

# SPICE OF THE MONTH CLUB

April 2023

## Join us to discuss

*Tuesday, 04/25 / 6:00pm / Conference Room*

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes!



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## This month's spice: Dill

### History

Dill is native to Mediterranean regions and southern Russia. It is known to have been cultivated as far back as 3000 BCE by the ancient Babylonians and Assyrians. Dill was known to the Romans, who regarded it as a symbol of vitality: they sprinkled it over food given to gladiators. The first-century CE Roman scholar Pliny wrote of dill. Medieval writers believed it had magical properties that could ward off evil and enhance love potions and aphrodisiacs. It has been cultivated in England since 1570 and was more popular there in the 17th century than it is now. In America, dill seeds were referred to as "meeting house seeds," and were often brought as a snack to church services.

### Use

Five-spice powder has a distinct licorice-like flavor due to star anise, with sweet and warm flavors from the cinnamon and fennel. Cloves add a cooling sensation while the Szechuan peppercorns add a numbing and peppery note. Five-spice powder is used sparingly as a spice or a meat rub, as it can be quite strong. This fragrant mixture is delicious in any stir-fry recipe.



# Five Spice Fried Chicken Drumsticks

*Total prep and cook time: 1 hour*

*Yields 8 servings*

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## INGREDIENTS:

- 12 chicken legs
- Salt and black pepper (to taste)
- 1/2 tsp garlic powder
- 1 tbsp five-spice powder, divided
- 2 eggs
- 1 tbsp water
- 1 1/2 cups all-purpose flour
- 2 1/2 tsp baking powder
- 1/2 tsp white pepper
- Peanut or vegetable oil (for frying)



## STEPS:

1. Put your chicken legs in a large bowl and season with salt, pepper, garlic powder, and half of the five-spice powder. In a medium bowl, whisk together your 2 eggs and tablespoon of water. Add to the chicken, and toss everything together.
2. In shallow baking dish, stir together the flour, baking powder, white pepper, and the other half of the five spice powder. Fill a cast iron skillet slightly less than halfway with oil, and heat to 360 degrees.
3. Take each drumstick and allow the excess egg to drip off. Thoroughly coat in the flour mixture, and shake off any excess. Lay them in the oil, four at a time.
4. Fry each batch of chicken for 14 minutes, maintaining a temperature of 350 degrees (the oil will cool right down when you add the chicken), and flipping them about halfway through, until crispy and golden brown. Serve!

# Roast Pork with Five Spice

*Total prep and cook time: 2 hours 15 minutes*

*Yields 6 servings*

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## INGREDIENTS:

2 1/2 pounds pork belly

1 tbsp salt

2 tbsp sugar

1/4 tsp five spice powder

1/4 tsp garlic powder

1/4 tsp ground ginger

1/4 tsp cinnamon



## STEPS:

1. Get a large pot of boiling water on the stove. Add the piece of pork to the water and cook for about ten minutes. This gets some of the blood and fat off the meat. Take the meat out and pat it dry with paper towel.
2. Mix all your spices together and rub the pork all over with the spice mixture. Put it in the refrigerator to marinate for 1 hour.
3. Preheat oven to 375 degrees, roast the pork until tender (about 45 minutes – 1 hour).
4. Allow to rest for 10 minutes before serving.

# Orange Five-Spice Roast Goose & Potatoes

*Total prep and cook time: 2 hours 45 minutes*

*Yields 8 serving*

## INGREDIENTS:

10 lb. goose	1 tsp shaoxing wine or dry sherry	2 scallions (cut into 4-inch lengths)
2 oranges	1 tbsp soy sauce	3 lbs potatoes
1 1/2 tsp salt; more for cavity	5 cloves garlic, minced	herbs for the potatoes; rosemary, thyme, sage, etc.
1/4 tsp pepper	3 slices ginger	
2 tsp sugar		
2 tsp five-spice powder		

*Note: Your goose should be close to room temperature when you're ready to put it in the oven.*

## STEPS:

1. Get your goose ready for roasting by removing the giblets and neck from the cavity. Use a sharp knife to trim any large pads of fat from the inside. Give the goose a really thorough rinse (including the cavity), and pat dry. Do not remove the flap of skin at the neck, just tuck it underneath the goose to keep it sealed.
2. If the goose is trussed, remove the string and pull out the legs and wings slightly, which will help with more even cooking. Place the goose in a foil-lined roasting pan. You definitely want there to be a sizeable rim around the pan, as the goose will release a lot of fat as it cooks.
3. Zest the oranges and mix the zest with 1½ teaspoons salt, pepper, sugar, five spice powder, shaoxing wine (or sherry), and soy sauce. Set aside.
4. Season the goose cavity with salt, and rub the minced garlic all throughout the cavity as well. Stuff the ginger slices and scallions into the cavity, along with the zested oranges, cut into quarters.
5. Rub the orange zest and five-spice mixture all over the goose, and set it aside for 30 minutes (you can also marinate it overnight for optimum results). During this time, preheat your oven to 450 degrees F (230 degrees C).
6. Place the goose in the oven and cook for 10 minutes at 450 degrees F/230 degrees C. Reduce the heat to 350 degrees F (190 degrees C) and cook for another 10-12 minutes per pound (about 1 hour and 45 minutes to 2 hours for a 10-pound goose. If your goose is larger, increase the cooking time accordingly). Feel free to adjust cooking times depending on your desired doneness, but don't dry it out! When a meat thermometer in the thigh reads 165-170 degrees F, it's done.
7. Every 30 minutes, baste the bird with the fat in the pan. About halfway through cooking, tent the breast loosely with foil and spoon out 3 tablespoons of goose fat.
8. Take this fat and toss it on a roasting pan with the potatoes, salt, pepper, and your choice of herbs—thyme, rosemary, whatever. Throw those into the oven with the goose in its last half hour and roast.
9. Once the goose is done roasting, take it out of the oven and cover with foil. Give the potatoes a stir and crank the heat up to 400 degrees F (205 degrees C) to finish roasting. Let the goose rest for 20 minutes while the potatoes finish cooking.
10. Carve the goose and serve with the roasted potatoes. (Note: you can keep the rendered fat in a mason jar in the fridge and save it for roasted vegetables, beans, and stews).