

Spice Up Your Winter!

Maynard Library

Spice Club

SALT & PEPPER

SPICE INFORMATION

Black pepper is the world's most traded spice and is one of the most common spices added to cuisines around the world. Black, white, and green peppercorns are all the fruit (drupe) of the same vine *Piper nigrum*, which is native to India. The color variation is from the various stages of development and processing.

The small *Piper nigrum* flowers are in dense slender spikes of about 50 blossoms each. The fruits become yellowish red at maturity and bear a single seed.

Pepper gets its spicy heat mostly from piperine derived from both the outer fruit and the seed. The outer fruit layer also contains aromatic compounds limonene and pinene which give citrusy, woody, and floral notes. These scents are mostly missing in white pepper, as the fermentation and other processing removes the fruit layer (which also contains some of the spicy piperine).

Black peppercorns are harvested when the fruit is still green and not quite ripe. The fruit is picked, cooked briefly in hot water, and allowed to dry in the sun. Enzymes in the berries cause the skin to turn black during the drying process. This type is the strongest in flavor.



Green peppercorns are picked at the same stage of ripeness as black peppercorns, but not allowed to dry. They may be pickled in vinegar or brine. You may also find them freeze-dried or dehydrated (which is more flavorful). Their flavor and spiciness are less concentrated than black peppercorns and are considered the least pungent of the peppercorns.

White peppercorns are the mature berries that ripen to a red color before being picked. After harvesting, they are soaked and rubbed free of the outer skin, revealing a smooth white underlayer. They are then dried and bleached by the sun. White peppercorns are slightly milder than black pepper. Ground white pepper is used in Asian cuisine and also in light-colored dishes where black pepper is considered undesirable. More difficult to find are red peppercorns which are fully ripe with the outer skin remaining. They are dried, pickled or brined.

Piper nigrum peppercorns are sometimes sold by the name of the region they are grown in, such as Tellicherry and Sarawak. The flavor differences come from the variations in soil and climate, and levels of their aromatic compounds.

Pink peppercorns are unrelated to the black peppercorn. They are the fruit of two trees in the *Schinus* genus: *S. molle* (Peruvian pepper) and *S. terebinthifolius* (Brazilian pepper). Their flavor is similar to that of a black peppercorn, but it's not as strong and the flavor is much brighter and fruitier. They are slightly sweet and mild in spiciness, making them a great addition to butter-based sauces, salads, seafoods, dressings, and poultry dishes.



Grains of paradise, also known as melegueta pepper, is a seed that comes from the plant *Aframomum melegueta*. From the same family as ginger, the seed is reddish-brown and about 1/8-inch in diameter. Grains of paradise is used in West and North African cooking. It can also be included in the Moroccan spice blend ras el-hanout. Grains of paradise was used in European beer and winemaking until the 19th century. Over time, as the price of black pepper decreased, the use of grains of paradise declined. Today, it's still used in the production of the Scandinavian spirit aquavit.

Grains of paradise has notes of cardamom, coriander, citrus, ginger, nutmeg, and juniper. It is usually sold as the intact seed and can be used whole, crushed or ground.



Sichuan pepper, also known as Chinese prickly ash, is a spice commonly used in Sichuan cuisine in China, and in northeast India. Despite its name, Sichuan pepper is not closely related to black pepper or chili peppers. It is harvested from plants of the genus *Zanthoxylum* in the family Rutaceae, which includes citrus and rue.

When eaten, Sichuan pepper produces a tingling, numbing effect due to the presence of hydroxy-alpha sanshool. It has a citrus-like flavor and induces a tingling numbness in the mouth. It is used to make five-spice powder along with star anise, cloves, Chinese cinnamon and fennel seeds.

Himalayan pink salt is rock salt mined from the Punjab region of Pakistan. The salt, which often has a pinkish tint due to trace minerals, is primarily used as a food additive to replace refined table salt but is also used for cooking and food presentation, decorative lamps, and spa treatments. The product is often promoted with unsupported claims that it has health benefits.

There is a common misconception that Himalayan salt has lower sodium than conventional table salt, but the levels are similar. It has trace amounts of calcium, iron, zinc, chromium, magnesium, and sulfate, but not iodine, which is added to regular table salt.

