



Spice Up Your Winter!

Maynard Library

Spice Club

FENNEL SEED

SPICE INFORMATION

Fennel (*Foeniculum vulgare*) is a flowering plant species in the carrot family, which also includes parsley and dill. It is a hardy, perennial herb with yellow flowers and feathery leaves. Fennel has tiny yellow flowers on thin stems that radiate from a central stem. When the seeds are ready to



harvest, the stems will dry out and turn from green to yellowish-brown. At this stage, the seeds will easily fall off the plant with a little agitation to encourage them. Florence fennel or finocchio has a swollen, bulb-like stem base that is used as a vegetable.

Fennel is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, particularly in North America, Northern Europe, Asia, and Australia. It

grows especially well on dry soils near the sea-coast and on riverbanks. Fennel is such a robust (bordering on invasive) crop that it is considered a weed in Australia and the United States.

Fennel seeds (known as saunf in Hindi) have a distinctive, sweet and herbal licorice taste. It is used in traditionally made Italian sausages; sugar-coated as an edible breath-freshener in India; in the alcoholic spirit absinthe; and even as a flavoring agent in toothpastes.

Use the seeds whole or grind them as needed in small batches. Seeds are easily ground using either a mortar and pestle or a clean coffee mill. While you can purchase fennel already ground, it loses potency quickly in this form.



Fennel is sometimes confused with anise, and although both are part of the carrot/parsley family, anise is a distinct species. Anise, grown mainly for its seeds, has a stronger, sharper licorice flavor compared to fennel. To make things a bit more complicated, the strong, distinctive-tasting star anise—a main ingredient in many Chinese dishes—is from a completely different plant family than both fennel and anise.

<https://en.wikipedia.org/wiki/Fennel>

<https://www.precisionnutrition.com/encyclopedia/food/fennel-seeds>

<https://www.thespruceeats.com/saunf-fennel-seeds-1957877>

<https://www.eatingwell.com/article/7527554/what-are-fennel-seeds-and-how-do-you-cook-with-them/>

This document can be found at <https://www.maynardpubliclibrary.org/spice>

RECIPES

Candied Fennel Seeds

<https://food52.com/recipes/34703-candied-fennel-seeds>

INGREDIENTS

- 2 tablespoons organic sugar
- 2 tablespoons water
- 2-3 tablespoons fennel seeds



DIRECTIONS

1. In a small saucepan add the sugar and the water and bring to a boil over medium-high heat. Stir continuously until the mixture becomes syrupy. Usually at this point it will produce a lot more bubbles. About 2-3 minutes.
2. Reduce heat to medium and add in the fennel seeds. Continue to stir until the mixture crystalizes. This will happen from one second to the next and the fennel seeds will look almost dry. Quickly remove from heat and continue to stir a few more seconds until the fennel seeds are dry and separated. Pour into a sealable air-tight container.
3. Sprinkle on salads, desserts, oatmeal, etc. Or use to freshen breath after a spicy meal :)

Chai Spices Blend

<https://www.acouplecooks.com/chai-spices-mix/>

Prep Time: 5 minutes Yield: About 6 ½ tablespoons



INGREDIENTS

- 3 tablespoons ground cinnamon
- 2 tablespoons ground ginger
- 1 tablespoon ground cardamom
- ½ teaspoon ground black pepper
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ¼ teaspoon ground fennel seed

INSTRUCTIONS

Mix together all the spices. (Note that fennel is usually sold as fennel seeds: you can grind it in a mortar and pestle, spice grinder or coffee grinder.) Store 6 months to 1 year in a sealed container in a cool, dry place.

