

Recipes



Pepper *Piper nigrum*

Tips

- Of the different types of pepper (black, white and green), black as the most intense flavor
- Freshly ground black pepper has more flavor than pre ground due to the freshly released volatile oils.
- Cracked peppercorns add both texture and spicy flavor to foods.
- Ground pepper remains fresh for about three months.

Chai Iced Tea

Judy Haubert's full-flavored chai has plenty of kick, thanks to the addition of black pepper, ginger, and cinnamon, and plenty of other warming spices. This moderately sweet recipe can be adjusted to your taste by either adding or subtracting a quarter cup of the honey or agave nectar.

6 cups unsweetened almond milk or whole milk
¾ cup honey or agave syrup
8 small black tea bags (1 oz.), such as Lipton or PG Tips, paper and string removed, or the whole leaf tea equivalent
8 whole green cardamom pods, crushed
8 whole allspice, crushed
8 whole black peppercorns, crushed
8 whole cloves
3 whole star anise
2 sticks cinnamon
1 vanilla bean, split lengthwise, seeds scraped and reserved
1 (2") piece ginger, peeled and thinly sliced
½ whole nutmeg, crushed

Combine milk, honey, tea, cardamom, allspice, peppercorns, cloves, star anise, cinnamon, vanilla bean and seeds, ginger, nutmeg, and 6 cups water in a 4-qt. saucepan; bring to a simmer, and remove from heat. Let the mixture steep for about 10–15 minutes. Pour through a fine strainer into a bowl or pitcher. Serve hot or chilled over ice. Store in the refrigerator, covered, for up to 1 week. Makes 12 cups.

Judy Haubert
Saveur, September, 2012

Black Pepper Shortbread Cookies with Strawberries and Meyer Lemon Ricotta

Dip:

1 Meyer lemon
2 tablespoons sugar
Salt and pepper

Black-Pepper Shortbread:

1 stick of butter, softened	4 cups flour, sifted
1 1/2 cups confectioner's sugar	1 1/2 teaspoon salt
1 tablespoons lemon juice	50 grinds black pepper, plus more for sprinkling on top
Zest of one lemon	
1 teaspoon vanilla extract	

Micro-plane the zest of 1 lemon, and add it to a cup of ricotta. Add lemon juice to taste, plus sugar, a pinch of salt, and one grind of black pepper. Refrigerate.

Shortbread: Place the butter and confectioner's sugar in a standing mixer and beat until creamy. Add the lemon juice, lemon zest, and vanilla extract, and beat until uniform. Sift the flour onto a piece of parchment paper, and add the salt and pepper. Slowly add to the butter mixture and mix until well combined. Wrap the dough in plastic in a flat square shape, and refrigerate 3 hours. Using half the dough at a time, roll into a rectangle between two pieces of parchment until a quarter-inch thick. Prick even holes in the dough, cut into rectangles (approximately 3-by-1.5 inches), and grind a little more black pepper over the top. Bake at 300 degrees until a pale golden, about 20 minutes.

Chef Anita Lo
New York Magazine, 2012

Caramelized Black Pepper Chicken

1/2 cup dark brown sugar	2 fresh Thai chiles, halved or dried red chiles
About 1/4 cup fish sauce (nam pla)	1 tablespoon canola oil
1/4 cup water	1 shallot, thinly sliced
3 tablespoons rice vinegar	1 pound skinless, boneless chicken thighs, cut into 1-inch pieces
1 teaspoon minced garlic	4 cilantro sprigs
1 teaspoon finely grated fresh ginger	
1 teaspoon coarsely ground pepper	

In a small bowl, combine the sugar, fish sauce, water, rice vinegar, garlic, ginger, pepper and chiles.

Heat the oil in a large deep skillet. Add the shallot and cook over moderate heat until softened, about 4 minutes. Add the fish sauce mixture and the chicken and simmer over



high heat until the chicken is cooked through, about 10 minutes. Transfer to a serving bowl, garnish with the cilantro and serve.

Because fish sauces vary in their saltiness, Phan advises adding the fish sauce to taste. Serve with jasmine rice.

Charles Phan, December 1998
Food & Wine

**Do you have any recipes featuring pepper to share?
Contact educator@herbsociety.org**