Himalayan salt blocks can be used to cure thinly sliced meats, fish and seafood. Heated to high temperatures, blocks are used to sear thinly sliced meats, fish, vegetables, seafood and other quick-cooking foods. Blocks are also used as serving platters for sushi, appetizers, cold meats and cheeses, and fresh fruit and vegetables.

RECIPES

Brined Green Peppercorns

<https://www.frontiercoop.com/recipes/homemade-green-pepper-brine>



These can be used whole or chopped, much like capers, to add a new dimension of flavor to salmon, fried rice, eggs, salads, soups, charcuterie plates and more.

Ingredients

- 2 cups water
- 5 teaspoons Sea Salt, divided
- 1 cup Green Peppercorns
- 1/2 teaspoon Turmeric
- 5 cloves garlic
- 2 Bay Leaves
- 1/2 cup fresh-squeezed lemon juice (about four lemons)

Directions

1. In a medium saucepan, boil water and 4 teaspoons of sea salt. Remove from heat and add dried green peppercorns. Cover and soak peppercorns for 30 minutes.
2. Drain liquid and reserve 1/2 cup of water. In a 16-ounce glass jar, place remaining 1 teaspoon sea salt, turmeric, garlic, bay leaves and drained peppercorns. Pour 1/2 cup reserved soaking liquid and the lemon juice into jar and fill almost to the top.
3. Allow to cool for 30 minutes, then refrigerate overnight. Store in refrigerator for up to 2 months.

Pink Peppercorn and Parmesan Gougères

<https://www.serious-eats.com/the-secret-ingredient-pink-peppercorn-gougeres>

Ingredients

- 1 stick unsalted butter
- 1 cup water
- 1 cup flour
- 3 eggs
- 1 cup grated Parmigiano Reggiano
- 1 tablespoon freeze-dried pink peppercorns, roughly chopped



Directions

1. Preheat the oven to 400 degrees.
2. In a covered saucepot, bring the butter and water to a boil with a pinch of salt.
3. When the water boils and the butter is fully melted, take the pan off the heat, and dump in the flour.

4. Return the pan to low heat, and stir vigorously with a wooden spoon for 30 to 45 seconds, or until the mixture comes together, and comes away from the sides of the pan. Turn the dough out into a large bowl (and soak that pot immediately to help with clean up!).
5. Allow the dough to cool just slightly for a few minutes. Then, adding one egg at a time, stir the eggs into the dough with a wooden spoon. It is vigorous work, but at the end, you will have a sticky dough.
6. Stir in the cheese and the pink peppercorns, and fully incorporate.
7. Use a medium-sized ice cream scoop to make balls of the dough. Line them up on a Silpat-lined baking sheet, leaving some room between them to allow them to puff up. Bake for 10 minutes at 400 degrees F.
8. After 10 minutes, lower the heat to 350 degrees F, and bake another 35 to 40 minutes, until hard to the touch. Pull them out of the oven, and let them sit for 10 minutes on the baking sheet. Then, allow them to cool further on a cooling rack. Eat warm or at room temperature.

Feta Zucchini Swirls with Pink Peppercorns

<https://www.caramelcrew.com/2015/09/12/feta-zucchini-swirls-with-pink-peppercorns/>

Servings: 15 swirls



Ingredients

For the dough:	1 teaspoon sugar
1 cup milk	1 egg for brushing
2 1/4 teaspoons instant dry yeast	For the filling:
2 sticks butter	1 cup zucchini finely diced
3 cups all-purpose flour	2 small shallots finely diced
1 teaspoon salt	1 teaspoon dried parsley
	1 teaspoon dried basil
	1 teaspoon dried oregano
	1 teaspoon pink peppercorns crushed
	1/2 teaspoon salt
	2 tablespoons olive oil
	1 cup feta cubed
	handful fresh arugula roughly chopped

Directions

1. First, make the filling. Heat 2 tablespoons olive oil in a frying pan and add the finely diced zucchini and shallots. Add parsley, basil, oregano and crushed pink peppercorns. Fry until translucent and fragrant, but not brown. Remove from heat and add the cubed feta and arugula. Mix to combine and set aside.
2. The dough
3. Measure the flour into a large bowl. Cut the cold butter into small cubes and pinch it into the flour until you have crumb-like texture. Pea-sized clumps are fine.
4. Dissolve the yeast into warm milk in a bowl. Add sugar and salt to the milk, mix. Add to the flour bowl and mix until you have an even consistency.

