

Fluvanna County Public Library

Spice of the Month Club

Chinese Five Spice (Spice Blend**)

Spice Blend Ingredients: Frontier (Organic): Organic cinnamon, organic fennel, organic cloves, organic star anise, organic white pepper.

Chinese Five Spice or Five Spice Powder is an aromatic spice blend from China and Vietnam (it is also found in Hawaiian cuisine).

Five-spice powder has a distinct licorice-like flavor due to star anise, with sweet and warm flavors from the cinnamon and fennel. Cloves add a cooling sensation while the Szechuan peppercorns add a numbing and peppery note.

The most common variations contain five spices – star anise, sichuan peppercorns, fennel seeds, cinnamon, and cloves. Ginger and anise are also sometimes added. In Southern Chinese cooking, dried orange peel may also be added.

Chinese five spice powder may have originally been used medicinally to balance yin and yang. Five is considered to be a number associated with healing properties. It has been integrated into Chinese and Taiwanese cuisine and it is also used in Vietnamese cuisine and in other parts of Asia. For cooking, the theory is that five spice encompasses a balance of the main flavors, with interesting interplays between cool (yin) and warm (yang). The number five also refers to the five flavor groups, namely sweet, bitter, salty, sour and umami/pungent. The thought is that by achieving balance among these flavors wondrous things can happen.

Interestingly, Chinese Five Spice is based on the five elements – fire, water, wood, earth and metal. According to traditional Chinese medicine, the five elements are manifested in different parts of the body and when there are imbalances in these elements, illness can result. For thousands of years, herbs and spices have been used to restore balance in the body and that is why Chinese five spice powder came to be.

What is Chinese Five Spice used for? Chinese Five Spice is commonly used in many Chinese and Vietnamese dishes. It's most often used as a rub on meat – like chicken, fish, pork and duck. Because it has so much cinnamon, you could also stir it into a cup of coffee or use it in baking. It makes a great topping for grilled vegetables and tofu. It's also delicious on noodles or in ramen.

Chinese Five Spice is thought to have been the result of the Chinese's attempt at creating the ultimate "wonder powder." Five spice may be used with fatty meats such as pork, duck or goose. It is used as a spice rub for chicken, duck, pork and seafood, in red cooking recipes, or added to the breading for fried foods. Five spice is used in recipes for Cantonese roasted duck, as well as beef stew. It is used as a marinade for Vietnamese broiled chicken. The five spice powder mixture has followed the Chinese diaspora and has been incorporated into other national cuisines throughout Asia. In Hawaii, some restaurants place a shaker of the spice on each patron's table. A seasoned salt can be easily made by dry-roasting common salt with five spice powder under low heat in a dry pan until the spice and salt are well mixed.

Five spice powder also has a traditional use as an antiseptic and is used to cure indigestion.



Chinese Five Spice

- 6 star anise
- 1 tablespoon ground cinnamon
- 1 tablespoon fennel seeds
- 2 tsp. Sichuan peppercorns
- ½ tsp. ground cloves

Instructions

1. Heat a small frying pan over medium-high heat. Add the peppercorns and cook for 1 to 2 minutes or until they are toasted.
2. Add the star anise, fennel seeds, and peppercorns to a spice grinder or high-speed blender and blend to combine.
3. Add the blended star anise, fennel, and peppercorns to a small sifter or sieve and shake to separate the larger pieces from the ground spices. Discard the leftover, large pieces.
4. Combine the star anise mix with the cinnamon and cloves. Stir to combine.
5. Store for up to three months in an airtight container in a cool, dry place.

<https://thishealthytable.com/blog/chinese-five-spice/>



Chinese Five Spice Banana Bread

- 1/3 cup butter
- 3 very ripe bananas
- 2 tsp. Chinese Five Spice Powder
- 1 tsp. baking soda
- 1 tsp. salt
- ¾ cup sugar
- 1 large egg, beaten
- 1 tsp. vanilla extract
- 1 ½ cup all-purpose flour

Instructions

1. Preheat oven to 350F. Butter a 4 x 8 inch loaf pan.
2. Melt the butter in a microwave in a large bowl.
3. Add the bananas and mash with a fork till they are broken down and fully combined with the butter.
4. Then add the five spice powder, baking soda, salt and sugar. Stir to combine.
5. Add the egg and vanilla and stir to combine.
6. Then add the flour and stir just till fully combined.
7. Pour the batter into the loaf pan and bake for 50 minutes till 1 hour or until cooked through. Use a wooden skewer to crumb test.
8. Remove from the oven and allow to cool for 20 minutes before removing and slicing.

