



# Spice of the Month

take and make kit

## December's spice is: **Chinese Five-Spice Powder**



Chinese five-spice powder, combination of five dried spices—fennel seeds, cassia (Chinese cinnamon), cloves, star anise, and Szechuan pepper, though many variations exist—that is of Chinese origin.

### **How to Use Chinese Five Spice:**

**1. Meat Dishes: Chinese Five spice** is especially well-suited for rich meats like pork, duck, and beef. Try rubbing it on pork ribs before roasting or mixing it into a marinade for grilled meats.

**2. Stir-Fries:** Add a pinch to stir-fried vegetables or tofu to infuse your dish with bold flavor. It pairs well with soy sauce, garlic, and sesame oil.

**3. Soups and Broths:** Use it sparingly in soups, especially those with a chicken or beef stock base. It adds complexity and warmth.

**4. Baking:** Believe it or not, Chinese Five Spice can be used in cookies, muffins, or spice cakes. Its sweet-spicy profile pairs well with brown sugar, chocolate, and fruits like pear or apple.

### **5. Marinades and Sauces**

Combine Chinese Five Spice with soy sauce, hoisin sauce, honey, or vinegar for marinades and glazes that are sticky, savory, and perfectly balanced.

### **6. Roasted Vegetables**

Sprinkle a light amount over roasted carrots, sweet potatoes, or squash for an Asian-inspired twist.

### **Tips for Cooking with Five Spice:**

- A little goes a long way. The blend is potent, so start with a small amount and adjust to taste.
- Balance it with other flavors. Since it covers all five taste profiles, pair it with neutral bases like rice or noodles to let it shine.
- Use it as a rub or mix it into a marinade — but avoid overcooking, as prolonged heat can make the flavors overly intense or bitter.

**For more information visit:** <https://www.britannica.com/topic/Chinese-five-spice-powder>

Register for future kits at:  
**[tuxedoparklibrary.org/spice](https://www.tuxedoparklibrary.org/spice)**

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## 5 Spice Chicken

Makes 10 servings | Time: 50 Minutes

Recipe: Don't Waste the Crumbs

### INGREDIENTS:

- 5 lb Chicken, either whole or cut into parts (you can also use the equivalent of chicken pieces)
- 2 Tbsp Chopped Garlic
- 2 Tbsp Hoisin Sauce
- 2 Tbsp Chinese Five Spice
- 2 Tbsp Soy Sauce
- 1 tsp Sesame Oil
- 1" Fresh Ginger, roughly chopped



### INSTRUCTIONS:

- Except for the chicken, add all ingredients to a food processor or blender and puree until you have a mostly smooth paste/marinade.
- You can use the five spice recipe in two ways:
- As a rub: Smear the sauce under the skin and over the entire surface of the chicken and cook immediately.
- As a marinade: Combine the chicken and sauce in a plastic bag, remove the excess air, and let it sit in the fridge overnight, or at least 8 hours, before cooking.
- Cook chicken using your preferred method, OR preheat the oven to 400F and place chicken pieces in large, shallow baking pans. Bake for 40-45 minutes, or until juices run clear.

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## Char Siu (Chinese BBQ Pork)

Makes 8 • Time: 1 Hour

Recipe from The Woks of Life

### INGREDIENTS:

- 3 pounds boneless pork shoulder/pork butt
- ¼ cup granulated white sugar
- 2 teaspoons salt
- ½ teaspoon five spice powder
- ¼ teaspoon white pepper
- ½ teaspoon sesame oil
- 1 tablespoon Shaoxing rice wine (or dry cooking sherry; optional)
- 1 tablespoon soy sauce
- 1 tablespoon hoisin sauce
- 2 teaspoons molasses
- 1/8 teaspoon red food coloring (optional)
- 3 cloves finely minced garlic
- 2 tablespoons maltose or honey
- 1 tablespoon hot water



### INSTRUCTIONS

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## Char Siu (Chinese BBQ Pork) INSTRUCTIONS:

