**CINNAMON**

*Cinnamomum zeylanicum*

[sin-uh-MOH-mum zey-LAN-ee-kum]

**Family:** Lauraceae

**Names:** sweetwood, true cinnamon, Ceylon Cinnamon; canelle (French); Ceylonzimt, Kaneel, Zimt (German); cannella (Italian); canela (Spanish); thit-ja-boh-gauk (Burmese); yook gway, (Chinese); dal-chini, darchini, dhall cheene, kulmie darchini (Indian); Tvak (Sanskrit); kaju manis, kayu manis, manis djangan (Indonesian); kayu manis (Malay); kurundu (Sinhalese); karuvappadai (Tamil); op chery (Thai)

**Description:** Cinnamon comes from the dried inner bark of a tropical evergreen laurel tree. This spice is known as "true cinnamon" to distinguish it from cassia (*Cinnamomum cassia*), which looks and tastes like cinnamon. After the bark is peeled off the tree it is left to dry and ferment for 24 hours. Then the outer layer of the bark is scraped off, leaving the inner, light-colored bark, which curls into quills as it dries. Removing the outer bark makes the cinnamon less biting and mellows its aroma.

**Cultivation:** Cinnamon grows in virtually any soil but prefers poor, sandy or lateritic soils. A hot, wet tropical climate at low altitude is essential. Commercially grown trees appear as small bushes up to 10ft high, for the stems have to be continually cut back to yield bark. The stems are cut during the monsoon, when they are easier to peel. After fermenting for one day, the outer bark, cork and the pithy inner lining are scraped off. These parts either adulterate or alter the composition. The bark is then left to dry completely, when it curls and forms into quills. Further drying and daily hand-rolling produce the compact final product with its characteristic pale brown color. The quills are graded according to thickness, aroma and appearance. Other forms are broken "quillings" - broken quills, "featherings"-inner bark of twigs and 'chips'--coarse bark remnants.

**History:** Believed to be native to Sri Lanka, cinnamon now grown in India, Brazil, the islands of the Indian Ocean and the East and West Indies. It was known to the ancient Chinese and Egyptian civilizations. It is quoted in the Bible in the book of Exodus as an ingredient of anointing oil and in Proverbs. In Egypt, it was used medicinally and as a flavoring for beverages. It was also used in embalming, as part of the most expensive method, filling the body cavities with spiced preservatives. In the ancient world, cinnamon is supposed to have been more precious than gold. It was known in medieval Europe where it was still very expensive. The trees were not actively cultivated until 1770 as the Dutch believed the cultivation would destroy its properties along with their monopolistic philosophy. Pierre Poiver broke the monopoly by smuggling cinnamon plants out of Ceylon and establishing them in the Seychelles where it's now a major crop. Cinnamon leaf oil, distilled from the leaves of the tree, is used as a substitute for clove oil in India. Commercially,
Cinnamon is used in perfumery. Some toothpastes used to contain cinnamon oil, but these were withdrawn after reports of allergic reactions.

The name cinnamon comes from the Indonesian *kayu manis*, meaning sweet wood. The Hebrew name was *quinnamon*, the Greek *kinnamon*. It because a valuable commodity in ancient Arabia where the priests alone had the right to collect it, and then with ceremony, the first bundle was offered to the sun, and then used to light the sacred fire on the altar where the high priest was to offer a sacrifice.

Cinnamon’s fragrance was thought to be pleasing to the god Mercury, and magicians used it in their love potions. The Mohammedans of India believed at one time that cinnamon was the bark, cloves the flower and nutmeg the fruit of one and the same tree, a belief which lingered in Europe throughout the Middle Ages. For good luck, a bride in Indonesia is traditionally given a beverage containing a symbol in the shape of a pair of cassia buds that have been growing side by side on the tree. In the Victorian Language of Flowers cinnamon means "my fortune is yours".

In order to protect their early monopoly of the cinnamon trade, the early Arabians concocted many myths about its nature and about its harvesting. They claimed that it was gathered from mountain peaks over Arabia; that large birds carried cinnamon twigs to their nests, which were attached by mud to steep cliffs and quite inaccessible to man. Large pieces of fresh donkey meat were then said to be placed near these precipices so that the birds would seize the meat and carry it to their nests—-which of course collapsed under the weight. The waiting natives would hurry to collect the cinnamon twigs and take it to the trading centers.

