

Add a Little Spice to Your Life!

Grab & Go Spice Kits for Adults: **Five Spice Powder**

Do you love to cook? Do you like to try new flavors and recipes? Or maybe you are in a cooking rut and don't know how to start expanding your cooking repertoire. Let us help you get spicy in the kitchen. Your kit includes a pre-measured packet of five spice powder and a few recipes

What is five spice powder? Five spice powder is a spice blend common in Chinese, Taiwanese, Vietnamese and Hawaiian culture. The name five spice powder does not reflect the actual number of spices in the blend but rather the blend's ability to touch all five taste elements: sweet, bitter, sour, salty, and savory. The blend typically includes star anise, cloves, cinnamon, Sichuan peppercorn, and fennel. These spices are rich in antioxidants and are a terrific source of minerals such as copper, iron and manganese. Regional five spice powder blends can also include anise seed, ginger root, nutmeg, turmeric, cardamom, licorice, and/or orange peel.

Easy ways to add five spice powder to your diet. Five spice powder touches on every spectrum of taste with sweet and warm flavors from the cinnamon and fennel, a cool sensation from the cloves, and a peppery note from the Szechuan peppercorns. Use it as a spice rub marinade for fatty meats like pork, duck, or goose. Prepare a marinade with five spice powder, honey, soy sauce, and garlic. Use it to season the breading of fried food. Make a barbecue sauce by whisking together ketchup, brown sugar, vinegar, and some five spice powder. Toss carrots with the five spice powder, olive oil, and honey before roasting them in the oven.

Recipes featuring five spice powder.

- *Five-Spice Kettle Corn*
- *Herby Sweet Potato Soup With Peanuts*
- *Stir-Fried Tofu With Ginger*
- *Takeout-Style Chinese Spare Ribs*
- *Five Spice Pineapple Carrot Cupcakes*
- *Five Spice Chocolate Truffles*

Need more inspiration?

You can watch a six-part Great Courses class called ***The Everyday Gourmet: Essential Secrets of Spices in Cooking*** for free with your library card by using a [Hoopla Great Courses BingePass](#) or streaming on [Kanopy](#).



Five-Spice Kettle Corn

By Katie Lee Biegel

Yield: 6 to 8 servings

INGREDIENTS

- $\frac{3}{4}$ cup popcorn kernels
- $\frac{1}{4}$ cup canola oil
- 3 tablespoons sugar
- 2 tablespoons five-spice powder
- 2 teaspoons kosher salt
- 2 tablespoons ($\frac{1}{4}$ stick) unsalted butter, melted

PREPARATION

1. In a large pot or stockpot with a tight-fitting lid over medium heat, combine the popcorn, oil, sugar, five-spice powder, and salt. Shake constantly. When the popcorn begins to pop, lower the heat to medium-low. Continue to shake until the popping begins to slow. Transfer to a bowl. Drizzle with the melted butter.

Herby Sweet Potato Soup With Peanuts

By Yotam Ottolenghi

Yield: 4 servings

INGREDIENTS

- 6 tablespoons olive oil
- 2 teaspoons cumin seeds
- 1 small yellow onion, finely chopped
- 3 garlic cloves, finely grated
- Fine sea salt and black pepper
- 2 medium sweet potatoes, peeled and cut into 1¼-inch pieces
- 1 teaspoon five-spice powder
- 1 cup bulgur
- 2 cups vegetable or chicken stock
- ¼ cup finely chopped parsley
- ⅓ cup finely chopped cilantro
- ⅓ cup finely chopped dill
- 1 teaspoon Aleppo pepper flakes or ½ teaspoon crushed red pepper
- 1 teaspoon granulated sugar
- ⅓ cup roasted peanuts, roughly chopped
- ½ teaspoon toasted sesame oil
- 1 lemon, halved

PREPARATION

1. In a medium saucepan, heat 3 tablespoons olive oil and the cumin over medium-high for 2 minutes, until the cumin is toasted and fragrant. Reduce the heat to medium, add the chopped onions, about two-thirds of the garlic, 2 teaspoons salt and a good crack of pepper. Cook for 5 minutes, stirring occasionally, until the onions are translucent and slightly softened.
2. Add the sweet potatoes and cook for 4 minutes, stirring from time to time, until lightly caramelized but not yet cooked through. Add the five-spice and cook for 1 minute, just until it starts to stick to the pan, then add the bulgur, stock and 4¼ cups water. Bring to the boil, then cook for 15 minutes, undisturbed, until the sweet potatoes have softened and the bulgur is cooked through.

3. Stir in the parsley, cilantro and dill, and cook for 1 minute more, then remove the pan from the heat.
4. Make the peanut topping: Set the pepper flakes, sugar and the remaining garlic in a small heatproof bowl. Place the peanuts and the remaining 3 tablespoons of olive oil in a small pan over medium-high heat. Cook for 1 to 2 minutes, just until the peanuts start to turn golden brown, then pour the peanuts and oil over the chile-garlic mixture. Stir to combine, then, once the mixture is slightly cooled, add the sesame oil.
5. When ready to serve, season the soup with 4 teaspoons lemon juice from 1 lemon half, then ladle the soup into individual bowls. Spoon over the peanut topping, grate lemon zest from the remaining lemon over the top of each bowl and serve.

