

History about Spice

White pepper, like black pepper, is made from the berries of the pepper plant, also known as the Piper nigrum. Unlike black pepper, however, white pepper comes from berries that are picked at full ripeness. These berries are then soaked in water to ferment. Finally, the outer layer is removed leaving only the inner seed.

Because the skin is removed, some of the flavor is taken, including the piperine. As a result, white pepper tends to be more mild than black pepper.

While black pepper is far more common in American kitchens, using white pepper in light-colored dishes for visual appeal is a tradition that originated in French cooking. It's also common in Chinese, Vietnamese, and Swedish cooking as well.

Health Benefits of White Pepper

Like black pepper, white pepper has been found to promote gut health and speed up digestion. White pepper also has very few calories and can add significant flavor to a dish, lessening the need for salt.

While white pepper contains trace amounts of vitamins and minerals (like vitamin C, calcium, iron, and manganese) you probably won't be consuming enough of it to see any measurable benefits.

Sources



All recipes are from books available for check out at Town Hall Library

- Katie Chin's Everyday Chinese Cookbook: 101 Delicious Recipes from My Mother's Kitchen
 - 641.5951 CHI
- Website: AllRecipes
 - <https://www.allrecipes.com/article/white-pepper-vs-black-pepper/>

Information

"Spice up Your Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for **all three of the recipes**.

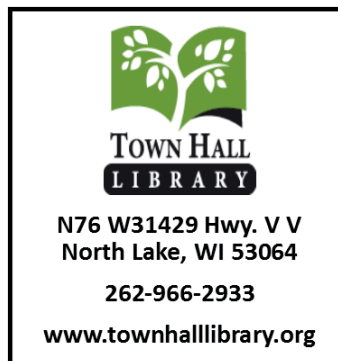
Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to reference@townhall.lib.wi.us and you might be featured on the Town Hall Library Website

One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



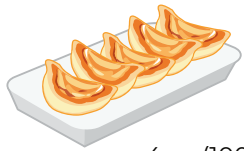
Take & Make Spice Club Kit



Spice Up Your Life



March Ground White Pepper



Potstickers

Ingredients

- 4 oz (100 g) napa cabbage, cut into thin strips
- 1/2 teaspoon salt, divided
- 8 oz (250 g) ground pork or chicken
- 2 tablespoons finely chopped green onion (scallion), white and green parts
- 2 teaspoons dry white wine
- 1/2 teaspoon all-purpose cornstarch
- 1/2 teaspoon dark sesame oil
- **1/8 teaspoon or Dash of white pepper**
- 20 to 30 potsticker wrappers
- 2 to 4 tablespoons oil for frying

Directions

- Toss the cabbage with 1 teaspoon of salt and set aside for 5 minutes, then roll the cabbage up in a clean dry dish towel. Twist the dish towel to squeeze out the excess moisture.
- In a large bowl, mix the cabbage, pork or chicken, green onion, wine, cornstarch, sesame oil, and the remaining 1/2 teaspoon salt and pepper.
- Lay a potsticker wrapper on a clean work surface. Place 1 tablespoon of the meat mixture in the center. Lift the edges of the circle and pinch several pleats up to create a pouch encasing the mixture. Pinch the top together. Repeat with the remaining wrappers and filling.
- Heat 1 tablespoon of the oil for frying in a wok or skillet over moderately high heat. Place 12 dumplings in a single layer in the wok or skillet and fry for 2 minutes, or until the bottoms are golden brown. Add 1/2 cup (125 ml) water.
- Cover and cook for 6 to 7 minutes, or until the water is absorbed. Repeat with the remaining dumplings.

Crispy Wontons



Ingredients

- 8 oz (250 g) shelled and deveined medium-size shrimp, finely chopped
- 4 oz (100 g) ground chicken or pork
- 6 water chestnuts, finely chopped
- 4 tablespoons finely chopped green onion (scallion), white and green parts
- 1 teaspoon cornstarch
- 1 teaspoon salt
- 1/8 teaspoon dark sesame oil
- **1/8 teaspoon or Dash of white pepper**
- 20 Wonton wrappers
- 1 large egg, slightly beaten
- Oil for frying

Directions

- In a medium bowl, combine the shrimp, chicken or pork, water chestnuts, green onion, cornstarch, salt, sesame oil, and white pepper.
- Lay a wonton wrapper on a clean work surface (cover remaining wrappers with plastic wrap to keep them pliable).
- Place 1/2 teaspoon of the shrimp mixture in the center. Fold the wonton wrapper over the filling to form a triangle, then turn the top of the triangle over to meet the folded edge. Turn over; moisten one corner with beaten egg. Overlap the two corners so that the moistened side is between them and press them together firmly. Repeat with the remaining wrappers.
- In a large wok or deep skillet, heat 2 to 3 inches (5 to 7.5 cm) of the oil to 350°F (175°C). Fry 8 to 10 wontons at a time, turning 2 or 3 times, until golden brown, about 3 minutes. Drain on a sheet pan lined with paper towels.

Corned Beef Substitute

In the spirit of St. Patrick's Day, I have included a replacement filling for the Potstickers and the Crispy Wontons. Reuben flavored.

Ingredients

- 1/2 lb deli-sliced corned beef
- 4 oz shredded Swiss cheese (or grate off the block)
- 1/2 cup sauerkraut drained and squeezed
- **1/8 teaspoon of White Pepper**
- 3-4 tbsp Thousand Island dressing to mix in
- 1 egg white
- About 5 cups of oil for frying
- Thousand Island dressing to dip



Dipping Sauce

Ingredients

- 4 tablespoons soy sauce
- 1 teaspoon dark sesame oil
- 1/2 teaspoon sugar

Directions

Combine the soy sauce, sesame oil, and sugar. Serve alongside the potstickers or wontons.

