

ROSEMARY POWDER, Paprika, Garlic Granules, True Cinnamon, Cayenne Powder

SHEPPARD'S PIE



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FEATURING OUR:
POWDERED ROSEMARY

TRUE (CEYLON) CINNAMON, NUTMEG POWDER

DUTCH APPLE MUFFINS



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Featuring OUR...
True Ceylon Cinnamon

Here is another easy-to-make family favorite dinner. We usually make this with ground turkey, but beef or lamb can also be used. The spices used-Rosemary Powder, Garlic Granules, Paprika and True Cinnamon- provide wonderful flavors for the filling. Don't forget the pinch (or two) of Cayenne in the potatoes- it really makes them! Enjoy this delicious dish- it's a great meal to serve for a pleasing hearty dinner.

Ingredients:

1 lb. Ground Beef, or Ground Lamb or Ground Turkey	2 1/2 tsp Garlic Granules
1 medium onion, diced	1/8 tsp True Cinnamon
1 Tblspn olive oil	1 cup frozen carrots *
2 Tblspns flour	1 cup frozen peas *
1/4 cup red cooking wine	*Can use 2 cups of frozen peas and carrots mixture
2 Tblspns tomato paste	5 large golden potatoes, peeled and cut into one inch pieces
2 Tblspns Worcestershire sauce	2 Tblspns creme cheese
3/4 cup chicken or beef stock	2 Tblspns butter
Salt/Pepper to taste	1 - 2 Tblspns milk
2 tsp Rosemary Powder	1/4 cup shredded Irish (white) cheddar cheese (or shredded parmesan)
1 tsp Paprika	Pinch of Cayenne Powder
	1 egg beaten

Directions: Preheat oven to 375 degrees. Make the potato topping: Cook the potatoes in salted boiling water until tender. Drain the cooked potatoes and mash them with the butter, creme cheese, milk, cheddar cheese, and Cayenne. Add salt /Pepper to taste. Set the potatoes aside. Make the filling: In a large frypan cook the meat and onion in the oil until the meat is done and then break it into small crumbles. Stir in the flour, wine, Worcestershire sauce, tomato paste, stock, Rosemary, Paprika, Garlic Granules, and True Cinnamon. Stir to combine and reduce the heat to medium-low. Bring the mixture to a simmer and cook it for about 5 minutes or until thickened. Add salt/pepper to taste. Pour the filling in a greased deep dish 9 inch pie pan and spread it over the bottom. Spread the potatoes over the top of the filling. Brush the top of the potatoes with the beaten egg. Bake in the preheated oven for about 40 minutes or until the potato topping is golden.

These are moist and delicious muffins bursting with apple and cinnamon flavors. What makes them so moist is the sour cream added to the mix. The crumble top (with added cinnamon) and the vanilla icing, take these muffins - over the top. Serve them for breakfast, as a snack or dessert. They're perfect!

Ingredients:

Ingredients For The Muffins:

1/2 cup butter (room temperature)
1/2 cup light brown sugar
1/2 cup granulated sugar
2 eggs / 2 tsp vanilla extract
2 cups All Purpose flour
1 tsp baking soda / 1 tsp baking powder
1/2 tsp salt
2 tsp True Cinnamon
1/2 tsp Nutmeg Powder
1/4 cup milk (room temperature)
1/2 cup sour cream
2 cups peeled and chopped apples (small chop)

Crumble Topping: Blend together until crumbly-

1 tsp True Cinnamon;
3/4 cup All Purpose flour;
1/2 cup butter (grated);
1/3 cup light brown sugar;
1/3 cup granulated sugar.

Icing: Whisk together until it has the consistency for drizzling:

1/2 cup powdered sugar (sifted);
2 - 3 Tblspns heavy whipping cream;
1 tsp vanilla extract.

Directions: This recipe makes 18 regular sized muffins. Preheat oven to 350 degrees. Prepare muffin tins by spraying the tins and the muffin cup liners. For the muffin ingredients- Cream together (until light brown and fluffy) the butter and sugars. Add the eggs and vanilla. In a separate bowl combine the flour, soda, baking powder, salt, and spices. Add the flour mixture to the egg mixture, alternating with the milk and sour cream. Mix until combined and then fold in the apples. Spoon the muffin mixture into the prepared lined tins. Top each muffin with a generous scoop of the crumble. Bake in the preheated oven for 20 minutes or until golden and set. Let cool on a rack. When cooled, drizzle each muffin with the icing.