

Recipes



Licorice, *Glycyrrhiza glabra*

Tips:

- The root should be stored in a dark, dry, cool place.
- It is available for use whole, in a powdered or dried and chopped form, as well as in tinctures.
- The flavor has been described as an earthy combination of subtle anise, wintergreen, and resin.
- A simple tea can be made by soaking the root in hot water and adding honey.

Licorice Mint Iced Tea

6 cups water
2 ½ teaspoons licorice root, dried
1 cinnamon stick

½ cup peppermint, dried
½ cup honey (or to taste)

In a large pot bring water to a boil over high heat. Stir in the licorice and cinnamon; lower to a simmer, partially cover the pot, and simmer for 10 minutes. Remove from heat, stir in peppermint, cover and let steep for 10 minutes.

Place a large strainer lined with cheesecloth or damp paper towel over another pot or heat-proof bowl. Strain tea. Stir in honey until dissolved and let cool completely, about 1 hour. Serve over ice. Yields 1 quart.

SaraStar of Geniuskitchen.com

Chewy Black Licorice Chocolate Brownies

1 1/2 sticks unsalted butter, melted, plus more
for brushing
1 cup all-purpose flour
1/2 cup unsweetened cocoa powder
2 tablespoons licorice root powder
2 teaspoons ground anise seeds
1/2 teaspoon kosher salt
1 cup granulated sugar

1 cup packed brown sugar
3 large eggs
1 teaspoon pure vanilla extract
2 ounces bittersweet chocolate, chopped

1/2 cup chopped soft black licorice chews (3 ounces)

Preheat the oven to 350°. Line a 9-inch-square baking pan with paper or foil, leaving 2 inches of overhang on 2 sides. Brush the paper with butter.

In a medium bowl, whisk the flour with the cocoa powder, licorice root powder, anise and salt. In a large bowl, whisk the melted butter with both sugars, then whisk in the eggs and vanilla. Stir in the dry ingredients, then three-fourths of the chocolate and licorice chews. Scrape the batter into the prepared pan and smooth the top. Gently press the remaining chocolate and licorice chews into the batter.

Bake the brownies for about 40 minutes, until a toothpick inserted in the center comes out clean, with a few moist crumbs attached. Let the brownies cool completely, then lift them out of the pan using the paper. Cut the brownies into 12 rectangles and serve. The brownies can be stored in an airtight container for up to five days.

Gail Simmons, November 2017
Food and Wine

Licorice Root and Malt Beer Beef Stew

2 pounds beef or veal; cheeks, chuck or foreshank	1 pinch red pepper flakes
2 yellow onions	4 bay leaves
2 celery stalk	4 rosemary sprigs
1 garlic	4 inches licorice root
2 carrots	4 ½ cups beef stock or water
1/3 cup all-purpose flour	3 cups malt beer
2 tablespoons butter	Sugar
1/3 cup cherry or balsamic vinegar	Salt and pepper

7 ounces slightly macerated prunes

Remove all tendons and fat from the meat. If the pieces are very large, cut them into smaller ones. Pat the meat dry, and then season generously with salt and pepper and let it rest in the fridge for at least one hour, preferably overnight.

Chop onions, celery, garlic and carrots into smaller pieces.

Dredge the meat in flour seasoned with salt and pepper.

Heat the butter in a large and deep pan. When meat is browned, transfer to a plate.

Add the vegetables and chili and sauté until it starts to change color.

Add vinegar to the vegetables and cook until almost all of the vinegar has evaporated.

Add back the meat as well as the prunes, bay leaves, rosemary and licorice root. Finally add stock/water and the malt beer.

Bring to a simmer and skim off any fat.

Cover and let simmer for 3-4 hours, until the meat is tender and falling apart by itself. Skim off fat, should there be some.

Remove the meat from the pot and keep it warm. Also remove the bay leaves, rosemary and licorice root.

Pass the sauce through a sieve and reduce until you think its consistency is as you prefer it. Add sugar, salt, pepper and vinegar in quantities according to your taste.

You can choose to either add the "old" vegetables or add some new ones to the sauce. In any case, add the prunes and the meat and heat thoroughly. Serves 6.

Note: macerated prunes can be made by soaking prunes in brandy for one hour prior to cooking.

Mettch, February 3, 2010
Food52.com

**Do you have a recipe using licorice to share?
Please send it to Educator@herbsociety.org**