<https://thishealthytable.com/blog/five-spice-banana-bread/>



Quick and Easy Vegan Pho

- 2 tablespoons olive oil
- 1 small onion, thinly sliced
- 5 oz. sliced shiitake mushrooms
- 2 medium scallions, sliced, greens and whites separated
- 1 tsp. Chinese five spice powder
- ¼ tsp. crushed red pepper flakes
- 1 tsp. ginger paste
- Salt & black pepper to taste
- 6 cups vegetable broth
- 1 (5 oz.) package rice noodles

For serving

- ¼ cup bean sprouts (optional)
- Sliced red chili pepper (optional)
- Fresh cilantro (optional)
- Hot sauce (optional)

Instructions

1. Heat the olive oil in a large stockpot over medium heat. Add the onion, mushrooms, scallion whites, Chinese five spice powder, red pepper flakes, ginger paste, salt and pepper. Cook for 4-5 minutes, until the mushrooms begin to soften.
2. Add the vegetable broth and bring to a boil. Add the rice noodles and simmer for 5 minutes.
3. Top with the sprouts, red chili pepper and cilantro (if using). Garnish with the reserved scallion greens and serve with hot sauce.

<https://www.rhubarbarians.com/vegan-pho-recipe>



Chinese Five Spice Ground Turkey Zucchini Noodles

- 1 tablespoon grape seed oil
- 1 pound ground turkey (93% lean)
- 2-3 tablespoons gluten free soy sauce
- 2 tsp. organic sugar
- 1 tsp. five spice powder
- 2 tsp. sesame oil
- Salt and pepper to taste
- ¼ cup water
- 8 cups zucchini noodles – 3-4 zucchini, depending on the size

Optional Add-Ins

- 2 tsp. ginger minced
- 3 cloves garlic minced
- ½ tsp. red pepper chili flakes



Instructions

1. Heat oil in a large pan or wok. If desired, add ginger, garlic, and/or red pepper chili flakes.
2. Sauté turkey until brown and drain any liquid off.
3. Add soy sauce, sugar, five spice powder, sesame oil and water. Toss to coat meat well and cook for a few minutes. Season to taste with salt and pepper.
4. Add zucchini noodles and toss to coat; cook for several minutes until done to your preference.

<https://jeanetteshealthyliving.com/chinese-five-spice-ground-turkey-zucchini-noodles/>

Chinese Five Spice Ginger Chicken

- 2 tablespoon oil
- 2 dry red chilies
- 1 medium onion roughly chopped
- 6-7 cloves garlic minced
- 1 tablespoon grated ginger
- 2 tablespoon dark soy sauce 2 tablespoon honey
- ½ tsp. Chinese five spice powder (increase if you prefer)
- 1 lb of boneless chicken thighs, cut into small cubes
- 1.5 tablespoon fish sauce
- Salt and pepper as per taste
- Green spring onion for garnishing

Instructions

1. In a wok or large frying pan add oil. Once the oil is hot add dry red chili followed by chopped onion.
2. Sauté onion in medium heat until they look soft and start to brown.
3. Add minced garlic, grated ginger, honey, soy sauce, and five spice powder. Mix and cook for 1-2 minutes.
4. Add chopped chicken thighs. Mix well. Cook on medium-high heat till the chicken is cooked and well coated with the sauce.
5. Season with fish sauce, salt and pepper. Mix everything well and cook for another 30 seconds. By now the sauce should be nicely caramelized and sticky.
6. While serving garnish with chopped green onion.

