

14

## **A Personal Narrative Highlighting Loss of Occupation and the Impact on the Individual and Their Worker Role**

**Jennie Alexander and Jermaine Beckford**

### **Occupational Gift**

*Caribbean gift to the reader: from Jennie Alexander, the Grenadian nutmeg*

Grenada is an island country in the Caribbean, it consists of Grenada, and its sister islands Carriacou and Petit Martinique and is part of the Lesser Antilles in the Eastern Caribbean.

The Grenadian flag has a nutmeg as its symbol, this is because Grenada is known around the world as the Isle of Spice, as it produces a large amount of the world's spices. The Grenadian nutmeg has a distinct and powerful flavour and consists of two separate spices: nutmeg and mace. Nutmeg and mace are used in both savoury and sweet dishes, for example, they are used in drinks and syrups, they enhance savoury dishes and flavour cakes and ice cream. In the UK, the nutmeg is most commonly seen in the shops as a ground spice to sprinkle on recipes such as béchamel sauce, rice pudding and in curries. I like to use it when I am making Coco Tea, which is a rich Grenadian hot chocolate drink. I also use it when baking cakes and when making Caribbean soup.

When visiting Grenada, I always ensure I buy some local dried nutmeg in the shell and a small handmade grater from the local market vendors; who grow and dry the nutmeg themselves on their land, as you cannot beat the freshly grated smell and flavour. Nutmeg is a strong spice so must be used lightly as it is potent if eaten in large quantities.

The nutmeg consists of:

- **Pericarp:** This is the outer shell that protects the nutmeg when it is growing on the tree, this can be left to fall on the ground which then acts as a fertilizer for the tree.
- **Mace:** This is a red web-like spice that covers the nutmeg outer casing and seed, this can be used in food and drink.
- **Nutmeg outer casing:** This is the hard-outer shell of the nutmeg seed.

- **Nutmeg seed:** This is the part we grate and add to food and drink.

Figure 14.1 shows an open Grenadian nutmeg.



Figure 14.1 The Grenadian nutmeg  
Source: Paulose NK/Shutterstock (left).

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