5. Flour a working surface and pat the dough into a rectangle shape, roughly 10 x 15 inches in size. Spread the filling evenly on the dough and roll it into a tight log starting from the longer side, finishing with the seam down against the table.
6. Cut into ½ inch pieces if you put them cut side up on the baking sheet, slightly thicker if you want them “standing up” to prevent falling down in the oven. Place pieces on a baking sheet lined with parchment paper and cover with a kitchen towel. Let rise in a warm place for 30 minutes. Preheat the oven to 425°F.
7. Brush tops with lightly whisked egg and bake for around 12-15 minutes, or until the tops are light golden brown.

Salt and Pepper Grilled Chicken Wings

<https://www.allrecipes.com/recipe/264995/salt-and-pepper-grilled-chicken-wings/>

4 servings

Ingredients

2 teaspoons sea salt
3 teaspoons Szechuan peppercorns
1 pound chicken wing drumettes
1 tablespoon peanut oil

Directions

1. Roast salt and peppercorns in a dry skillet over medium-low heat until salt starts to turn yellow and peppercorns become fragrant and begin to pop open, 5 to 10 minutes.
2. In the meantime, preheat an outdoor grill to medium-high heat.
3. Brush chicken wings with peanut oil. Grill wings over indirect heat, turning occasionally, until juices run clear and an instant-read thermometer reads 165 degrees F, 15 to 20 minutes.
4. Place the salt and pepper blend in a mortar and grind with a pestle until coarsely ground. Place the grilled chicken wings in a large bowl. Sprinkle in 2 teaspoons, or more depending on taste, of the spice blend; toss to coat.



White Pepper Gravy

<https://www.savorythoughts.com/white-pepper-gravy/>

Servings: 6

Ingredients

4 Tbsp. Butter
¼ Cup All-purpose flour
½ Cup Vegetable broth Or desired broth
1 Cup Milk (more if needed to thin out the gravy)
½ tsp. Salt Or to taste
2 tsp. White Pepper
1 Bay Leaf

Directions

1. In a medium saucepan over medium low heat, melt the butter. Add in the all-purpose flour, mix well to combine. Slowly add in the broth while mixing until the lumps are no longer visible.
2. Once the roux starts to thicken, add in the milk, salt, pepper, and bay leaf. Lower the heat to low. Stir and simmer until the gravy thickens.
3. Serve over your favorite biscuits or poultry.

Tomato & Mozzarella Salad with Himalayan Pink Salt

<https://www.elizabethskitchendiary.co.uk/tomato-salad-himalayan-salt/>



Ingredients

- 3 cups baby leaf salad
- 0.5 cups red onion finely sliced
- 1 cup fresh ripe tomatoes on the vine
- 0.75 cups mozzarella cheese
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 0.5 tsp Himalayan pink organic garlic seasoning salt to taste
- 0.3 tsp freshly ground black pepper
- 1 handful fresh basil leaves

Directions

1. Arrange a layer of baby leaf salad on a large serving platter.
2. Finely slice one red onion using a mandolin slicer and arrange over the top of the salad leaves.
3. Thickly slice your tomatoes and arrange in a single layer over the sliced onion.
4. Tear the buffalo mozzarella into pieces and scatter over the top of the tomatoes.
5. Place the olive oil and balsamic vinegar in a small jar. Season with the salt and Himalayan pink crystal organic garlic seasoning salt. Shake well to combine and drizzle over the top of the salad.