<https://theflavoursofkitchen.com/chinese-five-spice-ginger-chicken/>



Chinese 5 Spice Pumpkin Cupcakes with Orange Cream Cheese Frosting (Makes 2 dozen)

Cupcakes

- 3 cups flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. Chinese five spice powder
- ½ tsp. fine sea salt
- 2 sticks unsalted butter – room temperature
- 2 cups brown sugar



- 3 large eggs
- 1 (15 oz.) can pumpkin puree
- 1/3 cup whole milk

Frosting

- 2 sticks unsalted butter – room temperature
- 2 (8 oz.) pkgs. Cream cheese – room temperature
- 1 tablespoon orange zest
- 2 cups powdered sugar, sifted
- Chopped toasted walnut for decoration (optional)

Instructions

1. Preheat oven to 350F. Prepare 2 muffin pans by lining them with paper cups.
2. In a medium bowl, whisk flour, baking powder, baking soda, Chinese five spice powder and salt.
3. In bowl of stand mixer, beat butter and sugar til smooth.
4. Add eggs, one at a time.
5. Beat in pumpkin.
6. Add dry mix to butter mix in 3 additions, alternately with milk in 2 additions. Beat in between.
7. Using scoop, place batter into muffin lined pans filling each about ¾ full.
8. Bake approximately 15-20 minutes, checking after about 15 minutes for doneness by inserting a toothpick to see if it comes out clean.
9. For the frosting – In a large bowl, beat butter and cream cheese til smooth. Stir in orange zest. Add powdered sugar and beat on low until all is combined and smooth.
10. Frost cooled cupcakes and decorate with walnuts if using.

<http://thecookiescoop.blogspot.com/2009/11/chinese-5-spice-pumpkin-cupcakes-with.html?m=1>

Chinese Five Spice Sliders

- 1 pound ground meat (pork, beef, or chicken)
- 1 ½ tablespoons + 2 tsp. soy sauce
- 1 ½ tsp. Chinese Five Spice
- 1 tsp. sugar
- 1 tsp. granulated garlic

Instructions

1. Mix all the ingredients into 1 pound of ground meat. Form into patties of any size, grill or fry.

<https://www.thespicehouse.com/blogs/recipes/chinese-five-spice-slider?epik=dj0yJnU9WGxNNDIXU3VvcEU4VI82dDJuTy1CdmtDd1hmb0MtUTAmcD0wJm49bkdJbXp6cHVYVWdYVVBEN0QwT1FzUSZ0PUFBQUFBR0x5cXpN>



Chinese Salt & Pepper Chips (Fries) 2 servings

- 1 cup frozen chips (French fries)
- 1 tsp. vegetable oil
- 1 red chili
- 1 green chili
- 1 small onion
- 2 tsp. Chinese five spice
- 1 tsp. sea salt flakes
- 1 spring onion (scallion)

Instructions

1. Heat oven to the directions on the oven chips (French fries) package and cook them according to package instructions.
2. Peel and finely chop the onion. Chop the chilies, discarding the membranes and seeds.
3. While the chips (fries) are cooking, heat the oil in a frying pan on a medium heat.
4. Fry the onion and chilies for a few minutes until the onion is starting to turn translucent.
5. Add the five spice and salt. Stir well, and cook for another minute. Remove from heat and let stand.
6. When the chips (fries) are cooked, reheat the onion and spice mixture for a couple of minutes. Then add the cooked chips (fries) and spring onion. Stir together to coat the chips in the spice mixture.
7. Serve immediately.



https://fussfreeflavours.com/salt-and-pepper-chips/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=963536898_43108926_183196

Chinese Five Spice Quinoa (Serves 4)

- 1 cup uncooked quinoa (or rice)
- 2 tablespoons coconut oil (or cooking oil of your choice)
- 1 medium or large onion, chopped or diced
- 1 ½ cups freshly diced carrots
- 4-6 cloves fresh garlic, minced
- 1 ½ tsp. Chinese five spice powder
- 1/8 tsp. cayenne pepper
- 1 ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 6 eggs, beaten
- 4 large green onions, thinly sliced

Instructions

1. Cook quinoa or rice according to package directions.
2. Meanwhile, heat oil in a huge skillet. Add onion and carrots and sauté to desired tenderness. Add garlic and sauté just 1 more minute.
3. Scoot veggies to one side of the pan, and scramble the eggs on the other side. When eggs are cooked through, stir together to combine.