In the mythology of China, this tree grows in paradise, offering immortality to all who eat it.

**Constituents**: linalool, benzaldehyde, cinnamic, furfurol, eugenol, safrole, cymene, dipentene, phellandrene, pinene

**Nutritional profile**: One teaspoon (2.3 g) of a mixture of ground cinnamon and cassia sold as "cinnamon" has 6 calories. It provides 0.09 g protein, 0.07 g fat, 1.84 g carbohydrates, 28 mg calcium, 0.9 mg iron, 6 IU vitamin A and 0.7 mg vitamin C.

**Properties**: anaesthetic, antodontalgic, antiseptic, antiputrefactive, antispasmodic, aphrodisiac, astringent, cardiac, carminiative, emmenagogue, escharotic, haemostatic, insecticide, parasiticide, sialogogue, stimulant, stomachic, vermifuge

**Essential Oil**: Both oil of cassia (called "oil of cinnamon") and the oil of true cinnamon bark (known as "oil of cinnamon, Ceylon") get their flavor and aroma from *cinnamaldehyde*, a yellow, oily liquid with a pungent cinnamon scent. Oil of cassia may be as much as 80% cinnamaldehyde, oil of cinnamon, Ceylon, is approximately 55%-70% cinnamaldehyde. The oil of true cinnamon bark also contains eugenol, the chemical that gives oil of cloves its flavor and scent, and several other aromatic oils, including phellandrene.

**Dosha Effect**: V K-, P+

**Taste**: pungent, sweet, astringent

**Energy**: heating/neutral

**Aromatherapy**: Note--Base; Extraction method--Distillation; plant part--tree, bud, bark, leaf. Cinnamon leaf essential oil is often preferred over cinnamon bark or bud as the latter two may in some cases cause a severe skin reaction, having a large proportion of cinnamic aldehyde, often the cause of skin sensitization. Characteristics: a yellow to brownish liquid with a warm-spicy, somewhat harsh odor from the leaves and twigs. A pale to dark yellow liquid with a sweet, warm-spicy, dry, tenacious odor from the dried inner bark. Best avoided in pregnancy.

**Uses**:  
**Mind**: excellent for exhausted states and feelings of weakness and depression  
**Skin**: mildly astringent effect on the skin tightening loose tissues and effective in
clearing warts; lice, scabies, tooth and gum care, wasp stings  

**Body:** Strong antiseptic with a tonic effect on the respiratory tract, eases colds by its warming action, indicated for influenza. Restores heat to the body. Reputation for resisting viral infections and contagious diseases. Stimulates tears, saliva and mucous. Calms spasm of the digestive tract, dyspepsia, colitis, flatulence, diarrhea, nausea and vomiting. Stimulates secretion of gastric juices. A strong stimulant of the glandular system. Tonic effect on whole body and particularly on the circulatory system.  

**Genito-urinary system:** stimulates childbirth contractions, leucorrhea, scanty periods.  

**BLENDS WELL WITH:** benzoin, cardamom, clove, coriander, frankincense, galbanum, ginger, grapefruit, lavender, orange, pine, nutmeg, anise, fennel, trifolia rosemary, thyme, olibanum, ylang ylang, mandarin, benzoin, Peru balsam and in oriental-type mixtures  

**RECIPES:**  
For sprains: 5 drops spearmint, 3 drops marjoram, 3 drops cinnamon, 3 drops lemongrass, 1 drop pine in 1 Tbsp carrier oil  
For studying: 5 drops bergamot, 5 drops peppermint, 3 drops cypress, 2 drops cinnamon in 1 Tbsp carrier oil  
For alertness when driving: 110 drops peppermint, 35 drops cinnamon, 35 drops lime, 20 drops patchouli in 4 oz of water for a mist spray  
Cinnamon-Pineapple Foot Rub with Mint: 1 tsp cinnamon oil, 2 tsp chopped mint leaves, 1/4 cup chopped pineapple flesh, 1 tsp chopped basil, 1/4 cup peppermint extract, 2 Tbsp rosemary. In a blender, mix all ingredients together on medium speed for 45 seconds, or until blended thoroughly. Rub mixture into feet (top and bottom) and wrap in plastic. Let sit for 5-10 minutes, no more than 20 minutes, remove plastic and rinse feet with warm water. Makes 1/3 cup. Cover and refrigerate immediately and discard after 5 days.  

