

Did You Know...

The five spices found in Chinese Five Spice represent each of the culinary flavours essential in Chinese cooking: sweet, sour, bitter, salty, and umami. The spices most commonly used are cinnamon, fennel seeds, Sichuan peppercorns, cloves, and star anise. Toast the spices in a pan, then blend them until a rich powder forms.

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Spice of the Month:

Chinese Five
Spice Powder

Oven-Baked Five Spice Chicken

*Recipe found at thewoksoflife.com

Ingredients

- 1 tablespoon of soy sauce
- 1 teaspoon of salt
- 1 teaspoon of Chinese Five Spice
- 1/3 of a red onion, minced
- 2 cloves of garlic, minced
- 1 tablespoon of rice wine or dry white wine
- 2 teaspoons of sesame oil
- 8 bone-in, skin-on chicken thighs

Directions:

1. Make a marinade by combining soy sauce, salt, Chinese Five Spice, red onion, garlic, sesame oil, and wine of choice in a bowl. Set aside.
2. Pat chicken thighs dry. Add chicken to the marinade, making sure to get the marinade under the skin. Marinate for 1 hour minimum, overnight preferably.
3. Preheat oven to 375°F. Line a sheet pan with parchment paper. Place the chicken on the pan and roast for 35-40 minutes.*
4. Remove from oven and serve with rice and seasonal vegetables.

If chicken is not crisp, turn on broiler for a few minutes and watch carefully to ensure chicken doesn't burn.

Char Siu (Chinese BBQ Pork)

*Recipe found at playswellwithbutter.com

Ingredients

- 2 pounds of boneless pork shoulder
- 1/4 cup of brown sugar
- 2 tablespoons of soy sauce
- 2 teaspoons of Chinese Five Spice
- 1 teaspoon of garlic powder
- pinch of salt
- pinch of pepper

Directions:

1. In a bowl, combine brown sugar, soy sauce, Chinese Five Spice, and garlic powder. Add a pinch each of salt and pepper and mix well. Transfer a quarter of the marinade to a separate bowl or jar for basting later.
2. Cut pork in 1-inch strips and add to marinade, tossing to combine. Marinate for at least 12 hours.
3. Preheat oven to 425°F. Line a sheet pan with parchment paper. Place the pork on the pan and cook for 15 minutes. Generously baste pork with extra marinade and cook for an extra 15-20 minutes. Broil for 1-2 minutes for extra crispy pork!
4. Remove from oven and serve with bok choy and noodles or tossed into fried rice.

Five Spice Stir Fry

*Recipe found at contendednesscooking.com

Ingredients

- oil (sesame preferred)
- 2 teaspoons of Chinese Five Spice
- 4 cloves of garlic, minced
- 4 tablespoons of orange juice
- 4 tablespoons of soy sauce
- seasonal vegetables (broccoli, bell peppers, mushrooms, etc.)

Directions:

1. Mix Chinese Five Spice, garlic, orange juice, and soy sauce in a bowl to create a marinade.
2. Heat a drizzle of oil in a frying pan. Add firmest vegetables first and fry until soft.
3. Pour marinade into frying pan and mix well. Continue adding vegetables, firmest to softest. Fry until all vegetables are tender.
4. Enjoy over cooked rice or noodles!

