



Chinese Five Spice Powder

Ingredients: Star anise, Sichuan pepper, Cinnamon, fennel, and cloves

Uses: Beef, pork, chicken, tofu, rice, noodles, marinades and in baking

Meat: Use as a rub on meat. First rinse and pat dry meat. Try on a beef tenderloin or sirloin steak or on a whole or cut-up chicken. Works just as well on port chops, or pork tenderloin. Combine two tsp. of Chinese five spice with one tsp granulated garlic and one tsp onion powder and a dash of salt and pepper. Rub mixture over both sides of meat and allow to rest in the refrigerator for four hours or overnight. Remove meat from the refrigerator 30 minutes before cooking to allow meat to come to room temperature. Cover meat with a thin layer of cooking oil before placing on the grill or in the oven. Cook according to meat choice.

For chicken or pork/beef you can place a whole chicken or pork/beef roast coated with mixture above into your Crockpot and cook on high for six to seven hours or until done. Do not add water to the crock pot the juice for the meat will supply enough liquid to keep your roast moist and delicious. Use leftover pork/beef to make pulled pork sandwiches. Sauté ½ cup finely chopped onion, ¼ cup finely chopped bell pepper, and ¼ cup finely chopped celery in 1 Tbsp. vegetable oil until soft. Add ½ cup stock, beef or pork, 2 tsp. five spice, one tsp ginger, and a pinch of cayenne pepper. Bring to a boil and add ½ cup dark brown sugar and a dash of soy sauce. Bring to boil then lower heat to low and add shredded meat. Heat thoroughly, adding more stock if needed. Serve with nice Asian coleslaw on soft Kaiser buns.

Rice and Noodles: Add two tsp. five spice, one tsp. garlic powder, 1/2 tsp. onion powder and 1/2tsp salt to two cups of uncooked rice. Cook rice according to instructions. Once rice has completed cooking add 1/2 cup chopped pecans, cashew nuts or pistachio nuts and stir to blend. For noodles you can make a nice chow mien by using the leftover meat from above. Take 1/2 yellow onion and chopped, and one large carrot finely chopped and stir fry in vegetable oil, Add 1 cup green peas and 1/2 cup snow peas cook until just soft. Remove vegetables from pan and set aside. Cook noodles according to instructions and drain all water. Heat pan and add meat, noodles, and vegetables to pan and cook until heated through. Add two Tbsp soy sauce and 1/4 cup water with two tsp five spice and one tsp garlic and onion powder.

Baking: Poach pears, apples or peaches with one tsp of five spice. Add 1 tsp five spice to your favorite muffin recipe or pancakes. Add a dash to your French toast mixture. Use five spice in marinating vegetables such as beets or carrots. tender.