- Cut the pork into long strips or chunks about 2 to 3 inches thick. Don't trim any excess fat, as it will render off and add flavor.
- Combine the sugar, salt, five spice powder, white pepper, sesame oil, wine, soy sauce, hoisin sauce, molasses, food coloring (if using), and garlic in a bowl to make the marinade (i.e. the BBQ sauce).
- Reserve about 2 tablespoons of marinade and set it aside. Rub the pork with the rest of the marinade in a large bowl or baking dish. Cover and refrigerate overnight, or at least 8 hours. Cover and store the reserved marinade in the fridge as well.
- Preheat your oven to 'bake' at 475 F (246 C) with a rack positioned in the upper third of the oven. (If you only have a convection oven, keep in mind the oven not only heats more quickly, your char siu will roast faster than what we have described here). Be sure to check your char siu every 10 minutes, reducing or increasing the temperature as needed.
- Line a sheet pan with foil and place a metal rack on top. Using the metal rack keeps the pork off of the pan and allows it to roast more evenly, like it does in commercial ovens described above. Place the pork on the rack, leaving as much space as possible between pieces. Pour 1 ½ cups water into the pan below the rack. This prevents any drippings from burning or smoking.

A decorative background featuring various spices and kitchen items. On the left, there is a mortar and pestle with intricate patterns. Scattered around are star anise, whole nutmeg, and small jars containing yellow and orange powders. At the bottom left, there are bowls of green herbs, brown seeds, and a whole onion. The overall theme is fresh and aromatic.

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## Char Siu (Chinese BBQ Pork)

### INSTRUCTIONS continued:

- Transfer the pork to your preheated oven. Roast for 25 minutes, keeping the oven setting at 475 F for the first 10 minutes of roasting, and then reduce your oven temperature to 375 F (190 C). After 25 minutes, flip the pork. If the bottom of the pan is dry, add another cup of water. Turn the pan 180 degrees to ensure even roasting. Roast another 15 minutes. Throughout the roasting time, check your char siu often (every 10 minutes) and reduce the oven temperature if it looks like it is burning!
- Meanwhile, combine the reserved marinade with the maltose or honey (maltose is very viscous—you can heat it up in the microwave to make it easier to work with) and 1 tablespoon hot water. This will be the sauce you'll use for basting the pork.
- After 40 minutes of total roasting time, baste the pork, flip it, and baste the other side as well. Roast for a final 10 minutes.
- By now, the pork has cooked for 50 minutes total. It should be cooked through and caramelized on top. If it's not caramelized to your liking, you can turn the broiler on for a couple minutes to crisp the outside and add some color/texture. Be sure not to walk away during this process, since the sweet char siu BBQ sauce can burn if left unattended. You can also use a meat thermometer to check if the internal temperature of the pork has reached 160 degrees F. (Update: USDA recommends that pork should be cooked to 145 degrees F with a 3 minute resting time)
- Remove from the oven and baste with the last bit of reserved BBQ sauce. Let the meat rest for 10 minutes before slicing, and enjoy!