Fennel and Orange-Scented Challah

<http://joannathan.com/fennel-and-orange-scented-challah/>

Makes two loaves



INGREDIENTS

1 ½ tablespoons (2 packages) active dry yeast
1 tablespoon plus 1/3 cup sugar
Grated zest from 2 large oranges plus 1/2 cup of the juice, strained
⅓ cup vegetable or canola oil
3 large eggs, plus 1 egg yolk
1 tablespoon salt
7 ½ cups unbleached all-purpose flour, plus more as needed
1 tablespoon fennel seeds
2 teaspoons poppy seeds
2 teaspoons roasted sesame seeds

DIRECTIONS

1. In the bowl of a standing mixer, dissolve yeast and 1 tablespoon sugar in 1 cup of lukewarm water.
2. Using the paddle attachment, stir orange zest, juice and oil into yeast mixture, then add 2 eggs, 1 at a time, and remaining sugar and salt. Switch to the dough hook and gradually add 6 cups of flour, kneading for about 5 minutes and adding more flour as needed to make a slightly sticky, smooth and elastic dough.
3. Grease a large bowl, turn dough into it and then turn the dough over to grease the top. Cover with greased plastic wrap and let rise in a warm place for 1 hour, or refrigerate for a few hours or overnight.
4. When the dough has almost doubled, punch it down, remove it to a lightly floured counter, knead it briefly until smooth and divide it in half. Roll each piece into a cylinder about 27 inches long, making sure there are no seams in the dough. Bring one end of the dough up to the other and twist to form a spiral. Push both ends together to make a squat 12-inch loaf. Repeat with other piece of dough and arrange loaves on a parchment-lined baking sheet at least 2 inches apart. You can also twist the long spirals into a circle if you like; the dough is very malleable.

5. Beat remaining egg and egg yolk and brush about half the mixture on the loaves, reserving the rest. Let the dough rise uncovered another half-hour or overnight in refrigerator.
6. If dough was refrigerated, bring to room temperature. Heat oven to 350 degrees and in a small bowl, combine fennel, poppy and sesame seeds. Brush the loaves with egg again and sprinkle with seeds.
7. Bake for 35 to 40 minutes or until golden and firm when tapped with a spatula. Cool on a rack.

Roasted Cauliflower & Fennel Soup

<https://www.landolakes.com/recipe/19811/roasted-cauliflower-fennel-soup/>

Prep Time 15 min Total Time 1 hr 15 min Servings 6

INGREDIENTS

- 1/4 cup butter, divided
- 4 cups cauliflower florets
- 1 medium (1 cup) fennel bulb, cored, chopped
- 3 garlic cloves
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1 medium (1 cup) white onion, chopped
- 1 teaspoon fennel seeds
- 3 cups chicken stock
- 1/8 teaspoon ground red pepper (cayenne)
- 2 cups half & half
- Shelled and roasted pistachios, chopped, optional
- Fennel fronds, chopped, optional



DIRECTIONS

1. Heat oven to 375°F. Line 15x10x1-inch baking sheet with parchment paper; set aside.
2. Place 2 tablespoons butter into bowl; microwave until melted. Add cauliflower, fennel and garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper; toss until coated. Spoon onto prepared baking sheet; bake 25-35 minutes or until golden brown and tender.
3. Melt remaining 2 tablespoons butter in 4-quart saucepan until sizzling. Add onion; cook 6-8 minutes or until translucent. Add fennel seeds; cook 5 minutes. Add roasted vegetables, chicken stock, 1/4 teaspoon salt, 1/4 teaspoon pepper and ground red pepper.
4. Transfer one-third cauliflower mixture carefully into 5-cup blender container. Cover; process until smooth. Place into bowl. Repeat with remaining cauliflower mixture.
5. Return mixture to saucepan. Add half & half; cook over medium heat until mixture is heated through and just comes to a simmer.
6. Serve warm with chopped pistachios and chopped fennel fronds, if desired.

Lemon & Coconut Red Lentil Dal

<https://www.happyveggiekitchen.com/lemon-coconut-red-lentil-dal/>

4 servings Prep time:15 mins Cook time:20 mins



INGREDIENTS

1 Tbsp coconut oil	½ tsp cinnamon
1 large onion, chopped	1 tsp turmeric
4 cloves garlic, minced	1 cup red lentils
2 tsp ginger, grated or finely minced	1 tsp salt
1 green chili, finely chopped	1.25 cups water
1 tsp cumin seeds	1 can full fat coconut milk, 14oz can
½ tsp fenugreek seeds	1 lemon, zested and juiced
½ tsp fennel seeds	1 bunch fresh cilantro (coriander), chopped, stems and all
1 cardamom pod, seeded	

