

# CHINESE FIVE SPICE

YIELD: 6 cups (96 1 TBSP servings)

Five-Spice powder is the common blend found throughout China. It embodies the essence of the five sense – salty, sweet, bitter, sour, and umami (savory). The ratios will vary but the ingredients are the same. This is a floral and earthy blend with the star anise being the flavor lead. Great for braises, marinades, sauces, and stews.

## INGREDIENTS

- 1 ½ cups fennel seeds, ground
- 1 cup Sichuan or black peppercorns, ground
- ½ cup whole cloves, ground
- 2 cups anise seed pods, ground
- 1 cups cinnamon, ground

## DIRECTIONS

1. Grind all spices together in Vitamix or other high-powered blender. Mix and store in an airtight container in a cool, dry area.

## RECIPE NOTES

Nutritional information per serving\*: 20 calories; 0.06 g sat. fat; 3.4 mg sodium; 3.9 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*