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## Easy Chicken Fried Rice

Makes: 4 | Time: 30 minutes

Recipe by Lisa Lin

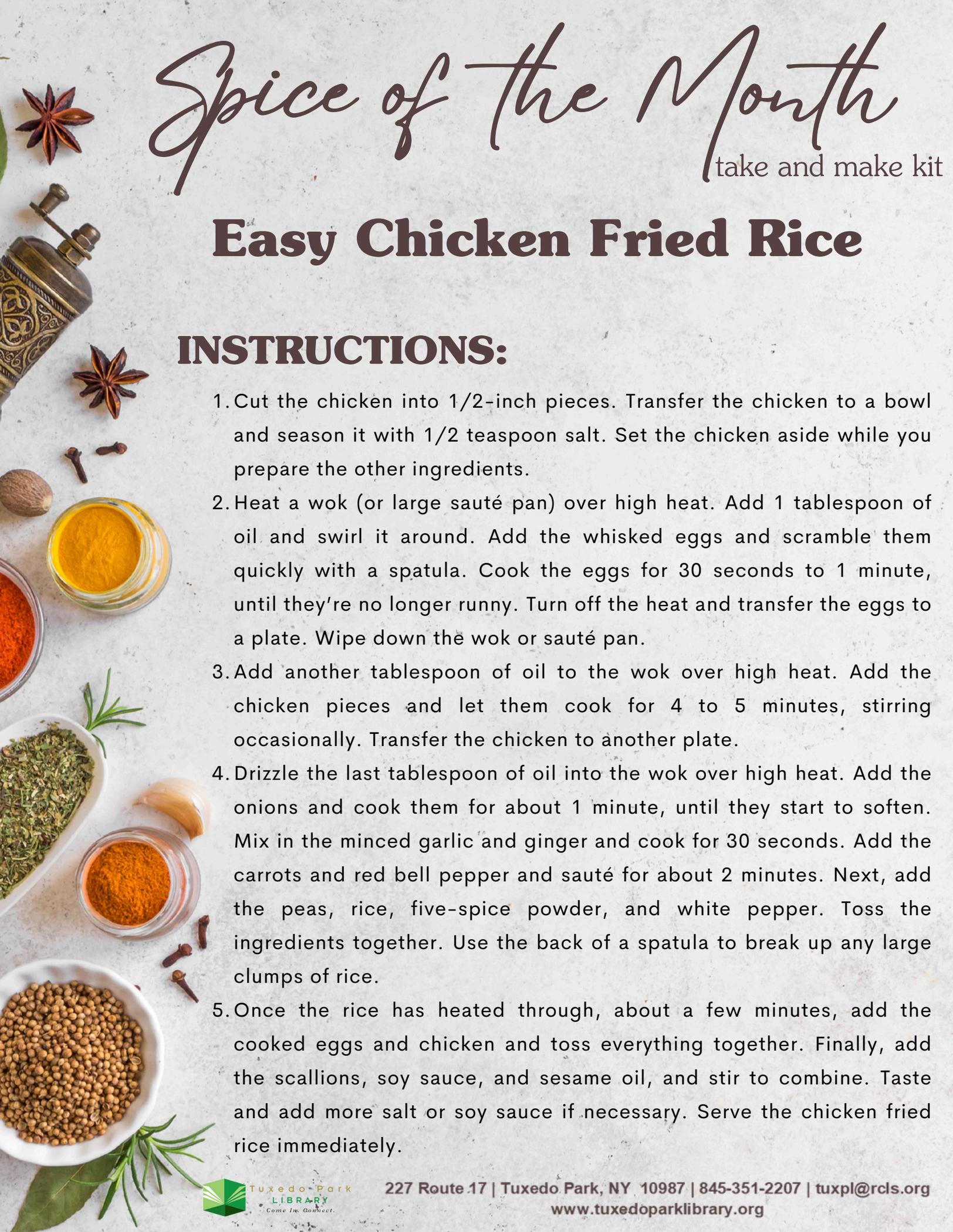
### INGREDIENTS:

- 3/4 pound boneless skinless chicken thighs
- 1 1/2 teaspoons salt, divided
- 3 tablespoons peanut oil (or any high heat oil), divided
- 3 large eggs, whisked
- 2/3 cup diced yellow onions
- 2 cloves garlic, minced
- 1 tablespoon minced ginger
- 1 large carrot, peeled and diced
- 1/2 cup diced red bell pepper
- 2/3 cup frozen peas, thawed
- 4 cups cooked jasmine rice
- 1/2 teaspoon Chinese five-spice powder, optional
- 1/2 teaspoon ground white pepper, optional
- 2 scallions, thinly sliced
- 3 tablespoons soy sauce
- 1 1/2 teaspoons sesame oil



### INSTRUCTIONS

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A decorative background featuring various spices and kitchen items. On the left, there is a mortar and pestle with intricate patterns. Scattered around are star anise, whole nutmeg, cloves, and small jars of yellow and orange powders. A white bowl filled with green herbs is also visible. The overall aesthetic is clean and rustic, with a focus on natural ingredients.

