

Cooking with Conshy Spice Packet

Chinese Five Spice

Of all the spices in the world, few are as enigmatic as Chinese Five Spice, usually a blend of star anise, cloves, cinnamon, Sichuan peppercorns, and fennel seeds. The name actually alludes to the blend's ability to touch all five-taste elements: sweet, bitter, sour, salty, and savory. This balance is the entire point of the fragrant deeply reddish-brown spice powder.

There are many different ways to use Chinese Five Spice in your cooking:

- Use Chinese Five Spice as a rub for meats and poultry.
- Sprinkle Chinese Five Spice on cooked rice for added flavor.
- Mix Chinese Five Spice with honey and soy sauce to dress chicken wings.
- Combine Chinese Five Spice with duck sauce to complement baked ham.
- Add Chinese Five Spice into your favorite baked goods.
- Garnish vegetables and fruit salads with Chinese Five Spice.
- Create a Chinese Five Spice simple syrup for your bourbon cocktail.

Recipe SUGGESTIONS:

Chinese Five-Spice Chicken

- **Author:** Silk Road Recipes
- **Prep Time:** 20 minutes
- **Cook Time:** 35 minutes
- **Total Time:** 55 minutes
- **Yield:** 4 servings

Chinese Five Spice Chicken is a chicken, apple, fennel sheet pan meal that cooks in under an hour that bastes with a savory five spice sauce.

Ingredients

- 1 1/2 lbs chicken thighs bone-in, skin-on (adjust time if boneless to approx 20 minutes of cooking)
- 2 tbsp olive oil
- 1 fennel bulb (with feathery stalks)
- 1 sweet potato peeled and cut into 1/4" slices
- 1 red onion cut lengthwise into 1/4" slices
- 2 Honey Crisp apples (or other firm/tart apples, unpeeled, cored, and sliced to 1/4-inch wedges)
- 1 tsp kosher salt
- 1/2 tsp black pepper
- pinch red pepper flakes

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Basting sauce

- 1/4 cup chicken stock
- 2 tbsp butter melted
- 1 tbsp honey
- 1 1/2 tsp Chinese Five Spice powder
- 1/4 tsp soy sauce



Instructions

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil and spray with cooking spray. In a small bowl, combine chicken stock, butter, honey, Chinese Five Spice powder, soy sauce.
2. Cut off fennel stalks and reserve feathery leaves for garnish. Trim base of bulb and tough outer layers. Halve bulb lengthwise, cut out core in a V, and cut bulb lengthwise into 1/4" wedges.
3. In a bowl toss the fennel, sweet potato, red onion and apple with oil. Arrange in a single layer on baking sheet and sprinkle with salt, black and red pepper flakes.
4. Arrange chicken on top, skin side up. Brush half of sauce on chicken. Roast 15 minutes, then baste again with sauce and any pan juices (use a bulb baster or wide spoon). Continue to roast until chicken is nicely browned and no longer pink at bone (cut to test or 165°F), 15 to 20 minutes more. Baste everything again and scatter reserved fennel leaves on top prior to serving.

<https://silkroadrecipes.com/chinese-roast-chicken/#wprm-recipe-container-9686>

Roasted Five-Spice Carrots

- **Author:** My Gourmet Connection
- **Prep Time:** 5 minutes
- **Cook Time:** 25 minutes
- **Total Time:** 30 minutes
- **Yield:** 6 servings

Roasted carrots develop a subtle, aromatic flavor from Chinese Five-Spice powder, and go great with roast pork, chicken, or broiled fish.

Ingredients

- 1 1/2 lbs fresh carrots
- 1 tablespoon toasted sesame or vegetable oil
- 1 tablespoon butter, *melted*
- 1 tablespoon sugar
- 1 1/2 teaspoons Chinese Five-Spice powder
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



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Instructions

1. Preheat the oven to 425°F and spray a rimmed baking sheet with nonstick spray.
2. Peel the carrots, halve them lengthwise, then cut crosswise into three pieces and place them in a large bowl.
*Note: Carrot pieces should be approximately 3/8-inch thick by 2 1/2 inches long. You may need to cut the thicker end lengthwise a second time to achieve uniform size.
3. Combine the sugar, Chinese Five-Spice powder, salt and pepper in a small bowl. Drizzle the carrots with the sesame oil and butter, sprinkle with seasonings and toss to coat thoroughly.
4. Arrange on the baking sheet in a single layer and roast for 18 to 25 minutes, until the carrots are tender and lightly caramelized. Serve immediately.

<https://www.mygourmetconnection.com/roasted-five-spice-carrots/#recipe>

Five-Spice Banana Bread

- **Author:** This Healthy Table
- **Prep Time:** 3 minutes
- **Cook Time:** 50 minutes
- **Total Time:** 73 minutes

This banana bread is moist and delicious - it's flavored with Chinese Five Spice so it has a deep, rich flavor.

Ingredients

- 1/3 cup butter
- 3 very ripe bananas
- 2 teaspoons Chinese Five-Spice powder
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 3/4 cup sugar
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour



Instructions

1. Preheat the oven to 350°F. Butter a 4x8 inch loaf pan.
2. Melt the butter in a microwave in a large bowl.
3. Add the bananas and mash with a fork until they are broken down and fully combined with the butter.
4. Then add the Chinese Five-Spice powder, baking soda, salt, and sugar. Stir to combine.
5. Add the egg and vanilla and stir to combine.

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6. Then add the flour and stir just until fully combined.
7. Pour the batter into the loaf pan and bake for 50-60 minutes, or until cooked through. Use a wooden skewer to crumb test.
8. Remove from the oven and allow to cool for 20 minutes before removing and slicing.

<https://thishealthytable.com/blog/five-spice-banana-bread/>

What did you make with your Chinese five spice?

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HAPPY COOKING!