

Recipes



Star Anise, *Illicium verum*

Tips for Using Star Anise:

- Pairs well with citrus. Use in vinaigrettes and other citrus-based sauces.
- Include in spice rubs for red meat, especially with a soy sauce base or roast duck.
- Combines well with baking spices like cinnamon, nutmeg, allspice, clove and cardamom in recipes like gingerbread, spice cake, apple and other baked fruit dishes.
- Simmer whole pods in soups, sauces, marinades and teas but remove before serving.
- Ground star anise can also be used, but the flavor diminishes in about 6 months while the pod remains vibrant and fresh for about one year. Grind in a spice grinder or high-powered blender and use immediately or store in an airtight container.
- Use sparingly to not overpower a dish.

Quick Cider-Mulled Wine

1 (750 ml) bottle juicy light red wine, such as Beaujolais
4 ounces brandy
2 cups of fresh apple cider
2-star anise pods
6 whole cloves
2 cinnamon sticks; plus 6 more for serving (optional)

Bring wine, brandy, apple cider, star anise, cloves and 2 cinnamon sticks to a boil in a medium saucepan. Reduce heat to low and simmer until flavors are infused, about 15 minutes.

Divide among mugs, garnish with 6 cinnamon sticks if using, and serve.

Do Ahead: Mulled wine can be made 2 hours ahead; cover and store at room temperature or chill up to 3 days. Rewarm over medium-low heat before serving.

Editor's note: alternatively, add wine and brandy towards the end of the cooking time, just to bring them to temperature.

Matt Ducker
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Roast Pork Shoulder with Star Anise and Soy Sauce

4 star anise pods
1 tablespoon coriander seed
1 red Fresno chile
3 garlic cloves
2 tablespoons soy sauce
1 tablespoon fish sauce (such as nam pla or nuoc nam)
1 teaspoon hot smoked Spanish paprika
1 (7-8 pound) skin-on, bone in pork picnic shoulder
Kosher salt, freshly ground pepper
Special equipment:
Spice mill or mortar and pestle

Grind star anise and coriander seeds in spice mill or with mortar and pestle. Slice chile and garlic, then mash to a paste using the side of a chef's knife. Transfer to a small bowl and stir in ground spices, soy sauce, fish sauce, and paprika.

Lightly score pork skin crosswise in a tight pattern with a very sharp knife, cutting through the skin and some fat, but taking care not to slash the meat itself. Transfer pork to a large Dutch oven with a tight-fitting lid or a roasting pan. Season liberally with salt and pepper and rub with marinade. Cover (use foil with roasting pan) and chill overnight.

Preheat oven to 425°F. Place pork, covered, in oven; reduce oven temp to 300°F. Roast pork, basting with juices every hour, until meat is fork-tender and bones are very loose, 5–5 1/2 hours.

Uncover pork and increase temperature to 450°F. Roast, basting every 5 minutes and adding water by ¼-cupfuls if juices become syrupy, until pork is dark brown and skin is crisp, 15–20 minutes.

Carefully transfer the pork to a platter. Skim fat from pan juices and pour remaining juices over.

Do Ahead: Pork can be marinated 2 days ahead. Keep chilled. Or, preseason the pork for only 1 to 2 hours.

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Chinese Five-Spice

3 tablespoons cinnamon
6 star anise
1½ teaspoons fennel seeds

1½ teaspoons Sichuan peppercorns or whole black peppercorns
¾ teaspoon of ground cloves

Dry roast in a small frying pan until fragrant, being careful not to burn it. Remove from heat and when cool, grind ingredients to a powder in a blender or coffee grinder. Store in an airtight container for up to 2 months.

**Do you have a recipe using star anise to share?
Please send it to educator@herbsociety.org**