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## Easy Chicken Fried Rice

### INSTRUCTIONS:

1. Cut the chicken into 1/2-inch pieces. Transfer the chicken to a bowl and season it with 1/2 teaspoon salt. Set the chicken aside while you prepare the other ingredients.
2. Heat a wok (or large sauté pan) over high heat. Add 1 tablespoon of oil and swirl it around. Add the whisked eggs and scramble them quickly with a spatula. Cook the eggs for 30 seconds to 1 minute, until they're no longer runny. Turn off the heat and transfer the eggs to a plate. Wipe down the wok or sauté pan.
3. Add another tablespoon of oil to the wok over high heat. Add the chicken pieces and let them cook for 4 to 5 minutes, stirring occasionally. Transfer the chicken to another plate.
4. Drizzle the last tablespoon of oil into the wok over high heat. Add the onions and cook them for about 1 minute, until they start to soften. Mix in the minced garlic and ginger and cook for 30 seconds. Add the carrots and red bell pepper and sauté for about 2 minutes. Next, add the peas, rice, five-spice powder, and white pepper. Toss the ingredients together. Use the back of a spatula to break up any large clumps of rice.
5. Once the rice has heated through, about a few minutes, add the cooked eggs and chicken and toss everything together. Finally, add the scallions, soy sauce, and sesame oil, and stir to combine. Taste and add more salt or soy sauce if necessary. Serve the chicken fried rice immediately.

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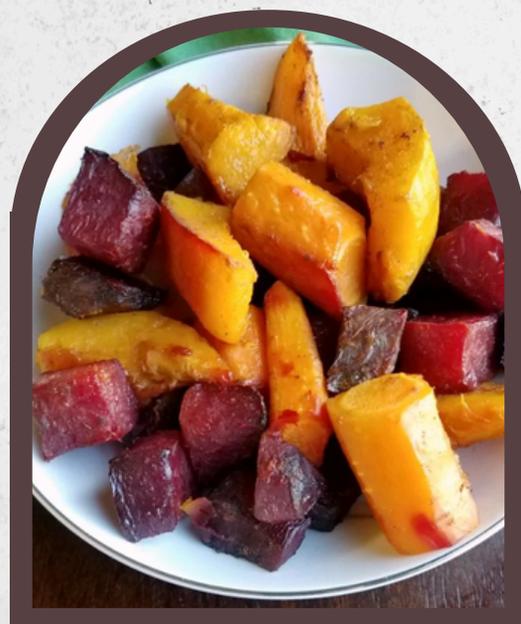
## Five Spice Roasted Vegetables

Makes: 8 Servings | Time: 1 Hour

Recipe from Cooking with Carlee

### INGREDIENTS:

- 1 butternut squash or similar
- ½ pound carrots
- 1½ pounds beets
- 2 Tablespoons vegetable oil or similar
- 1 teaspoon salt
- 2 teaspoons Chinese five spice



### INSTRUCTIONS:

- Preheat oven to 425°F and grease a rimmed baking sheet.
- Cut the squash in half and scoop out the seeds. Cut the peel off and then cut into cubes.
- 1 butternut squash
- Peel and cut beets and carrots as well.
- 1½ pounds beets, ½ pound carrots
- Toss all of the cubed veggies with oil, salt and Chinese five spice.
- 2 Tablespoons vegetable oil, 1 teaspoon salt, 2 teaspoons Chinese five spice
- Spread vegetables over prepared baking sheet.
- Roast for 20 minutes, then flip and stir vegetables. Return to oven for another 20-30 minutes or until veggies are cooked to your liking.

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## No Churn Chinese Five Spice Ice Cream

Serves: 8 | Time: 8 Hours

Recipe from Rebecca Hubbell

### INGREDIENTS:

- 2 cups heavy cream
- 14 oz. sweetened condensed milk
- 1 tsp anise extract
- 2 tsp Chinese Five Spice
- 2 tsp cinnamon sugar



### INSTRUCTIONS:

- Beat heavy cream until soft peaks form, gently fold the sweetened condensed milk into the whipped cream.
- Fold in the anise extract and Chinese Five Spice and sprinkle with cinnamon sugar.
- Pour into a bread loaf pan and place in the freezer for at least 8 hours to harden.