Szechuan Green Beans

<https://www.allrecipes.com/recipe/247350/szechuan-green-beans/>

Servings: 4

Ingredients

- | | |
|---------------------------------|---------------------------|
| 1 teaspoon Szechuan peppercorns | 1 green onion, chopped |
| 1 tablespoon peanut oil | 2 teaspoons hoisin sauce |
| 1 teaspoon minced garlic | ½ teaspoon sesame oil |
| ⅓ teaspoon ginger powder | ½ pound long green beans |
| ¼ cup red wine vinegar | 1 tablespoon sesame seeds |
| 3 tablespoons soy sauce | |

Directions

1. Cook and stir peppercorns in a dry skillet over medium heat until aromatic, 2 to 3 minutes. Grind peppercorns using a mortar and pestle.
2. Heat peanut oil in a small skillet over medium heat; add garlic and cook until lightly browned, about 1 minute. Mix ground peppercorns and ginger into garlic.
3. Mix red wine vinegar, soy sauce, green onion, hoisin sauce, and sesame oil into garlic mixture; cook and stir until sauce is heated through, 2 to 4 minutes.
4. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add green beans, cover, and steam until tender, about 5 minutes.
5. Toss green beans and sauce together in a bowl; top with sesame seeds.



Green Vegetables with Grains of Paradise

<https://www.debrasnaturalgourmet.com/green-vegetables-with-grains-of-paradise/>

Servings: 4-6



Ingredients

4 Tbsp extra virgin olive oil (or butter or coconut oil)
1½ C finely chopped red onion
1½ tsp sea salt (Himalayan or Celtic)
1 Tbsp minced fresh ginger
½ tsp ground cardamom
1 tsp ground grains of paradise
1 large bunch chard, cut into bite-sized pieces
2 Tbsp minced garlic
2 zucchinis, halved lengthwise and sliced
½ lb baby spinach
2 Tbsp water
few Tbsp fresh lemon juice

Directions

Gently warm the oil in a large skillet or large saucepan. Add onions and sauté 5 minutes. Add salt and spices and sauté another 1-2 minutes. Add vegetables and stir to combine. Add water, turn heat to low, cover pot and simmer 5 minutes. Remove from the heat and spoon over any grain or serve alongside any dinner that needs vegetables and a splash of color. Squeeze some lemon juice over all.

Cold Sichuan-Style Noodles with Spinach and Peanuts

<https://www.serious-eats.com/cold-sichuan-noodles-with-spinach-and-peanuts-recipe>

Servings: 2 to 4

Ingredients

- 1 large bunch spinach, trimmed and washed (about 2 quarts)
- 1 tablespoon crushed red chiles
- 2 teaspoons ground Sichuan peppercorns, divided
- 1/4 cup vegetable oil
- 1 tablespoon toasted sesame seed oil
- 1 tablespoon soy sauce
- 2 tablespoons Chinese black vinegar
- 1 tablespoon chile bean paste
- 2 teaspoons sugar
- 12 ounces fresh wheat noodles or dried wheat noodles
- 1/4 cup toasted peanuts, roughly chopped
- 1/4 cup chopped pickled mustard root or chopped cabbage kimchi
- 2 small fresh red chiles, sliced
- 1/4 cup sliced scallion greens



Directions

1. Bring a large pot of salted water to a boil over high heat. Add spinach and cook just until wilted, about 30 seconds. Remove with a strainer and run under cold water until chilled. Press out excess moisture, then wrap in a clean kitchen towel and squeeze to wring out water until spinach is dry and compressed. Roll the spinach into a tight ball and slice finely. Set aside.
2. Combine chiles and half of Sichuan peppercorns in a small saucepan and heat over medium-high heat, stirring often, until a toasted aroma starts coming from them, about 1 1/2 minutes. Add oil and cook until the oil starts to bubble slightly. Remove from heat and set aside until ready to use.
3. In a small bowl combine sesame seed oil, soy sauce, vinegar, bean paste, and sugar. Stir to combine.
4. Add noodles to boiling water and cook according to package directions until just cooked through. Transfer to a strainer and run under cold water until well chilled. Place noodles in a large serving bowl and add spinach. Add chile oil and soy sauce mixture and toss to coat. Sprinkle with peanuts, mustard root, sliced chiles, scallion greens, and reserved Sichuan peppercorns. Serve immediately.