**Ritual Uses:** Gender--Hot; Planet--Sun; Element--Fire; Basic powers--protection, healing, passion. Sacred to the altars of Aphrodite and Venus. Burn to raise very high spiritual vibrations. Use in healing incenses and burn to stimulate clairvoyance. One of the herbs used to stimulate and excite the passions of the male. Add to prosperity mixtures. Mix with myrrh for a good incense for general working.  

**Protection:** Cinnamon casts an aura of potent protection, however derivatives of this fragrant tree bark are often too irritating to be applied directly to skin. The hydrosol is reasonably gentle. Add cinnamon hydrosol to bathwater to create a protection bath  

**Medicinal Uses:** It was one of the ingredients in ivory jelly, which was made from powdered ivory and given at one time to consumptives. It raises vitality, warms and stimulates all the vital functions of the body, counteracts congestion, is antirheumatic, stops diarrhea, improves digestion, relieves abdominal spasms, aids the peripheral circulation of the blood. Cinnamon is the second most widely used warming stimulant in Chinese medicine, used by Chinese herbalists much as Western herbalists have used cayenne. In India, it is taken after childbirth as a contraceptive. It has a slight emmenagogic action—stimulating the uterus and encouraging menstrual bleeding. The bark is also administered by Ayurvedic doctors for anorexia, bladder disorders, and as tonic for the heart. Japanese research in the 1980s showed that cinnamaldehyde was sedative and analgesic. It is also thought to reduce blood pressure and fevers.  

One German study showed cinnamon suppresses completely the cause of most urinary tract infections and the fungus responsible for vaginal yeast infections. It helps down fats in your digestive system, possibly by boosting the activity of some digestive enzymes. You can dust a bit of cinnamon on cuts and scrapes (it contains eugenol) which helps relieve the pain of household mishaps.  

Studies have shown that consuming 1/4 teaspoon a day of cinnamon lowers diabetes risk by up to 29%.
Cinnamon speeds weight loss by balancing blood sugar and warding off food cravings. A unique plant compound increases cells’ ability to absorb and use sugar, an effect shown to reduce appetite stimulating blood glucose fluctuations by up to 29%. The same compound that gives cinnamon its flavor has also been shown to increase metabolism. It works by inducing thermogenesis (the rate at which calories are burned in order to generate body heat). The antioxidants in cinnamon neutralize free radicals before they can cause damage to cells. This in turn reduces the cellular inflammation that has been shown to increase belly-fat storage and trigger fatigue.

**Energetics:** spicy, sweet, hot

**Meridians/Organs Affected:** spleen, kidney, liver and urinary bladder

**Culinary Use:** Most of the "cinnamon" sold in the US is actually a blend of cinnamon and cassia, but if you were to sample plain cassia and plain cinnamon, you would find cassia's flavor bitter, while cinnamon's is warm and "sweet" Cassia also has a stronger scent, and it is darker (reddish brown versus tan). "Cinnamon sticks" made of true cinnamon look like quills (a single tube); "cinnamon sticks" made from cassia are rolled from both sides toward the center so that they end up looking like scrolls.

**Toxicity:** Cinnamaldehyde, eugenol and phellandrene are all allergens and irritants that may cause contact dermatitis in sensitive individuals. People who are sensitive to cinnamon may develop dermatitis after using perfume, soap, mouthwash or toothpaste scented or flavored with cinnamon.

**Recipes:**

**Gipsy Eggs**
3 Tbsp olive oil
1 tsp powdered saffron
1 tsp ground cumin
1 tsp ground cinnamon
2 slices bread
2 garlic cloves, peeled and chopped
1 Tbsp blanched almonds
4 large eggs

Heat 2 tablespoons of the oil in a frying pan, add the saffron, cumin and cinnamon and fry for 1 minute, then add the bread and fry on both sides until crisp and golden. Remove the fried bread and allow to cool slightly. Add the remaining oil to the pan, add the garlic and almonds and fry for 1-2 minutes without allowing either to brown. Pound the contents of the pan with the fried bread in a mortar and pestle, or process in a food processor or electric blender, to make a smooth paste. Lightly oil a shallow ovenproof dish and spread the paste over the bottom. Break the eggs on top and bake in the oven for about 15 minutes until the whites are set and the paste is crunchy and golden but not browned. Remove and serve immediately. (The Encyclopedia of Herbs Spices and Flavorings)

