

## Allspice Information

### *A Little History*

Star anise has a long, rich history, particularly in Asian cultures. Its use as a spice and medicine dates back thousands of years. In traditional Chinese medicine, star anise is valued not just for its flavor but also for its ability to regulate chi, or life force.

### *Why We Love it*

The compound anethole that is present in all the licorice-breathed spices excites the tongue's sweetness receptors 13 times more than sugar, making it a powerful tool in sweet cookery.

### *Match It With*

**Bean:** chocolate

**Nut:** almond, coconut, and walnut

**Sweet fruit:** plum, apple, pear, grape, melon, pineapple, strawberry, banana, and fig

**Tart fruit:** lemon, orange, rhubarb, quince, and blackcurrant

**Spice & herb:** cinnamon, saffron, vanilla, and basil, mint

**Sweet:** honey, caramel, and coconut sugar

### *Extract the Flavor*

To release the sweetening effect, fat or alcohol is needed. Try sizzling the spices in oil or butter before using in a bake, as in the Wrinkled chocolate & anise cookies.

## 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 **one recipe**.

### *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](mailto: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.

### Sources



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

- *A whisper of cardamom: 80 sweetly spiced recipes to fall in love with* / Eleanor Ford.
  - 641.6383 F699 - Muskego Public Library
- Website: full leaf tea
  - <https://fullleafteacompany.com/pages/what-is-star-anise-tea-history-benefits>  
[more#:~:text=History%20of%20Star%20Anise,regulate%20chi%2C%20or%20life%20force.](https://fullleafteacompany.com/pages/what-is-star-anise-tea-history-benefits)



# Take & Make Spice Club Kit



## Spice Up Your Life



# December Ground Star Anise



N76 W31429 Hwy. V V, North Lake, WI 53064  
262-966-2933 / [www.townhalllibrary.org](http://www.townhalllibrary.org)

# Glühwein plum & cherry jam

## Makes 6 jars

### Ingredients



- 3/4 cup red wine
- 4 cloves
- **2 star anise - 1 teaspoon ground**
- 1 cinnamon stick
- 1/2 teaspoon ground allspice
- 1 lb 5oz plums, stoned and sliced
- 1 lb cherries, stoned and halved
- 2lb jam sugar (with pectin)
- 1 tablespoon lemon juice

### Directions

- Pour the red wine into a small pan with the spices. Warm gently, just below simmering, for 10 minutes. Remove from the heat and leave the spices to infuse for about half an hour.
- Chill a saucer/ small plate in the freezer.
- Put the plums and cherries in a large pan and add the mulled wine. Bring to a simmer then cover and cook for 15 minutes or longer, until the fruit is well softened into the wine.
- Add the jam sugar and lemon juice and stir over a low heat until dissolved. Turn up the heat and boil, uncovered, until a sugar thermometer reads 220°F. Test the set by spooning a little jam onto the cold saucer then tilting it to see how it runs- you are aiming for a slow creep, not a runny mess.
- Meanwhile, sterilize six 12oz jam jars by washing them well, then heating in the oven for 5 minutes.
- Leave the jam to stand for 10 minutes to let the fruit settle before skimming off the foam and optionally removing the whole spices, though I leave them for rustic charm. Ladle into the warm, sterilized jars and seal. Unopened, they will keep for a year. Once opened, store in the fridge.

# Wrinkled Chocolate & Anise Cookies



### Ingredients

- 4 cups unsalted butter
- **4 star anise - 2 teaspoon**
- 24 oz unsweetened cocoa powder
- 7 oz confectioners' sugar
- 1/4 teaspoon fine sea salt
- 2 large egg whites
- (80g/23/4oz)
- 52 oz best dark chocolate, 70%
- Sea salt flakes, for sprinkling

# Wrinkled Chocolate & Anise Cookies

### Directions

- Melt the butter and add the star anise powder over medium heat. Heat for a few minutes to let the butter sizzle and foam, swirling to keep the milk solids from burning. After it begins to bubble, remove from heat and leave to cool and infuse for 30 minutes.
- Heat the oven to 350°F. Line two baking sheets with baking parchment.
- Sift the cocoa powder and confectioners' sugar into a large bowl and mix in the fine salt. Stir through the infused butter and egg whites to make a thick paste.
- Chop the chocolate into larger shards and both finer dust, then add to the mixture.
- Dollop spoonfuls of the batter onto the baking sheets, each about 1½ inches, spacing them to allow the cookies to flatten and spread. Sprinkle with a little flaky sea salt.
- Bake for 8-10 minutes or until the tops look glossy, wrinkled, and just set. Leave to cool completely on the tray. They'll taste just as good the day after baking.

***The recipe has been slightly edited from the book.***

