



Star Anise & Ginger Braised Chicken

This star anise and ginger braised chicken with soy sauce is a healthy meal that will fill your kitchen with exotic aromas and can be made in a single pot on the stove-top or in the slow cooker.

MAKES 4 SERVINGS

Ingredients:

- 1 tablespoon vegetable oil
- 2 pounds bone-in, skin-on chicken pieces or 1 1/2 pounds (680 g) boneless chicken breast
- Sea salt
- 1-inch piece ginger, peeled and cut into thin strips
- 3 garlic cloves, thinly sliced
- 1/3 cup Chinese rice wine, (in a pinch you could use dry sherry or sake)
- 1/2 cup homemade chicken stock, low-sodium canned chicken broth, or water
- 1 tablespoon runny honey
- 1 star anise
- 1/4 cup light or low-sodium soy sauce, (trust us you really want to use low-sodium soy sauce here)
- 3 to 4 tablespoons fresh clementine or orange juice, if desired
- 2 scallions (white and green parts), thinly sliced

Heat the oil in a large saucepan. If desired, remove the skin from the chicken. Place the chicken in the pan, skin-side down, being careful not to crowd the pieces. (You may need to work in batches.) Cook until browned, about 4 minutes per side. Transfer to a plate and season lightly with salt.

Pour off all but 1 tablespoon of oil from the pan. Add the ginger, garlic, rice wine, stock or water, honey, star anise, and soy sauce to the pan and bring to a boil. Add the clementine juice and the chicken, reduce the heat to medium-low, cover, and simmer very gently for 15 minutes.

Then turn the chicken pieces and continue to simmer gently until cooked through, about 5 minutes more, depending on the size of the chicken pieces. Use a slotted spoon to transfer the chicken to a plate.

Skim any fat from the surface of the sauce. Take a sip of the sauce and adjust the seasoning, if necessary. Return the liquid to a simmer and reduce slightly, 2 to 3 minutes. (Be mindful that reducing it too much could cause the sauce to seem quite salty.)

Remove and discard the star anise. Return the chicken to the pan and turn to coat it in the sauce. Sprinkle with the scallions.

Note: Find a slow cooker version of this recipe at the link below!

*From **Leite's Culinaría***



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www.menashalibrary.org/sotm

Sources:

- <https://www.healthline.com/nutrition/star-anise#benefits>
- <https://www.health.com/star-anise-benefits-8425939>
- sample herbs purchased from **Kah's Journey**



Spice of the Month STAR ANISE



Star anise is a spice made from the fruit of the Chinese evergreen tree *Illicium verum*. It's aptly named for the star-shaped pods from which the spice seeds are harvested and has a flavor that is reminiscent of licorice. Because of similarities in their flavor and names, star anise is often confused with anise, though the two spices are unrelated.

Star anise is famed not only for its distinct flavor and culinary applications but also for its medicinal benefits. It has powerful bioactive compounds that may help treat fungal, bacterial, and viral infections.

In this newsletter you will find:

Tips, recipes, and more. Keep reading! →



Learn About Star Anise

- Star anise has long been used in Traditional Chinese Medicine (TCM) to **treat conditions such as insomnia, rheumatoid arthritis, and skin diseases.**
- Star anise is **rich in antioxidants and high in iron and vitamins A and C.** It also contains shikimic acid, a compound with strong antiviral capabilities.
- Star anise is a **rich source of the flavonoid anethole.** This compound is responsible for the spice's distinct flavor and offers **potent antifungal benefits.**
- Star anise is a concentrated source of polyphenols and terpenoid compounds that have **blood lipid-lowering and anti-obesity activities.**
- Star anise can help **relieve symptoms such as bloating, gas, and indigestion.**
- To assess freshness and potency, break off and crush the tip of the star anise pod. Fresh star anise has a powerful, sweet aroma. **A weak aroma indicates that the spice has lost its pungency and may need to be replaced.**

Note: Information in this newsletter is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.



Star Anise Porridge

Star anise porridge is one of those incredibly heartwarming bowl of porridges that tastes sensational and makes you feel good after eating it.

SERVES 2

Ingredients:

- 1 cup (100 g) steel-cut oats / store havegryn
- 1 cup (240 ml) milk
- 1 cup (240 ml) water
- 3 star anise
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon freshly grated ginger
- 1 teaspoon vanilla extract
- 1 teaspoon flaxseeds

In a large saucepan, bring the oats, milk, water, star anise, cinnamon, nutmeg, ginger, vanilla extract and flaxseeds to a simmer over medium heat and cook, 5 to 8 minutes or until the oats have softened and the porridge has thickened. Remove the star anise and transfer the porridge to two bowls. Top with your choice of toppings, such as brown sugar, cream, and walnuts. Serve while warm.

Note: You can also serve your porridge with syrup, honey, dried fruits and other types of nuts and seeds you prefer.

*From **North Wild Kitchen***



How to Use Star Anise

- Star anise is sold in whole pod and ground form. For the best flavor, it's **recommended to use whole pods or to grind star anise pods into a fresh powder** using a spice grinder or a mortar and pestle.
- When used whole, star anise pods are simmered in soups, stews, and braises. Like bay leaves, **star anise is usually removed and discarded from the dish before serving.** It pairs well in savory recipes with citrus, poultry, and beef, adding a contrasting sweet licorice-like flavor to dishes.
- Star anise has a strong flavor, so start with a little and add more to taste. **A single star anise is usually enough for most dishes.**
- Star anise **goes well with cinnamon, cardamom, and cloves.** You can also mix ground star anise with other spices like cumin, coriander, and pepper to create rubs for meats or poultry.
- **Toasting** whole star anise in a dry pan for a few minutes before using intensifies its flavor.

Bonus Tip:

Store star anise in an airtight container in a cool, dry place for about a year.

Roasted Sweet Potatoes with Aniseed

One pan, sweet, tender and aromatic, oven roasted sweet potatoes with aniseed and star anise are so easy to make and extremely delicious.

MAKES 4 SERVIINGS

Ingredients:

- 2 large sweet potatoes (2lb, 500g)
- 2 tablespoons olive oil
- 1 tablespoon aniseed
- 1 teaspoon flaky sea salt
- 2-3 star anise pods

Preheat the oven to 400F and line a large baking sheet with parchment paper. Set aside.

Wash and pat dry your sweet potatoes and cut them into cubes. Place them on the prepared baking sheet and drizzle with olive oil. Mix well to coat on all sides. Sprinkle with aniseed, flaky salt and place a couple of star anise in the middle.

Roast for about 25-30 minutes, or until they are fully cooked and can easily be smashed when poked with a fork. Remove from oven and serve immediately.

*From **Gus Cooks***