

Spice delight

6 whole nutmegs

5 cinnamon sticks

3 vanilla beans

½ c (125 ml) whole cloves

1 T (15 ml) anise seed, crushed

1 T (15 ml) ground allspice

½ c (125 ml) ground orris root

Break the whole nutmegs and cinnamon sticks by placing them in a paper bag and hitting them with a hammer. Cut the vanilla beans with scissors. Mix all the ingredients together, and let cure in a covered jar for six weeks. This is a spice mix that men and boys like a lot!