

Did you know...

Star anise gets its name from the star-shaped pods that hold the spice seeds. Its distinct flavour is reminiscent of black licorice, and adds a multitude of flavour to cooking and baking dishes.

Star anise is very popular in Chinese, Indian, and various middle Eastern cuisines. As such, it is a typical ingredient in Chinese five spice. Star anise is known for its antioxidant and antimicrobial benefits.

The recipes you use star anise in will determine how to use star anise. Some require simmering the whole pod (but removing before eating), while others require grinding the spice seeds inside the pods.

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Spice of the Month: Star Anise

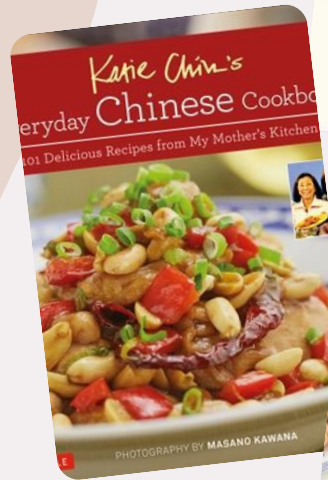
Butternut Squash Soup With Star Anise

Ingredients

- 1 tbsp. coconut oil
- 1 large onion, finely sliced
- 2 garlic cloves, minced
- 4 star anise
- 1 large butternut squash, peeled, deseeded and roughly chopped
- 2 carrots, roughly chopped
- 4 cups hot vegetable stock
- salt and pepper to taste

Directions:

- Heat the oil in a frying pan on medium heat
- Add in the onions and fry for about 10 mins until softened, then add in the garlic, star anise and butternut squash to the bowl and fry 2 mins.
- Add the stock, season to taste, mix well, cover and simmer for 30 mins until the butternut squash is cooked through
- Let the soup cool down and remove the star anise before blending it to your desired smoothness. Serve warm.



Star Anise Snickerdoodles

- 1 1/4 cups all-purpose flour
 - 1 tsp. baking powder
 - 1 tsp. star anise (3 seeds freshly ground)
 - 1/4 tsp. salt
 - 1/4 tsp. cream of tartar
 - 6 tbsp. unsalted butter, softened
 - 1 cup plus 2 tbsp. sugar, divided
 - 1/2 tsp. vanilla extract
 - 1 large egg
 - 3/4 tsp. ground cinnamon
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- Preheat oven to 375 degrees
 - Combine flour, baking powder, star anise, salt and cream of tartar; stir with a whisk. Place butter in a medium bowl; beat with a mixer 30 seconds or until smooth. Add 1 cup sugar and vanilla; beat until well combined, then add egg and beat again. Add flour mixture; beat on low 30 seconds. Shape dough into a ball; wrap in plastic wrap. Chill 1 hour.
 - Shape dough into balls. Combine remaining 2 tbsp. sugar and cinnamon in a shallow dish. Roll dough balls in mixture, coating completely. Place balls 3 inches apart on parchment-lined baking sheets. Bake for 11 min or until edges are golden, rotating pans after 6 minutes. Cool on pans for 5 minutes. Remove cookies from pans; cool on wire racks.

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