Green Peppercorn Soba

<https://www.triedandtruerecipe.com/green-peppercorn-soba/>

Ingredients

3 tablespoons avocado oil (plus more for frying)
1 tablespoon whole, dried green peppercorns (crushed in a mortar and pestle)
1 Thai chili pepper (thinly sliced)
2 teaspoons white sesame seeds
2 scallions (trimmed and minced)
½ lime (juiced)
3 tablespoons soy sauce
1 teaspoon sesame oil
16 ounces soba noodles
1 yellow onion (peeled and thinly sliced)
1 pound mixed mushrooms (sliced, diced, or torn depending on variety)
5 ounces baby spinach
Salt and pepper to taste
For serving
1 scallion (trimmed and minced)
Black and white sesame seeds



Directions

1. Heat the avocado oil in a small pot over medium heat. Once hot, remove from the heat and stir in the crushed green peppercorns, sliced chili pepper, sesame seeds, and sliced scallions. Return to the stove over low heat and simmer for 10 minutes.
2. Stir in lime juice, soy sauce, and sesame oil. Taste and season with salt and pepper. Return to the stove over very low heat as you cook the rest of the recipe.
3. Bring a large pot of water to a boil. Cook the soba according to package instructions. Drain and rinse and set aside.
4. Heat 1 tablespoon avocado oil in a large skillet or wok over medium-high heat. Add the onion and cook for 6-8 minutes. Add the mushrooms and cook for an additional 10 minutes. Add more oil, as necessary, if the mushrooms stick. Season with salt and pepper. Once the mushrooms are golden brown, reduce heat to medium-low.
5. Add half the sauce to the mushrooms and bring to a boil. Cook for 5 minutes until the sauce thickens and reduces.
6. Add the spinach to the skillet or wok and cook briefly until wilted. Add the soba and the remaining sauce to the skillet. Toss to coat and cook for 1–2 minutes more until the soba has soaked up the sauce. Turn off the heat.
7. Divide the cooked soba between shallow bowls and garnish with more minced scallion and sesame seeds. Enjoy!

Pink Peppercorn Cacio E Pepe

<https://seasonedandsalted.com/pink-peppercorn-cacio-e-pepe/>

<https://smittenkitchen.com/2018/09/foolproof-cacio-e-pepe/>

You could substitute grains of paradise for pink peppercorns.

Servings: 4



Ingredients

12 ounces pasta (spaghetti is the traditional choice)
4 ounces freshly grated pecorino romano cheese
2 1/2 teaspoons freshly ground pink peppercorns plus extra for topping
2 tablespoons goat butter
salt for pasta water

Directions

1. Bring water to a boil in a large stockpot. Season with salt (after it boils!) and add your pasta. Cook until al dente.
2. While the pasta is cooking, grate the Pecorino Romano until it becomes a fine powder (it should almost resemble dust!). Grind lots of pepper!
3. Mix the cheese and pepper together (start with 2 1/2 teaspoons of pepper) and divide into two parts once combined. Place one half of the cheese + pepper mixture into a large serving bowl (where you will toss the pasta), and the rest in a small bowl for later.
4. Once the pasta is cooked, set aside 1 cup of pasta water, then drain the remaining pasta.
5. Quickly pour the pasta into the large serving bowl with half of the cheese and pepper and add about 1/2 cup of water to the bowl. Using the tongs, mix quickly – tossing the pasta and scraping up the bottom of the bowl.
6. Add the rest of the cheese and pepper, as well as the two tablespoons of goat butter. Continue to toss and mix until butter has melted and a smooth, silky sauce develops. Split between four plates and serve immediately with additional pepper or cheese, if desired.