4. When quinoa or rice is done cooking, add it to the skillet. Add all seasonings (and a bit more oil if needed), and stir to combine. Cook until heated through.
5. Then add green onions, and cook for about 1 more minute just until they are heated through.

<https://completelynourished.com/2019/08/06/chinese-five-spice-quinoa/>

Orange Fruit Salad with Five Spice Powder (Serves 4-6)

- 1 pineapple, peeled, cored, and halved
- 1 yellow peach or nectarine, sliced
- ½ mango, peeled and sliced
- ½ papaya, peeled, seeded, and sliced
- 1 naval orange, peeled and sliced, plus 1 more, peeled and halved
- ½ cup raspberries
- ¼ cup passionfruit seeds (optional)
- Five spice powder and flaky sea salt, for serving



Instructions

1. Slice one pineapple half. Arrange all sliced fruits on a platter. Chop remaining pineapple half and half of remaining orange; scatter around platter with raspberries. Top with passionfruit seeds.
2. Squeeze juice from remaining orange half over fruit; sprinkle with five-spice powder and salt. Serve immediately, or wrap in plastic and refrigerate up to 4 hours.

<https://www.marthastewart.com/1529813/orange-fruit-salad-five-spice-powder>

Spicy Five Spice Potatoes

- 2 lbs. baby potatoes
- 2 tablespoons cooking oil
- ½ tablespoon chili flakes
- ¼ tsp. five spice powder
- ¼ tsp. salt – or to taste
- 1 stalk scallions, finely chopped

Instructions

1. Put baby potatoes into a pot and add cold water just enough to cover. Bring water to a full boil then leave to simmer over low heat until they are just cooked. Use a fork to test. It should be able to poke through with some resistance. Do not overcook.
2. Heat oil in a large frying pan. Add drained potatoes. Use a glass to press each one to create some cracks (but do not mash them).
3. Fry over medium heat until the first side becomes golden. Flip over to brown on the other side.
4. Sprinkle the mixture of chili flakes, five spice and salt. Garnish with scallions and serve immediately.



<https://redhousespice.com/five-spice-potatoes/#recipe>

Apricot Raisin Five Spice Oatmeal Cookies

- ½ cup butter
- ½ cup sugar
- ½ cup brown sugar, firmly packed
- 1 tsp. vanilla
- 1 egg
- ¾ cup + 2 tablespoons flour
- 1 ½ tsp. Chinese five spice powder
- ½ tsp. freshly ground nutmeg
- Pinch salt
- ½ tsp. baking soda
- 1 ½ cups large rolled oats
- 2/3 cup raisins
- 2/3 cup chopped dried apricots
- ½ cup chopped pecans, cashews, macadamias, slivered almond or walnuts (optional)



Instructions

1. Cream the butter and sugars together well. Add egg and vanilla and beat until light and fluffy.
2. Sift together the flour, five spice powder, nutmeg, salt and baking soda.
3. Fold the dry ingredients into the creamed mixture. When the dry ingredients are almost incorporated, add the rolled oats, raisins, apricots and nuts.
4. Chill the dough for about an hour before baking for best results.
5. Preheat oven to 375F. Drop by rounded teaspoonful onto a parchment lined cookie sheet about 2 ½ inches apart.
6. Bake at 375F for about 10 minutes. Do not over bake or your cookies will lose their chewy texture. Makes about 3 dozen cookies.

<https://www.rockrecipes.com/apricot-raisin-five-spice-oatmeal-cookies/>

Resources at Fluvanna Library

101 Asian Dishes You Need to Cook Before You Die by Tila – 641.595 TIL

Chinese Instant Pot Cookbook by Wong – 641.5951 WON

The Chinese Takeout Cookbook by Kuan – 641.5951 KUA

Essentials of Asian Cuisine by Trang – 641.595 TRA

The Gluten-Free Asian Kitchen by Russell – 641.5638 RUS

Vegetarian Chinese Soul Food by Chou – 641.5636 CHO

The Wok by Lopez-Alt – 641.5951 LOP

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