



Sichuan Pepper

Homemade Chinese Five Spice Blend

This ancient spice mix is based on the five elements – earth, fire, metal, water and wood. In traditional Chinese medicine, the spices in the five-spice mix have the ability to restore any bodily imbalances in these elements.

INGREDIENTS

- 1 tbsp Sichuan peppercorns
- 1 tbsp fennel seeds
- 1 tsp whole cloves
- 2 cinnamon sticks
- 6 star anise

METHOD

1. Gently toast the spices in a pan over a low heat to enhance their flavours
2. Use a small food blender or pestle and mortar to grind the spices into a fine powder.
3. Spoon the spice mix into a small airtight jar or pot. It should keep for more than a year if stored in a cool, dark cupboard.