopped walnuts

**DIRECTIONS:** Preheat the oven to 350 degrees. Line a cookie sheet with parchment paper. In a small bowl, mix the mashed bananas with the baking soda. Set aside. In a medium sized mixing bowl cream the butter and sugars. Add the egg and vanilla and mix until fluffy. In a separate bowl blend together the flour, salt and spices. Add the banana mixture to the butter mixture and blend until combined. Add the flour mixture and blend together. Fold in the walnuts. Drop the batter in small mounds on the lined cookie sheet (cookies will spread some). Sprinkle the tops of each cookie with the reserved True Cinnamon mixed with a little sugar. Bake for about 12 minutes or until the cookies are golden around the edges. Cool the baked cookies on a wire rack.