Stir-Fried Tofu With Ginger

By Hetty Lui McKinnon

Yield: 4 servings

INGREDIENTS

- 2 (14-ounce) packages extra firm tofu, drained
- 4 tablespoons soy sauce
- 2 tablespoons cornstarch
- ½ teaspoon five spice powder
- ¼ teaspoon white or black pepper
- Neutral oil (such as canola or sunflower)
- 1 bunch scallions (about 8 stems), trimmed, white and green parts separated and cut into 2-inch segments
- 3-inch piece ginger (about 3 ounces), peeled and finely julienned (½ packed cup julienned ginger)
- Toasted white sesame seeds, to serve
- Rice, to serve

For the Sauce:

- 2 tablespoons light soy sauce
- 2 tablespoons Shaoxing wine or dry sherry
- 2 teaspoons chile oil or crisp
- ½ teaspoon granulated sugar

PREPARATION

1. Prepare the tofu. Using clean hands, crumble the tofu into roughly 1- to 1 ½-inch chunks. There will also be smaller pieces and that is fine. Add the tofu to a large bowl and add the soy sauce, cornstarch, five-spice powder and pepper. Toss to coat. (This is easiest done with clean hands.) Set aside to marinate for 10 minutes. (You can also leave it to marinate overnight in the fridge.)
2. Meanwhile, in a small bowl, prepare the stir-fry sauce by combining the light soy sauce, Shaoxing wine, chile oil and sugar.

3. Heat a wok or large well-seasoned or non-stick skillet over medium high. When hot, add 2 tablespoons of neutral oil, along with the white parts of the scallions and the marinated tofu. Stir fry for 4 to 5 minutes until the tofu starts to brown and the white parts of the scallions are soft.
4. Add the ginger, green parts of the scallions and the stir-fry sauce and stir for 1 minute until fragrant and the green scallions are just tender.
5. Transfer to a plate, top with sesame seeds and serve with rice.

Takeout-Style Chinese Spare Ribs

By Jeff Mauro

Yield: 20 to 24 ribs

INGREDIENTS

- 1/2 cup hoisin sauce
- 1/4 cup soy sauce
- 3 tablespoons dark brown sugar
- 2 tablespoons honey, plus a bit extra to finish
- 1 tablespoon five-spice powder
- 1 teaspoon granulated garlic
- 1 teaspoon grated fresh ginger
- 1 teaspoon red food coloring
- 2 racks of spare ribs (8 to 10 pounds, St. Louis-style work best), individually sliced into single ribs

PREPARATION

1. Mix together the hoisin sauce, soy sauce, brown sugar, honey, five-spice powder, garlic, ginger and food coloring in a metal, non-reactive bowl. Pour the marinade into a large zip-top bag, reserving 1/2 cup on the side for basting later. Add the ribs to the bag and marinate, refrigerated, for at least 3 hours, though longer is better and overnight is ideal.
2. Heat a charcoal or gas grill to 275 degrees F for direct and indirect grilling.
3. Remove the ribs from the marinade (discard the marinade) and place onto a wire rack. Place the rack directly on the cooler side of the grill. Cook until the meat is very tender, basting with the reserved marinade 3 times during the cooking process, 2 to 3 hours. Drizzle the ribs with honey, move them to the direct heat side and quickly char each rib to caramelize.

Five Spice Pineapple Carrot Cupcakes

By Janet Johnson

Yield: 12 cupcakes

INGREDIENTS

Carrot Cupcake:

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt
- 2 teaspoons five-spice powder
- 1/2 cup vegetable oil
- 1/4 cup crushed pineapple
- 3 large eggs
- 1 cups sugar
- 2 teaspoons pure vanilla extract
- 2 cups shredded carrots (about 3 to 4 medium sized carrots)
- Frosting, recipe follows
- Crystallized ginger, as garnish

Frosting:

- 1 (8-ounce) package cream cheese, softened
- 1/2 cup butter, softened
- 2 teaspoons vanilla extract
- 2 teaspoons ground ginger
- 3 cups powdered sugar

PREPARATION

1. Preheat the oven to 350 degrees F. Line a 12 cup muffin pan with paper cupcake liners.
2. In a large bowl, whisk together the all-purpose flour, baking powder, baking soda, salt, and five-spice powder.

3. In another large bowl, whisk together the vegetable oil, crushed pineapple, eggs, sugar, vanilla extract and carrots. Then slowly add the flour mixture and beat with an electric hand mixer until just combined, about 2 minutes.
4. Fill the cups 3/4 full with batter. Bake until the cupcakes are set, about 20 to 22 minutes. When they can be handled safely, remove them from the muffin tins and let cool completely on wire racks before frosting. Garnish with crystallized ginger.
5. **Frosting:** In a large bowl, add the cream cheese, butter, vanilla, and ginger. Blend the ingredients with an electric hand mixer until a creamy consistency is reached, while slowly adding the powdered sugar.

Five Spice Chocolate Truffles

By Tiffany La Forge

Yield: 30

INGREDIENTS

- 16 ounces bittersweet chocolate
- 1 cup heavy cream
- 1 tablespoon Five Spice Powder
- Unsweetened cocoa powder for rolling

PREPARATION

1. In a small saucepan, whisk the heavy cream with the five spice powder. Bring the cream to a simmer, remove from the heat, and cover. Let the mixture steep for 15 minutes.
2. Bring the cream and spice mixture to a simmer again. Once simmering, strain through a fine mesh strainer and pour over the chocolate. Let sit a minute, and then whisk until combined.
3. Cover the mixture with plastic and refrigerate for at least 2 hours.
4. When the ganache is firm enough to scoop, scoop or spoon the mixture into small balls. Do this step quickly as the truffles will begin to melt from the heat of your hands. Place on a baking sheet lined with parchment paper.
5. Refrigerate the rolled truffles for a few hours or overnight, then roll them in the cocoa powder, shaking the excess off. Serve right away, or keep stored in the fridge. Enjoy!