

# Chinese 5 Spice Blend

From *Alchemy of Herbs*, Rosalee De La Foret

This spice blend is the secret behind many popular Chinese restaurant dishes. Try it on meats, veggies, and even popcorn.

- 2 tsp black peppercorns
- 2 tsp cinnamon chips\*
- 2 whole star anise
- 1 tsp whole cloves
- 1 tsp fennel seeds

\*Make chips by breaking a cinnamon quill into pieces.

Toast ingredients in a dry pan over medium heat until fragrant, about 2-3 minutes. Swirl pan gently and toss seeds occasionally to prevent burning. Allow to cool.

Add mixture to a spice grinder and grind. Store blend in airtight container for up to 2-3 months.



## Black Pepper Rice with Almonds

From *Healing Spices*, Bharat B. Aggarwal

- 1 cup basmati or long-grain rice
- 1 Tbl canola oil
- 3 curry leaves (optional)
- 1 small dried red chile
- 1 tsp black mustard seeds
- 1 tsp cumin seed
- 1 cup chopped onions
- 1 1/2 tsp freshly ground black pepper
- 1/2 tsp ground cumin
- 1 tsp salt
- 1/4 cup sliced almonds



Cook rice according to instructions but omit using salt or oil. Let cool for about 1 hour, stirring occasionally to keep from sticking.

Heat oil in large skillet over medium-high heat. When oil is hot but not smoking add curry leaves and red chile. Add mustard and cumin seeds. Cover and heat until mustard seeds pop, about 30 seconds.

Add onions and cook for one minute. Add the cooked rice and stir well. Add black pepper, ground cumin, and salt and mix well. Stir in the almonds and serve.

Makes 4 servings.

# Goodbye Wet Cough Tea

From *Herbal Kitchen*, Tami McBride

- 1/4 tsp powdered black pepper
- 1 tsp honey
- 1 cup hot water

Boil water as for tea. Let cool slightly and pour in tea cup. Combine honey and powdered black pepper to tea cup and stir well.



## Cough-Ease Honey

From *Herbal Kitchen*, Tami McBride

- 1 cup honey
- 2 Tbl powdered fennel seed
- 1 tsp powdered star anise
- 3/4 tsp powdered black pepper
- 1/2 tsp powdered ginger

Stir into hot tea or hot water for wet coughs with excess mucus. Infused honey is very shelf stable and will keep 1+ years.

### How to Infuse Honey

Put honey in a clean and sterilized jar. Put the jar in a double boiler over low heat.

Gently heat for 15 minutes or until honey is warm and appears easy to stir. Do not boil or overheat honey.

Stir the powdered herbs into the honey. Remove jar of honey from double boiler and let cool.

Let honey sit and infuse out of the heat and light for about 2 weeks, stirring occasionally.