**Tajine with black-eyed beans/cowpeas (Bean stew)**
½ lb black-eyed beans, cooked (save the liquid)
1 onion, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
4 tomatoes chopped
2 Tbsp tomato paste
1 tsp cinnamon
½ tsp grated nutmeg
1 lb spinach, chopped
oil
salt and pepper

Fry the onion in the oil until it is transparent. Then add the red and green bell peppers and cook until they soften. Now put in the tomatoes, tomato paste, cinnamon and nutmeg and stir well. Add the beans and stir them into the mixture. Then season with pepper and salt before placing the spinach on top. Add a little water or retained cooking liquid and stew for 20 minutes (The Spices of Life)

**Caribbean Chicken**
6-8 chicken pieces, skinned
2 Tbsp Jamaican jerk spice mixture
1 cup coconut milk
½ cup rum
4 bananas, sliced
1 tsp poppy seeds
1 tsp cinnamon
1 green bell pepper, cut into long strips
1 red bell pepper, cut into long strips
2 scallions, sliced finely
1 cup mushrooms, sliced finely
1 Tbsp chives, chopped
1 mango, cut into thin slices
some melon, scooped into 8-10 balls
¼ lb grapes
1 Tbsp cashew nuts
1 Tbsp desiccated coconut or coconut flakes
1 Tbsp butter
oil
salt

To make the marinade, mix the jerk spice with the coconut milk and half the rum. Then add the chicken and rub the marinade in so that it absorbs the flavors. Set aside for 2 hours. Heat oven to 375F. Place the sliced bananas into a baking dish and sprinkle on the poppy seeds and cinnamon. Dot the butter on top and pour in the remaining rum. Bake in the oven for 15-20 minutes. While that is cooking, pour off the marinade from the chicken and keep it for later use. Heat the oil in a wok or skillet and gently fry the marinated chicken pieces for 5-10 minutes, turning so that they are beginning to turn golden on all sides. Then remove and when cool enough, slice the meat into long thin strips. Now, using a wok, heat up some more oil and briskly stir-fry the green and red bell pepper strips, the scallions, mushrooms and chives. Cook for 3-4 minutes and then add the chicken strips, stirring all the time. Next put in the mango slices, melon balls and the grapes. Mix these in before adding the cashews and coconut flakes. Stir constantly. Pour in the retained marinade and stir it in. At this point, remove the bananas from the oven and stir them and any juice from the baking dish into the wok mixture. Cook for a further 1-2 minutes and then serve, accompanied by rice or a mixture of rice and wild rice. (The Spices of Life)

Shrimp and Mushrooms
½ cup dry Spanish sherry
4 slices onion
2 small carrots, sliced
2 garlic cloves, crushed
1 bay leaf
½ tsp ground cinnamon
½ tsp saffron threads
½ tsp dried tarragon
salt and freshly ground black pepper to taste
1 lb jumbo shrimp, shelled and deveined
flour, for dusting
3 Tbsp olive oil
12 cherry tomatoes, halved
1 cup fish broth or clam juice
1 cup fish broth or clam juice
4 large white mushrooms, quartered
3 Tbsp ground blanched almonds

Combine the sherry, onion, carrots, garlic, bay leaf, cinnamon, saffron, tarragon, salt and pepper in a bowl. Add the shrimp and stir to mix. Cover and refrigerate for 6-8 hours or overnight, stirring occasionally if you’re awake. Strain, reserving both the liquid and the contents of the strainer. Discard the bay leaf. Pick out the shrimp, pat dry with paper towels and dust with the flour. Heat the olive oil in a skillet over medium heat and sauté the shrimp for 1 minute, turning once. Remove to a medium bowl. Add the reserved onion, carrots, and garlic to the skillet and sauté for 2-3 minutes, or until the onion is wilted. Add the tomatoes and cook for 1 minute more, then add the reserved marinade and the fish broth. Simmer, uncovered, for 10 minutes. Strain the sauce and return it to the skillet. Stir in the mushrooms, almonds, and shrimp. Cover and cook for 3 minutes, or until the shrimp are firm and opaque. Serve. (Adriana’s Spice Caravan)

Chocolate Beef Stew
2 lbs beef, cubed
½ cup walnuts, whole
¼ cup walnuts, chopped coarsely
1 onion, chopped finely
1 chili, de-seeded and chopped
3 cloves garlic, chopped
2 Tbsp raisins
1½ Tbsp cocoa powder
1 can tomatoes
1 tsp ground cinnamon
4 cloves
1 carrot, sliced
1¼ cups stock or water
oil
salt