INSTRUCTIONS

1. Heat the coconut oil in a pan over a low-medium heat. Add the onion and saute until soft and starting to brown.
2. Add the garlic, ginger and chili to the pan. Continue to saute until fragrant.
3. Push the ingredients to the sides of the pan and add the cumin seeds, fenugreek seeds, fennel seeds and cardamom seeds into the middle. Allow them to toast for a few moments until fragrant, and mix them in with the onion mixture.
4. Add the turmeric and cinnamon, mix through the onion mixture.
5. Add the lentils, salt and lemon zest (hold back the juice – this comes later).
6. Pour in the can of coconut milk.
7. Add the water and bring to a simmer. Allow to cook for about 20 minutes, until the lentils are soft (or longer if you'd prefer the lentils to break down more fully).
8. Finally, stir the lemon juice through the dal and add lots of cilantro for topping.

Garlic, Sausage & Kale Naan Pizzas

<https://www.eatingwell.com/recipe/251359/garlic-sausage-kale-naan-pizzas/>

Total: 20 mins Servings: 4



INGREDIENTS

3 tablespoons extra-virgin olive oil, divided
3 cloves garlic, thinly sliced
¼ teaspoon crushed red pepper, or to taste
12 ounces 93%-lean ground turkey
1 teaspoon fennel seeds
1 teaspoon paprika
¼ teaspoon kosher salt, divided
8 cups lightly packed prechopped kale or baby kale
1 tablespoon red-wine vinegar
2 8-inch whole-grain naan breads or whole-wheat pitas
¾ cup mini mozzarella balls (bocconcini)

DIRECTIONS

1. Position rack in upper third of oven; preheat broiler to high.
2. Heat 2 tablespoons oil, garlic and crushed red pepper in a large nonstick skillet over medium-high heat. As soon as the garlic starts to sizzle, add turkey, fennel seeds, paprika and 1/8 teaspoon salt. Cook, breaking up the turkey with a wooden spoon, until it is almost cooked, 2 to 3 minutes. Add kale, vinegar and the remaining 1/8 teaspoon salt; cook, stirring, until the kale is wilted and the turkey is no longer pink, 2 to 3 minutes more. Remove from heat.
3. Place naan (or pitas) on a large baking sheet and brush with the remaining 1 tablespoon oil. Top with equal portions of the turkey mixture and mozzarella.
4. Broil until the cheese is melted and the edges are starting to brown, 2 to 4 minutes. Cut in half.

Roasted Carrots with Fennel, Pistachios and Honey Vinaigrette

The obligatory roasted carrots recipe.

<https://blog.williams-sonoma.com/roasted-carrots-fennel-pistachios-honey-vinaigrette/>

Serves 4

INGREDIENTS

2 tsp. fennel seeds, toasted and coarsely ground
3 Tbs. extra-virgin olive oil
1 lb. rainbow carrots, trimmed
Fine sea salt and freshly ground black pepper
1 Tbs. honey
2 tsp. white balsamic vinegar
1 Tbs. crushed unsalted roasted pistachios



DIRECTIONS

1. Place the ground fennel seeds in a bowl and stir in the olive oil. Let steep for 30 minutes.
2. Preheat an oven to 400°F. Place the carrots on a rimmed baking sheet and drizzle the fennel-infused olive oil over them. Season lightly with salt and pepper. Roll the carrots around to coat completely with the oil, then arrange in a single layer. Roast until the carrots are tender and lightly browned, 20 to 25 minutes.
3. In a small bowl, whisk together the honey and vinegar. Drizzle over the carrots and turn to coat them. Sprinkle the pistachios on top and roast until the carrots are nicely caramelized, about 5 minutes longer. Serve warm.

