

Did you know...

Five spice powder, sometimes referred to as Chinese five spice, is a blend of five spices that is predominately found in Chinese, Vietnamese and Taiwanese cooking. While there are many different variations on the spice blend that vary from region to region, five spice powder typically includes cinnamon, cloves, fennel seeds, star anise, and Szechuan peppercorns.

Five spice powder is used in both sweet and savoury dishes. With a blend of great spices, this spice is a delicious and nutritious addition to any meal!



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February 2023
Spice of the Month:

Five Spice Powder



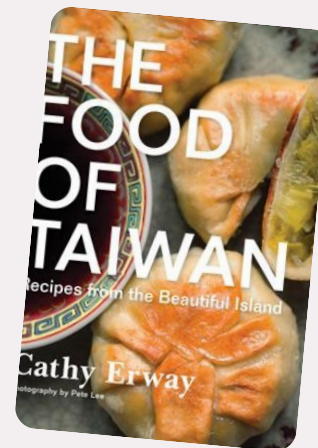
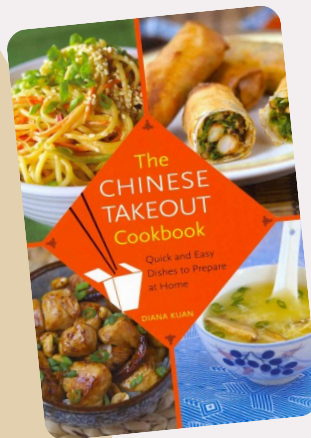
Five Spice Chicken Wings

Ingredients

- 1 kg chicken wings
- 1 tbsp five spice powder
- 1/2 cup water
- 1/2 cup brown sugar
- 1/2 cup soy sauce
- 2 tbsp vegetable oil
- 3 cloves garlic, minced
- 1 tsp freshly ground black pepper

Directions:

- In a small bowl, mix together chicken with all ingredients except the water. Cover and marinate chicken in sauce for at least 6 hours.
- Place everything in a wok together with the water. Turn heat to high then bring to a boil. While boiling turn chicken once in a while to make sure its cooked evenly.
- Let the liquid thicken, then set the heat to low. This might take around 8-10 minutes.
- Continue to turn the chicken wings to ensure they have an even coating of the sauce and are cooking evenly throughout. Add more oil to the wok if needed. Once they are cooked, remove from wok and enjoy!



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Five Spice Chocolate Truffles

Ingredients

- 16 ounces bittersweet chocolate
- 1 cup heavy cream
- 1 tbsp five spice powder
- Unsweetened cocoa powder for rolling

Directions:

- 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.
- 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, then whisk until combined.
- Cover the mixture with plastic and refrigerate for at least 2 hours.
- 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.
- 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!