Heat oven to 400F. Blend the first quantity of walnuts with the onions, chili, garlic, raisins, cocoa powder and tomatoes in a blender until smooth. In a large pan, heat the oil, sprinkle in the cinnamon and cloves; stir for a moment or two. Then add the sliced carrot and cook for 1 minute. Next put in the blended walnut mix plus the coarsely chopped walnuts and let this bubble or 5 minutes, being careful that it does not stick. Slowly pour in the stock and mix. Heat some oil in a fresh pan and when it is hot put in the beef, turning the cubes round so that they seal and brown. Now add this to the walnut mixture and combine well. Turn into an oven-proof dish and cook for 1 1/2 hours or until the meat is meltingly tender. Serve with rice or potatoes and green vegetables or salad. (The Spices of Life)

**Sweet Potato Pie**
2 lb sweet potatoes
1 egg, beaten
1½ oz margarine
¾ cup dark brown sugar
1 level tsp salt
1 tsp cinnamon, ground

Preheat oven to 350F. Boil the peeled sweet potatoes until cooked through, in lightly salted water. Mash the cooked sweet potatoes. Add the beaten egg and stir well while mixing in all the other ingredients. Pour the mixture into a greased shallow baking pan. Bake for an hour. Cut into serving squares while still warm. (Creative Cooking with Spices)

**Cinnamon Chocolate Pecan Pie**
Filling:
1 cup light corn syrup
½ cup sugar
¼ cup margarine or butter, melted
1 tsp vanilla
1 tsp cinnamon
3 eggs
1 cup semi-sweet chocolate chips
1½ cups pecan halves
Topping:
Whipped cream
½ tsp cinnamon
1 tsp powdered sugar

Prepare pie crust according to package directions, using a 9-inch pie pan. Heat oven to 325F. In a large bowl, combine corn syrup, sugar, margarine, vanilla, cinnamon and eggs, and beat well. Stir in chocolate chips and pecans. Spread evenly in pie crust. Bake at 325F for 55-65 minutes, or until pie is a deep golden brown and filling is set. Cover edge of pie crust with strip of foil after 15-20 minutes of baking to prevent excessive browning. Cool completely. Garnish with whipped cream to which you have added cinnamon and powdered sugar. Refrigerate. (The California Wine Country Herbs & Spices Cookbook)

**Hot and Spicy Ice Cream**
1 ½ cups heavy cream
½ cup milk
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp ground cardamom
½ tsp freshly grated nutmeg
¼ tsp ground cayenne pepper
¾ cup sugar
6 egg yolks, beaten

Combine the cream, milk, spices, and half of the sugar in a saucepan over medium heat. Mix well, bring to a boil, and remove from heat. Stir the remaining sugar into the yolks. Add the cream mixture in a stream to the egg yolk mixture, stirring constantly, and pour the mixture back into the saucepan. Cook over low heat, stirring constantly, until the mixture coats the back of a spoon. Cool, pour into an ice cream maker, and freeze according to the manufacturer’s directions. (Adriana’s Spice Caravan)

**Pastitsio**
2 cups macaroni
2 Tbsp olive oil
1 large onion, finely chopped
2 garlic cloves, crushed
1 lb ground steak
1¼ cups beef stock
2 tsp tomato paste
1 tsp ground cinnamon
1 tsp ground cumin
1 Tbsp chopped fresh mint
¼ cup butter
1/3 cup all-purpose flour
½ cup milk
½ cup plain yogurt
1½ cups grated Kefalotiri or well flavored Cheddar cheese
salt and ground black pepper

Bring a saucepan of lightly salted water to the boil. Add the macaroni and cook for 8 minutes, or according to the instruction on the packet, until al dente. Drain, rinse under cold water and drain again. Set aside. Preheat the oven to 375F. Heat the oil in a frying pan, add the onion and garlic and cook for 8-10 minutes until soft. Add the ground steak and stir until browned. Stir in the stock, tomato paste, cinnamon, cumin and mint, with salt and pepper to taste. Cook gently for 10-15 minutes until the sauce is thick and flavorsome. Melt the butter in a saucepan. Stir in the flour and cook for 1 minute. Remove the pan from the heat and gradually stir in the milk and yogurt. Return the pan to the heat and cook gently for 5 minutes. Stir in half the cheese and season with salt and pepper. Stir the macaroni into the cheese sauce. Spread half the macaroni mixture over the base of a large gratin dish. Cover with the meat sauce and top with the remaining macaroni. Sprinkle the remaining cheese over the top and bake for 45 minutes or until golden brown on top. (The Encyclopedia of Herbs and Spices)

