CINNAMON

Ingredient of the Month

Presented by American Culinary Federation Education Foundation
Available year-round, the sweet and warm taste of **cinnamon** is the perfect spice to use during cold winter months. Cinnamon is a spice that comes from the inner bark of cinnamomum trees, a tropical evergreen tree. Pure cinnamon, also known canela or Ceylon, uses only the thin inner bark, which is less dense with a crumbly texture. It has light-brown, thin, fragile layers with a mild and sweet taste. Cassia cinnamon uses all bark layers giving it a harder, woodier texture. It has dark reddish-brown, hard bark with a spicy-bitter flavor.

**McCormick® Culinary® Cinnamon** is fragrant, Culinary®-grade cinnamon that has a sweet and warm flavor. Specially made for chefs to inspire extraordinary menus and deliver consistent recipes. Use its flavor to add warmth to sweet dishes and complexity to savory dishes while making every dish a reason to celebrate.

**Where Does McCormick Culinary® Cinnamon Come From?**

McCormick’s® quest for the best cinnamon begins in the forests of Southeast Asia where cinnamon trees typically require 15-to-20 years to mature and reach their peak flavor. The brands’ relationships with the growers in this region allow them to source the highest quality cinnamon while using their extensive resources, experience and expertise in the spice industry. McCormick’s® exceptional market knowledge is constantly fueled by year-round “on the ground” trend analysis involving weather, farmer interest and regular crop surveys.

To source their premium quality whole cinnamon, they harvest the cinnamon bark directly from the tree, mitigating the chance for added ingredients and contamination which could be encountered by sourcing a pre-ground product.

First, they collect dozens of cinnamon bark samples and put them through a series of rigorous tests to determine which have the purest aroma and flavor. They then select whole quills and large bark pieces which are carefully handled to maintain strict volatile oil standards. McCormick’s® stringent safety practices and natural cleaning processes ensure the preservation of consistent, high-quality cinnamon flavor with no added fillers.

The dried cinnamon is uniquely packed with moisture control measures in place and shipped to their facilities for natural cleaning and packaging. Because McCormick Culinary® Ground Cinnamon is processed and bottled in their own facilities, they are able to consistently maintain high quality and product integrity. These purity standards mean that the bottle of cinnamon you open today will have the same great taste and aroma as the bottle before and the bottle after.

**Types of McCormick Culinary® Cinnamon**

**GROUND KORINTJI CINNAMON:** Delicate, balanced flavor that is warm and sweet with a touch of spicy. Ideal for sweet baked goods like cakes, pancakes, French toast, oatmeal cookies, cinnamon buns, and apple pie, as well as savory dishes like chicken and pork.

**BAKER’S SPECIAL CINNAMON:** Pure cinnamon finely ground to deliver strong cinnamon flavor. It’s an essential baking spice used to flavor cookies, cakes, pies, custards, puddings, and more.

**GROUND CINNAMON:** Fragrant, pure ground, Culinary®-grade cinnamon that has a sweet and warm flavor. Use in baking: cakes, cookies, pies custards, and puddings, but also season to warm up savory dishes, such as lamb.

**CINNAMON SUGAR:** A perfect blend of cinnamon and sugar. From holiday sugar cookies and breakfast confections, to banana sugar cups, McCormick Culinary® Cinnamon Sugar is your sweet, consistent solution, batch-after-batch.

**CINNAMON STICKS:** Premium, whole sticks with warm, slightly spicy and comforting aroma. Use in warm beverages or on desserts as a festive and flavorful garnish or create a unique flavor in stews, soups, chili, and curries.
**Culinary Uses**

- Winter spices are a major trend in every department. Add a dash to warm your menu’s beverages, breakfast favorites, butters, spreads, savory syrups and any baked goods.
- Season savory dishes such as lamb, pork and chicken for an exciting new flavor profile.
- Try McCormick Culinary® Ground Korintji Cinnamon for a delicate, balanced flavor that is warm and sweet with a touch of spicy heat.
- **FEATURED RECIPE: RED CURRY NOODLE BOWL WITH SPICE RUBBED SHRIMP** Try a new take on spice-rubbed shrimp with this combination of McCormick Culinary® Ground Cinnamon, McCormick Culinary® Cayenne Pepper and McCormick Culinary® Ground Ginger. When added to velvety red curry sauce over noodles and fresh garnishes, this dish is just as flavorful as it is beautiful. Check out the full recipe [HERE](#).

**Fun Facts**

- Cinnamon starts as the bark of the tree.
- Cinnamon’s intense flavor, color and aroma come from high levels of volatile oils.
- The main flavor component is Cinnamic Aldehyde, which gives it the sweet, red-hot aroma and flavor.
- Too much or too little moisture produces inferior cinnamon.

**Selecting and Storing**

- To maintain freshness while avoiding moisture and any flavor loss, cinnamon should be kept in a dry, cool environment with lids closed tightly.
- Avoid packaging exposure to heat, humidity, fluorescent lighting or direct sun to best preserve cinnamon’s flavor and color.
- Starting with whole quills, McCormick’s® grinds the quills, immediately bottling and sealing the cinnamon to lock in the genuine taste and aroma.

**Sponsored by McCormick for Chefs®**

From consumer behavior research to flavor creation and menu concept development, McCormick For Chefs® is an endless source of inspiration and solutions for culinary professionals from fine dining to quick service. We have more experience studying the “why” of flavor than anyone, and use that expertise to help chefs stay on trend, make big culinary statements, and grow their business. Rely on our chef-inspired training, culinary support, recipes, menu solutions and products – including McCormick Culinary®, Lawry’s, OLD BAY, Thai Kitchen, Grill Mates, Stubb’s, and Zatarain’s.

To help chefs succeed, McCormick For Chefs® continuously raises the solution bar for every aspect of flavor – from environmental sustainability and global sourcing to food safety and security.

For more flavorful ingredients, visit: [www.McCormickForChefs.com](http://www.McCormickForChefs.com).