Vegan Shepherd's Pie

<https://www.acouplecooks.com/vegan-shepherds-pie/>

Prep Time: 40 minutes Cook Time: 20 minutes Yield: 6

INGREDIENTS

1 recipe [Vegan Mashed Potatoes](#) (made with 2 lb Yukon Golds, 3 cloves garlic and 8 T olive oil)
¼ cup olive oil, divided
8 ounces portabella mushrooms (2 large)
1 medium yellow onion
2 large carrots
1 teaspoon kosher salt, divided
3 tablespoons all-purpose flour
1 teaspoon whole fennel seeds
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 tablespoon dried sage
2 cups vegetable broth
1 cup frozen peas
1 15-ounce can lentils, drained (or 1 ½ cups cooked lentils)
1 tablespoon soy sauce (or liquid aminos)
1 teaspoon finely chopped fresh rosemary, for the garnish

INSTRUCTIONS

1. Preheat the oven to 375 F.
2. Make the Vegan Mashed Potatoes recipe. (You can also make these in advance; just reheat before spreading onto the filling to bake.)
3. Meanwhile, dice mushrooms into bite-sized chunks. Peel and slice the carrots into thin half-circles. Cut the onion into thin slivers length-wise (French cut)
4. In large pot, heat 2 tablespoons olive oil on medium high heat. Cook the mushrooms for 5 minutes until golden and tender. Reduce the heat to medium and add 2 tablespoons olive oil and the sliced onion and carrots. Sprinkle with ½ teaspoon kosher salt and cook 5 to 7 minutes until the onions are tender and just browning.
5. Reduce the heat to medium low. Stir in the flour, fennel seeds, smoked paprika, garlic powder, and dried sage and cook for 1 minute. Add the vegetable broth, peas, lentils, soy sauce and remaining ½ teaspoon kosher salt. Cook for about 5 minutes until the broth is very thick and the vegetables are heated through.
6. Pour the filling into a 2-quart small baking dish. Spread the mashed potatoes in a layer on top. Bake 18 to 20 minutes until the potatoes are lightly browned. If desired, broil for 1 to 2 minutes to brown the top. Garnish with chopped rosemary and serve warm.

Roasted Feta & Potato Tray Bake

<https://www.happyveggiekitchen.com/feta-potato-tray-bake/>

<https://www.bbcgoodfood.com/recipes/dukkah>

4 servings Prep time:25 mins Cook time:38 mins

Dukkah

- 50g blanched hazelnuts (½ cup)
- 1 tbsp cumin seeds
- 1 tbsp fennel seeds
- 1 tbsp coriander seeds
- 2 tbsp sesame seeds

Heat oven to 350 F. Mix everything together in a bowl then spread over a baking tray and cook for 8-10 mins until the dukkah looks toasted. Pulse a few times in a food processor just until the nuts are chopped, not smooth.



INGREDIENTS

- 1 lb baby potatoes, sliced into rounds about 1/3rd inch thick
- 9 oz portobello mushrooms, sliced
- 1 Tbsp balsamic vinegar
- 6 Tbsp olive oil
- 4 cloves garlic, minced
- 2 shallots, sliced
- 4.5 oz thick asparagus spears, trimmed to remove tougher bottom stem
- 7 oz block feta cheese, cut widthways into two equally sized pieces
- 2 Tbsp dukkah
- 2 Tbsp honey
- 1 handful parsley, chopped
- 1 lemon, cut into wedges

INSTRUCTIONS

1. Bring a small saucepan of water to boil, and add the potato slices. Simmer for 3 minutes until they are softened, then drain and allow to dry while you prep the rest of the ingredients.
2. Heat the oven to 400 F.
3. In a large mixing bowl, combine the parboiled potatoes, mushroom slices, garlic and shallots. Pour the olive oil and balsamic vinegar over them and mix to ensure everything is well coated.
4. Scatter the potato and mushroom mix across your largest baking sheet, spaced out as much as possible. Place in the oven for 15 minutes.
5. While the potatoes and mushrooms are cooking, prep your feta cheese. Scatter the dukkah onto a chopping board. Drizzle a little honey on each side of the feta, and then

press it into the dukkah to coat it. Press some into the sides too. You won't get the feta fully coated, but just get as much stuck to the feta as you can.

6. Remove the baking tray from the oven. Flip the mushrooms and potatoes over and push them more to the sides of the pan to clear some space in the middle.
7. Add the feta slices to the pan, spritzing or drizzling a little olive oil on top.
8. Add the asparagus spears to the pan, and lightly drizzle with oil. Add a little salt and pepper if desired too. Try to leave some space around the feta, but you can let the asparagus spears touch each other.
9. Place back in the oven for another 20 minutes, until the feta is starting to brown at the edges.
10. Drizzle a little extra honey over the roasted feta, if desired.
11. Serve with lemon wedges and fresh parsley for garnish.

Sheet Tray Sausages with Onions & Grapes

<https://frugalhausfrau.com/2019/12/02/sheet-tray-sausages-with-onions-grapes/>

Based on Melissa Clark's recipe

Serve this on a bed of polenta or mashed potatoes, or with some crusty bread to sop up the vinegary, sausage-rich pan juices, and a green salad on the side.

Total Time: 35 minutes Yield: 4 servings



INGREDIENTS

- 1 large Spanish onion, sliced pole to pole about 3/8ths of an inch thick
- 4 tablespoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt, plus more to taste
- ½ teaspoon freshly ground black pepper
- 4 cups seedless red grapes (1 1/4 pounds), destemmed
- 1 teaspoon fennel seeds, lightly crushed
- 1 pound sausages, any type, poked all over with a fork
- 1/2 cup parsley, coarsely chopped
- 2 tablespoons chopped chives
- 2 teaspoons rice vinegar or sherry vinegar, plus more to taste

INSTRUCTIONS

1. Heat oven to 425 degrees. On a large, heavy (13-by-18-inch) rimmed baking sheet, toss together onion slices, 2 tablespoons oil, salt, and pepper, and spread in an even layer; do not spread too thinly. it's okay to have a lot of space around the edges. Roast for 8 to 12 minutes, until the onions turn translucent and the thinnest pieces take on a pale gold color at the edges.
2. Add grapes, seeds and the remaining 2 tablespoons oil to pan with onions, and toss well. Spread in an even layer and nestle sausage into the mixture.
3. Roast until sausage has browned, 25 to 30 minutes, flipping sausage and tossing grapes and onions halfway through. If at the halfway point it looks as if the sausages are a little

pale and/or the onion mixture is getting a bit dark, move the sausages towards the edge of the onions and grapes where they'll brown better and protect the onions from the heat.

4. Transfer sausages to a platter or to individual plates. Add parsley and chives to pan with grapes and onions and gently toss (this warms up and wilts the herbs). Sprinkle with the herbs and vinegar and toss the sausage grape mixture gently (do not break open the grapes) with a spatula, scraping any browned bits up. Taste and adjust for salt and/or vinegar. Add grapes and onions to the sausages and drizzle any juices over.

Fennel-Roasted Pork Tenderloin with Sweet Onions

<https://www.serious-eats.com/fennel-roasted-pork-tenderloin-recipe>

Active: 10 mins Total: 60 mins Serves: 2 to 3

INGREDIENTS

- 2 medium bulbs fennel, cut into sixths
- 2 medium red onions, cut into sixths
- 3 tablespoons plus 2 teaspoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 tablespoons fennel seeds
- 2 tablespoons fresh thyme
- 1 whole pork tenderloin (1 to 1 1/4 pounds)
- 1 tablespoon balsamic vinegar



DIRECTIONS

1. Adjust rack to middle position and place an empty 13- by 9-inch baking dish in the middle. Preheat the oven to 425°F.
2. In a large bowl, toss fennel, onions, 1 tablespoon of olive oil, and salt and pepper to taste. When the oven is hot, remove the baking dish, add the vegetables, and return to oven. Roast, stirring occasionally, until starting to tenderize, about 30 minutes.
3. Meanwhile, drizzle 2 teaspoons of olive oil over pork and season with salt and pepper. Rub fennel seeds and thyme leaves on exterior. When vegetables are ready, remove baking dish from oven, and push the vegetables to the sides of the dish with a spatula or wooden spoon. Place the pork in the center and return to oven. Roast until the thickest part of the pork registers 145°F on an instant-read thermometer. Remove from oven and allow to rest for 10 minutes.
4. While the pork is resting, whisk together remaining 2 tablespoons of olive oil and 1 tablespoon of balsamic vinegar. Slice the pork into thick rounds, and plate along with the roasted fennel and onion. Drizzle the olive oil and vinegar over the top. Serve immediately.

Fennel and Coriander Crusted Salmon with Fennel Citrus Salad

<https://www.precisionnutrition.com/encyclopedia/food/fennel-seeds>

Prep Time: 30 minutes Cook Time: 10 minutes Yield: 2 servings

INGREDIENTS

Salad:

2 cups fennel bulb, very finely sliced
1 cup grapefruit segments, peeled and seeded
2 tbsp shallots very finely sliced
½ lime, juiced
1 tsp honey
1 tbsp extra virgin olive oil
salt and pepper to taste
fennel seeds for sprinkling

Salmon:

2 tsp fennel seeds
2 tsp coriander seeds
2 tsp
1/2 tsp sea salt
1/2 tsp freshly cracked pepper
2 filets salmon, fresh/thawed
2 tsp extra virgin olive oil, plus extra for skillet

DIRECTIONS

For the Salad:

1. Add sliced fennel bulb, grapefruit segments, and shallots to a bowl.
2. Whisk together lime juice, honey, and olive oil.
3. Pour lime juice mixture over fennel bulb mixture and toss to combine. Season with salt and fresh pepper according to taste preferences. Sprinkle sparingly with fennel seeds, and serve alongside salmon.



For the Salmon:

1. Place fennel seeds and coriander seeds in a dry skillet over medium-high heat. Toast, stirring frequently until seeds are fragrant and golden brown at the edges, about 3 minutes.
2. Place toasted fennel and coriander seeds in a pestle and mortar or spice grinder, along with sea salt and pepper. Process until a coarse spice blend is achieved. Pour this mixture onto a plate and spread it in a relatively even layer.
3. Preheat the oven to 375 F. Drizzle about a teaspoon of olive oil over each filet, and then dredge the top of each filet in the spice mixture. Heat a generous amount of olive oil in a non-stick oven-safe skillet over medium-high heat, and wait until it is hot enough that a flick of water sizzles upon contact. Once heated, place salmon filets, spice-dredged side down onto the skillet and sear for about 2 minutes, until a golden brown crust forms. Then, transfer the skillet to the preheated oven, and cook for an additional 6-8 minutes. Salmon is done when it has lost its translucency and flakes easily with a fork.
4. Plate the salmon filets with the fennel citrus salad, drizzle with additional olive oil, and season with additional salt and pepper, if desired. Serve, and enjoy.

Spicy Coriander-Cumin Chicken Thighs

<https://www.eatingwell.com/recipe/7944652/spicy-coriander-cumin-chicken-thighs/>

Total time: 20 mins Servings: 4



INGREDIENTS

½ ounce dried ancho chiles (about 1 1/2 peppers)
1 teaspoon coriander seeds
1 teaspoon cumin seeds
¾ teaspoon fennel seeds
¾ teaspoon whole black peppercorns
1 ½ tablespoons grated lime zest
¼ teaspoon salt
1 pound boneless, skinless chicken thighs, trimmed
2 tablespoons extra-virgin olive oil

DIRECTIONS

1. Stem, seed and chop chiles. Transfer the peppers to a large cast-iron skillet with coriander, cumin, fennel seeds and peppercorns and cook over medium-high heat, shaking frequently so they don't burn, until fragrant, about 4 minutes. Transfer to a spice grinder or mortar and pestle. Add lime zest and salt, then grind into a coarse powder. Rub the spice mixture on chicken.
2. Heat oil in the pan over medium-high heat until shimmering. Add the chicken and cook, flipping once, until an instant-read thermometer inserted in the thickest part registers 165°F, about 8 minutes.

Sri Lankan Beef Smore

<https://www.serious-eats.com/sri-lankan-beef-smore-recipe>

Adapted from *At Home with Madhur Jaffrey*

Total time: 3 hrs 5 mins Serves: 4 to 6 servings

INGREDIENTS

One 2 1/2-pound piece of beef (shoulder meat, a piece of chuck, or even brisket)
Salt
Freshly ground black pepper
4 teaspoons coriander seeds
1 teaspoon cumin seeds
1 teaspoon fennel seeds
1/4 teaspoon fenugreek seeds
4 tablespoons olive or canola oil

One 2-inch cinnamon stick
1 large onion, finely chopped
One 2-inch piece fresh ginger, peeled and finely grated
4 cloves garlic, finely chopped
2 tablespoons red wine vinegar
1 1/2 cups beef or chicken stock
1/2 to 1 teaspoon cayenne pepper
1 cup coconut milk from a well shaken can

DIRECTIONS

1. Pat the meat dry and sprinkle lightly with salt and lots of black pepper.
2. Set a small cast-iron or other heavy frying pan over medium heat. When very hot, sprinkle in the coriander, cumin, fennel, and fenugreek seeds. Stir for 30 seconds or so until the spices just start to emit a roasted aroma. Empty onto a piece of paper towel, and, when cooled off a bit, grind the spices in a clean coffee grinder or crush in a mortar.
3. Preheat oven to 325°F.
4. Pour the oil into an ovenproof casserole-type pan and set over medium high heat. When hot, put in the meat and brown on all sides. Remove to a plate. Add the cinnamon, onions, ginger, and garlic. Stir and cook 4 to 5 minutes.
5. Add the vinegar, stock, cayenne, 1 1/2 teaspoons salt, ground spices and the beef as well as its accumulated juices. Bring to a boil, stirring the sauce. Cover and place in oven. Cook, basting and turning every 20 minutes or so, about 2 to 2 1/2 hours or until meat is tender. Remove pan from oven. Add the coconut milk, stir, and bring to a simmer before serving.



Apricot, Almond and Lemon Cake

<https://www.davidlebovitz.com/susan-loomis-apricot-almond-and-lemon-bread-cake-recipe/>

David Lebovitz, adapted from *Nuts in the Kitchen* by Susan Loomis You can swap out another nut or dried fruit for the ones recommended.

INGREDIENTS

- 1 1/2 cups flour
- 1 tablespoon baking powder
- 1 rounded teaspoon sea salt
- 1 rounded teaspoon freshly ground black pepper
- 6 large eggs, at room temperature
- 1 stick unsalted butter, melted and cooled to room temperature
- 7 ounces dried apricots, unsulfured, coarsely chopped
- 6 ounces (2 cups) Gruyère, Comté, or Emmental cheese, finely grated
- 1/2 teaspoon fennel seeds, crushed
- grated zest of one lemon
- 1/3 cup almonds, toasted and coarsely chopped
- 1/2 teaspoon cayenne pepper, optional



DIRECTIONS

1. Preheat the oven to 425°F. Butter a loaf pan, line it with parchment paper, then butter the parchment paper.
2. Sift together the flour, baking powder, and salt into a small bowl. Stir in the black pepper. (If you're adding cayenne, add that here as well.)
3. In the bowl of a stand mixer, or by hand, whisk the eggs until frothy (about a minute) then stir in the dry ingredients. Mix in the melted butter until thoroughly blended, then fold in the apricots, cheese, fennel seeds, lemon zest, and almonds.
4. Scrape the batter into the prepared pan and bake for 40 to 45 minutes, or until a knife inserted into the center comes out clean.
5. Remove the cake from the oven and let it sit for about five minutes, then tip it out onto a cooling rack. Wait a few more minutes, then remove the parchment paper and let cool completely before serving.

Fennel Pistachio Cookies

<https://www.allrecipes.com/recipe/176399/fennel-pistachio-cookies/>

Total Time: 25 mins Servings: 36



INGREDIENTS

- 1 cup butter, softened
- 1 ½ cups sugar
- 1 egg
- 2 tablespoons amaretto or almond extract
- 1 tablespoon lemon zest
- 1 ½ teaspoons fennel seed
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¾ cup pistachio nuts, chopped, plus extra for garnish

DIRECTIONS

1. Preheat oven to 350 degrees F. Beat butter with an electric mixer at medium speed until creamy. Gradually add sugar; mix well. Add egg; beat well. Add amaretto, lemon zest and fennel seeds; mix to combine.
2. In a medium bowl, combine flour, baking powder and salt; gradually add to butter mixture; beat well. Stir in pistachio nuts (dough will be stiff).
3. Shape dough into 1-inch balls; place 2 inches apart on ungreased baking sheets. If desired, flatten balls slightly and sprinkle with additional chopped pistachios. Bake for 10 minutes or until lightly browned. Cool slightly on baking sheets; remove to cooling racks and cool completely. Store in an airtight container at room temperature for up to 1 week.