Moroccan Harissa-spiced Roast Chicken
3-3 ½ lb chicken
2-4 Tbsp garlic and spice aromatic oil
a few bay leaves
2 tsp clear honey
2 tsp tomato paste
4 Tbsp lemon juice
2/3 cups chicken stock
½-1 tsp harissa

Stuffing
2 Tbsp butter
1 onion, chopped
1 garlic clove, crushed
1 ½ tsp ground cinnamon
½ tsp ground cumin
1 ½ cups dried fruit, soaked for several hours or overnight in water to cover
¼ cup blanched almonds, finely chopped
salt and ground black pepper

Make the stuffing. Melt the butter in a saucepan. Add the onion and garlic and cook for 5 minutes until soft. Add the ground cinnamon and cumin and cook, stirring, for 2 minutes. Drain the dried fruit, chop it roughly and add to the stuffing with the almonds. Season with salt and pepper and cook for 2 minutes more. Tip into a bowl and leave to cool. Preheat the oven to 400F. Stuff the neck of the chicken with the fruit mixture, reserving any excess. Brush the garlic and spice oil over the chicken. Place the chicken in a roasting tin, tuck in the bay leaves and roast for 1- 1 ¼ hours, basting occasionally with the juices, until cooked. Transfer the chicken to a carving board. Pour off any excess fat from the roasting tin. Stir the honey, tomato paste, lemon juice, stock and harissa into the juices in the roasting tin. Add salt to taste. Bring to a boil, lower the heat and simmer for 2 minutes, stirring frequently. Meanwhile, reheat any excess stuffing. Carve the chicken, pour the sauce into a small bowl and serve with the stuffing and chicken. (Encyclopedia of Herbs and Spices)

Cinnamon Stick Liqueur
1½ cups sugar
1 cup water
2 cinnamon sticks
3 whole cloves
¼ tsp ground mace
1 cup 100-proof vodka
½ cup brandy
4 drops red food coloring

Combine sugar, water, cinnamon, cloves and mace in saucepan and bring to a boil over medium-high heat, stirring frequently to prevent scorching. Boil for 5 minutes, remove
from the heat and let stand until just warm. Pour syrup, vodka, and brandy into clean 1-quart container with tight-fitting lid. Cover and let stand for 1 month. Rack or filter into final container, cover and age for 1 month before serving. (Cordials from Your Kitchen)

CINNAMON BUTTERMILK CORNBREAD
(Makes 1 (9-inch) pan or 12 muffins)
3 large eggs
1 cup buttermilk at room temperature
3/4 cup (1 1/2 sticks) butter, melted
1 cup finely ground cornmeal*
2 cups flour
Scant 3/4 cup sugar**
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 to 3 drops cinnamon essential oil
Toasted Cumin and Cardamom Essential Oil Honey Butter, for serving (recipe follows)
In a large mixing bowl, beat eggs until well-combined. Add buttermilk, melted butter and cinnamon essential oil and blend until smooth. (Remember that cinnamon essential oil is very strong; if you get more than 3 drops in the batter, take it out with a spoon.) In another bowl, whisk together cornmeal, flour, sugar, baking powder, baking soda and salt. Add dry ingredients to wet ones in the large bowl. Pour into a greased 9-inch cast-iron skillet, a greased square glass or metal baking pan or 12 greased muffin tins. Bake at 400 degrees for 25 minutes for skillet or pan. For muffins, bake about 15 minutes. **This recipe is a little sweeter than most; if you prefer, use only 1/2 cup of sugar.

TOASTED CUMIN AND CARDAMOM ESSENTIAL OIL HONEY BUTTER
(Makes 1/2 cup)
1/2 cup butter at room temperature
3 tablespoons honey
7 drops cardamom essential oil
11/4 teaspoon whole cumin seed
Put cumin seed in a pan over medium heat for a few minutes, shaking the pan until you can smell the seed toasting. Remove from heat and crush seeds with a mortar and pestle.

Mix toasted cumin powder with remaining ingredients. Smear on warm cornbread.

References: