

Did you know...

Fennel seeds come from the fennel plant, which is a green and white plant with a large bulb and feathery fronds. While fennel, anise and star anise are often compared to each other, they are all completely different spices – though they share the similarity of a sweet, licorice flavour. Fennel seeds are often used in Italian, Indian and Chinese cooking and spice blends, and are typically ground before used in cooking.

Around the world, fennel seeds are used for their medicinal purposes. Many believe fennel to help with a variety of ailments, such as indigestion and inflammation, and may be beneficial to heart health as well as relieving menopausal symptoms. They are also rich in vitamin C, calcium, iron and magnesium.

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**June 2022
Spice of the Month:
Ground Fennel**



Grilled Fennel-Rubbed Pork Chops & Apricots

Ingredients:

- 2 tsp. coriander seeds
- 2 tsp. ground fennel
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. brown sugar
- 3/4 tsp. salt
- 1/2 tsp. ground pepper
- 4 thin-cut bone-in pork chops (about 1 1/2 pounds total)
- 8 firm ripe apricots or 4 nectarines, halved and pitted
- 1/4 cup crumbled feta cheese
- 2 tbsp. chopped fresh mint

Directions:

- Preheat grill to medium-high
- Toast coriander in a small dry skillet over medium heat until fragrant, about 1 minute. Coarsely grind in a spice grinder or mortar and pestle. Transfer to a small bowl and stir in fennel, oil, brown sugar, salt and pepper. Coat both sides of pork chops with the mixture
- Oil the grill rack. Grill the pork chops until a thermometer inserted into the thickest part without touching bone registers 145°F or until your desired temperature is reached. Grill fruit on the coolest part of the grill, turning occasionally, until tender, about 4 minutes total. Transfer the pork chops and fruit to a serving dish and let rest for 5 minutes. Serve topped with feta and mint.

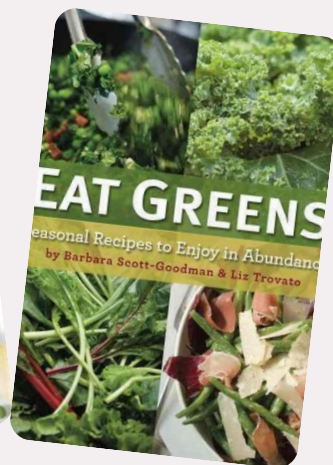
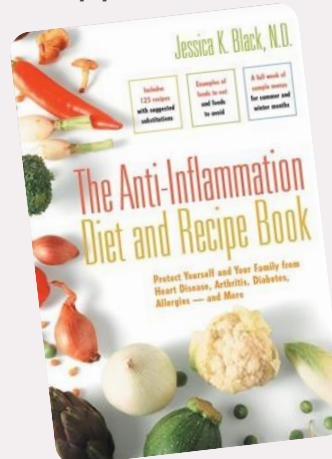
Hazelnut Biscotti with Fennel Seeds, Chocolate and Orange

Ingredients:

- 1 tsp. ground fennel
- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1/4 cup ground roasted hazelnuts
- 1/2 cup whole roasted hazelnuts
- 1/3 cup sugar
- 2 medium eggs, lightly beaten
- zest from half a large orange
- 1/2 cup chopped dark chocolate

Directions:

- Preheat the oven to 350°F
- In a bowl, combine flour, sugar, baking powder, ground hazelnuts and a pinch of salt and mix
- Add the orange zest, chocolate and whole roasted hazelnuts and then mix in the beaten egg. Use your hands to bring into a soft dough, then on a floured surface, shape into a long log and place on baking tray
- Bake for 30 minutes, then remove from oven and turn the temperature down to 300°F. Slice the log of dough at an angle using a sharp knife and then place the cookies flat on the baking tray and return to the oven for 10 to 15 minutes until golden



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