Upside Down Orange Cake

<https://www.acouplecooks.com/fennel-orange-upside-down-cornmeal-cake/>

From *Season* by Nik Sharma

Prep Time: 9 hours Cook Time: 1 hour Yield: 18 servings (Refrigerate the batter overnight)

Calls for a 12 inch pan. Halve ingredients for a 9 inch pan (I think this is right!)

INGREDIENTS



1 ½ cups plus 1 Tbsp unsalted butter, at room temperature
4 Tbsp butter, melted, to grease the baking pan
1 tsp fennel seeds
3 Tbsp plus 1 ½ cups sugar
2 blood oranges, unpeeled
1 Valencia orange, unpeeled
2 cups fine cornmeal
2 cups all-purpose flour or whole-wheat pastry flour
1 Tbsp baking powder
1 Tbsp grated orange zest
1 tsp ground fennel
¼ tsp fine sea salt

6 large eggs, at room temperature
¾ cup fresh orange juice (any type of orange)

INSTRUCTIONS

1. With a pastry brush, liberally grease a **12-inch round cake pan** with half the melted butter. Line the pan with a parchment round and brush the paper with the remaining melted butter. Sprinkle fennel seeds and 3 Tbsp sugar over the bottom of the pan. Using a sharp knife or mandoline, slice the oranges ⅛ inch thick. Arrange the orange slices over the sugar and fennel seeds, covering as much surface area as you can.
2. In a large bowl, whisk together the cornmeal, flour, baking powder, orange zest, ground fennel, and salt. Cream the remaining 1 ½ cups plus 1 tablespoon butter and remaining 1 ½ cups sugar for 4 to 5 minutes on medium-high speed, until light and fluffy. Add the eggs, one at a time, beating after each addition. On medium-low, add half the dry ingredients, beating until combined, 1 to 1 ½ minutes. Beat in the orange juice, and then the remaining dry ingredients, and beat until well combined. Transfer the batter to the prepared pan. Cover the surface of the batter with plastic wrap and refrigerate for at least 8 hours, preferably overnight.
3. Preheat the oven to 350F. Bake the cake for 55 to 60 minutes, rotating the pan halfway through baking, until the center is firm, yet spongy, and a skewer inserted into the center comes out clean.
4. Place the pan on a wire rack and cool for 10 minutes. Run a knife around the inside of the pan to loosen the cake, and invert the cake onto a plate. Let cool for another 10 to 12 minutes, then gently tap the bottom of the pan to unmold the cake. Peel off the parchment paper and cool completely. To serve, cut the cake with a sharp, serrated knife.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>
<https://spoonsofflavor.com/thandai-recipe-homemade-thandai-how-to-make-thandai/> (festive drink made with milk, nuts and exotic spices)

<https://www.lottieanddoof.com/2008/11/cranberry-orange-sorbet-with-fennel-seeds/>

<https://www.carolinescooking.com/kleicha-iraqi-date-cookies/>

<https://niksharmacooks.com/rowntable-com-2014-03-fennel-and-roasted-strawberries-frozen-html/>

<https://www.allrecipes.com/recipe/264497/banana-malpua-fried-indian-pancake-for-diwali/>

<https://www.happyveggiekitchen.com/crispy-vegan-smashed-potatoes-with-lemon-tahini-sauce/>

<https://www.spendwithpennies.com/homemade-italian-sausage/>

<https://www.acouplecooks.com/baked-rigatoni-pasta/>

<https://www.acouplecooks.com/pan-pizza/>

SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a potluck buffet and discussion on Saturday, February 25 @ 12 pm. Feel free to use one of these recipes for your dish or find one on your own.

To see other food resources and register to receive email updates about kits and meetings, visit <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.