

# Recipes

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## Anise, *Pimpinella anisum*

### Tips:

- Anise or aniseed produce seeds whose flavor can be bold or mild, and used in sweet or savory dishes.
- It is commonly used to provide a spicy, sweet licorice flavor to savory breads, gingerbread, cakes, biscotti, cookies, sweet rolls, and beverages.
- Aniseed is used in Indian cuisine to enhance the flavor of soups and fish dishes.
- It can also be used in Mediterranean dishes such as in tomato sauces, pickles, and with chicken, duck and veal.
- Roots and stems have a more mild flavor when added to soups and stews.
- Both the seeds and leaves have the anise flavor
- Add freshly chopped leaves to salads or vegetable dishes, cheese spreads and dips. It can also be used as a garnish for soups as well as pork and lamb stews.

### Rose Hip Liqueur

¼ cup water  
½ cup sugar  
1 teaspoon aniseed  
3 tablespoon crushed fresh rose hips or 1 tablespoon dried  
12 ounces vodka

Place aniseed in a small glass bottle. Add vodka and allow to steep for 1 week.

Strain out the aniseed, add rosehips and allow to steep for 4 weeks.

Combine water and sugar in a small saucepan. Bring to a boil, reduce heat and simmer for 5 minutes. Remove from heat and allow to cool.

Filter the vodka through a dampened coffee filter. Pour into a sterilized bottle and add sugar syrup. Allow to mellow for at least 2 weeks.

Katherine K. Schlosser, HSA North Carolina Unit  
*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs,*  
edited by Katherine K. Schlosser

## Spice Liqueur

1 cup water	1 cinnamon stick, broken into pieces
2 cups sugar	1 whole clove
6 cardamom pods, seeds removed	4 cups vodka
3 teaspoons aniseed	

Combine water and sugar in a small saucepan. Bring to a boil and simmer for 5 minutes. Allow to cool completely.

Crush the aniseed lightly in a mortar. Put aniseed, cardamom seeds, cinnamon and clove in a glass jar. Pour vodka over the spices. Shake well and allow to steep for 1 week.

Strain the vodka several times through a dampened coffee filter. When clear, add sugar syrup; pour into a sterilized glass bottle, cover with a nonmetallic lid, and allow to mellow for 4 weeks.

A very nice spice flavor that is good as is, drizzled over ice cream or pound cake. Put a spoonful into a steaming cup of tea!

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## Sausage Soup

*Chock-full of vegetables, thick with kidney beans and gently seasoned with garlic and anise, this soup typifies the Portuguese way of cooking. It needs only about 30 minutes to simmer.*

8 ounces hot Italian turkey sausage, casings removed	1 medium onion, chopped
8 ounces sweet Italian turkey sausage, casings removed	1 28-ounce can whole tomatoes, chopped, juice reserved
5 cups water	1 15-ounce can kidney beans, undrained
3 large white potatoes, (about 2 ½ pounds), cut into ½-inch cubes	¾ cup sliced California ripe olives
3 stalks celery, sliced	2 cloves garlic, minced
1 small zucchini, sliced	1 teaspoon aniseed
	½ teaspoon freshly ground pepper

Cook hot and sweet sausages in a Dutch oven over medium heat, breaking them up into small pieces with a wooden spoon, until browned and cooked through, about 6 minutes. Drain fat.

Stir in water, potatoes, celery, zucchini, onion, tomatoes with their juices, beans, olives, garlic, aniseed, and pepper. Bring to a boil. Reduce heat to low, cover and simmer until vegetables are tender, about 30 minutes.

Tip: Make ahead, cover and refrigerate for up to 1 day.

Eatingwell.com

## Carrots with Aniseed

¼ cup butter or margarine	1 teaspoon salt
1 tablespoon soft brown sugar	1 ½ pound carrots
1 teaspoon (heaped) aniseed	Black pepper, freshly ground

Wash and peel the carrots, top and tail them. Large carrots cut in quarters lengthways. Small carrots can be kept whole. Put the sugar, butter OR margarine, aniseed, salt and pepper into a saucepan. When the mixture begins to bubble, add the carrots. Stir well, lower the heat, cover and simmer for fifteen minutes or until carrots are tender when pierced with a fork. Serves four. Serve hot.

BigOven.com,

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## Vanillekipferl (Anise-Seed Crescent Cookies)

1 cup sugar	1 tablespoon crushed anise seeds
6 tablespoons unsalted butter, softened	½ teaspoon kosher salt
1 tablespoon vanilla extract	1 egg white, lightly beaten
2 eggs	Coarse sanding sugar, to decorate
2 ½ cups flour	

Heat oven to 400°F. Beat sugar and butter on medium-high speed of a hand mixer until pale and fluffy, about 3 minutes. Add vanilla and yolks; beat until smooth. Add flour, anise, and salt; beat until just combined. Pinch off 1-tablespoon-sized pieces of dough, roll each into a cylinder; bend to form a crescent. Place 2" apart on parchment paper-lined baking sheets. Brush with egg white, and sprinkle with sanding sugar. Bake until browned, 12-15 minutes. Makes about 20 cookies.

Todd Coleman and the bakery Rischart in Munich  
Saveur.com

**Do you have a recipe using anise to share?**  
**Please send it to [Email\\_educator@herbsociety.org](mailto:Email_educator@herbsociety.org)**