

CHINESE FIVE SPICE

Five-spice powder is a spice mixture of five or more spices used predominantly in almost all branches of Chinese cuisine. It is also used in Hawaiian cuisine and Vietnamese cuisine. The five flavors of the spices (sweet, bitter, sour, salty, and savory) refers to the five traditional Chinese elements.



While there are many variants, a common mix is: star anise, cloves, Chinese cinnamon, Sichuan pepper, and fennel seeds. Other recipes may contain ginger root, nutmeg, turmeric, licorice, Mandarin orange peel or galangal.

Chinese five-spice is used across all regional Chinese cuisines, in dishes like stir-fry, rich stews, marinades, and roasted meats. Peking duck gets its signature savory tang and brilliant color from Chinese five-spice.

Chinese five-spice powder translates exceptionally well into dishes outside traditional Chinese recipes. It makes a great spice rub for poultry, pork, and seafood. Or add Chinese five-spice to the batter for a next-level fried chicken or shrimp. Chinese five-spice is a particularly good match for fattier meats like pork, duck, and goose, where its combined forces work to prevent richer textures from overwhelming the palate. Toss Chinese five-spice with toasted nuts for a goes-with-everything bar snack, or before roasting vegetables like sweet potatoes for a spicy-smoky-sweet spin.

FIVE-SPICE GRILLED CHICKEN THIGHS WITH BLACKBERRY GLAZE



INGREDIENTS

- 1 tbsp Five-Spice powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 8 (3 oz) skinless, boneless chicken thighs
- 3/4 cup sugar-free seedless blackberry jam
- 3 tbsp cider vinegar
- 1 tbsp water
- 3/4 tsp grated peeled fresh ginger
- Fresh blackberries (optional)

INSTRUCTIONS

1. Combine five-spice, salt and ground black pepper in a small bowl. Sprinkle spice mixture evenly over chicken.
2. Place chicken on grill rack coated with cooking spray. Cook chicken 6 minutes on each side until done.
3. While chicken grills, combine jam, cider vinegar, water and ginger in a nonstick skillet. Simmer over medium-low heat 8 minutes or until glaze is reduced to 1/2 cup.
4. Drizzle glaze evenly over chicken. Garnish with blackberries, if desired. Serve immediately.

CHINESE FIVE-SPICE NOODLES WITH BROCCOLI



INGREDIENTS

- 1/2 lb cellophane noodles
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 tsp chili paste
- 4 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 2 tsp Chinese five-spice
- 1 tbsp vegetable oil
- 1/2 cup onion, chopped
- 3/4 cup vegetable broth
- 1 large bunch broccoli, stems removed and chopped
- 1 cup shredded carrots
- 1 cup shredded green cabbage
- 3 scallions, chopped
- Salt and pepper

INSTRUCTIONS

1. Bring a large pot of water to a boil. Toss in cellophane noodles and cook for about 30 seconds. Dump the pot into a colander and rinse the noodles under cold water. Let drain in the colander.
2. Mix together soy sauce, sesame oil, chili paste, ginger, and five-spice powder in a small bowl.
3. Place a large wok or saute pan over high heat. Pour in the oil, and then add the onion. Cook, stirring often until translucent, about 3 minutes. Toss in the garlic and cook for another minute. Then add the broccoli, carrots, cabbage, broth, and finally the soy sauce mixture. Cook for about 5 minutes, or until the broccoli is very tender. *(continued)*

CHINESE FIVE SPICE CAKE WITH GINGER FROSTING



CAKE INGREDIENTS

- 2 cups all-purpose flour
- 2 3/4 tsp five spice powder
- 1/4 tsp ground cinnamon
- 2 tsp baking soda
- 1 cup brown sugar
- 3/4 cup granulated sugar
- 4 eggs
- 1 1/4 cup canola or vegetable oil
- 2 tsp pure vanilla extract
- 2 large gala apples, peeled and grated
- Candied ginger, minced, as garnish (optional)

FROSTING INGREDIENTS

- 4 oz cream cheese, softened at room temperature
- 4 oz unsalted butter, softened at room temperature
- 3 1/2 cup powdered sugar
- 3 tbsp milk or half & half
- 1 tbsp pure vanilla extract
- 1 (heaping) tsp grated ginger

INSTRUCTIONS

1. Preheat oven to 350° and line a 9x13 cake pan with parchment and spray with cooking spray.
2. In a bowl, whisk together the flour, five spice powder, cinnamon, baking soda and salt. Set the dry ingredients aside for a moment.

(continued)

INSTRUCTIONS *(continued)*

3. In a separate bowl, whisk together the brown and granulated sugars with the eggs. Add in the oil and vanilla and whisk to combine.
4. Using a spatula, add the dry ingredients to the wet ingredients. Gently mix and fold the ingredients together until mostly combined. Fold in grated apples.
5. Pour the batter into the prepared baking pan and bake for 38-40 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool for 10-15 minutes in the pan.
6. While the cake bakes, prepare the ginger frosting by adding the softened cream cheese and butter in a large bowl. Using a hand mixer, mix the two until light and creamy. Add the powdered sugar in increments and mix. Add a little of the milk or half & half at a time until you reach your desired consistency. Add in the vanilla and grated ginger, and mix that in until completely combined and fluffy. Set aside.
7. Carefully turn the cake out of the pan and place onto a tray or wire rack and allow to completely cool before frosting. (You can also leave it in the pan and frost once it is completely cool.)
8. Garnish with the candied ginger, if you so desire.

INSTRUCTIONS *(continued)*

4. Toss in the scallions and cellophane noodles. Stir well, and cook until the noodles are coated in the sauce. Season with salt and pepper to taste.