Green Peppercorn Fettuccine with Leeks, Bacon and Mushrooms

<https://reluctanttrading.com/blogs/the-reluctant-blogger/green-peppercorn-fettuccine-with-leeks-bacon-and-mushrooms-recipe>

Ingredients

3 small leeks (about 4 cups, chopped)
6 slices hickory smoked bacon, chopped
1 pound fresh fettuccine
1 teaspoon olive oil
8 ounces (about 3 cups) cremini mushrooms, thinly sliced

1 cup heavy whipping cream
1 ½ tablespoons green peppercorns, roughly crushed with a mortar and pestle
¼ cup Parmigiano-Reggiano cheese, finely grated
1 tablespoon fresh parsley, finely chopped

Directions

1. Cut the root ends and hard green tops off the leeks. Slice the leeks into ¼ inch circles (see photo below). Place the leeks into a bowl and cover with cold water. Let soak for 10 minutes, stir occasionally by hand to dislodge any dirt. Continue to rinse and drain, until clean. Place on a towel to drain any extra water.
2. In a large skillet over medium heat, cook the bacon, stirring occasionally, to avoid sticking. Once cooked and crisp, remove the bacon with a slotted spoon, place on a paper towel to drain.
3. Bring 4 quarts of salted water to a boil in a large pot. Once boiling, add fettuccine and cook 4-5 minutes, until the pasta floats. Drain pasta and add 1 teaspoon olive oil to avoid sticking.
4. While water is boiling, add leeks to skillet that the bacon cooked in, sauté over medium heat for 5-7 minutes, until soft. Add mushrooms, and sauté to remove moisture about 5-7 minutes, until soft.
5. Turn heat to low and add the bacon, cream, and green peppercorns. Heat mixture for 2 minutes, stirring constantly until combined. Add the pasta and the cheese, mix until pasta is evenly coated. Add salt and pepper to taste (for an extra kick, add additional ground green peppercorns). Plate and garnish with parsley.



African Peanut Soup with Grains of Paradise

<https://worldspice.com/blogs/recipes/african-peanut-soup-with-grains-of-paradise>



Ingredients

2 teaspoons whole Coriander Seed
1 teaspoon Grains of Paradise
2 tablespoons butter
1 onion, chopped fine
1/4 teaspoon Kosher Salt Diamond Crystal
1 teaspoon brown sugar
3 garlic cloves
2 pounds sweet potatoes, peeled, quartered and sliced thin
3-1/2 cups vegetable broth
2 cups water
3 tablespoons peanut butter
Fried shallots or onions for garnish

Directions

1. In a heavy skillet over medium-high heat, toast the coriander and Grains of Paradise, stirring occasionally, until fragrant and lightly browned, about 3-4 minutes. Transfer to a small bowl and allow to cool. Grind in a mortar & pestle or electric mill.
2. In a large Dutch oven, melt the butter over medium heat. Stir in the onion, salt and sugar and allow to cook about 5-7 minutes until translucent and aromatic. Add the garlic and 2 teaspoons of the spice mix and cook about 30 seconds more.
3. Add the sweet potatoes, vegetable broth, water and peanut butter and bring to a boil. Reduce the heat to low and simmer until the sweet potatoes are fork tender, about 25 minutes.
4. Turn off the heat and allow the soup to cool slightly. Working in batches so the blender is never more than half full, transfer the soup to a countertop blender and puree until smooth.
5. Return the soup to the pot and warm gently before serving. Garnish with a sprinkle of fried onions and a sprinkle of the remaining spice mix.

Crab and Sweetcorn Soup

https://www.bbc.co.uk/food/recipes/crab_and_sweetcorn_soup_20624

Servings: 4



Ingredients

- 2 pints good-quality or homemade chicken stock
- 6 thin slices fresh root ginger, plus 1 tsp very finely chopped
- 3 bunches spring onions, roughly chopped
- ½ tsp whole white peppercorns
- 2 fresh ears of corn
- 8 oz fresh white crabmeat
- 5 tsp cornstarch
- 2 spring onions, cut into 1in pieces and finely shredded lengthwise
- 1 tbsp light soy sauce
- 1 tbsp Chinese rice wine or dry sherry

1 egg white, lightly beaten

Directions

Put the chicken stock in a saucepan with the sliced ginger, spring onions and peppercorns. Bring to the boil and cook for 20 minutes so the flavors infuse.

Stand the corn on the cobs end-up on a board and slice away the kernels with a large sharp knife. Add the sweetcorn to the stock and simmer for 5 minutes.

Check over the crabmeat for any little pieces of shell, keeping the meat in the largest pieces possible.

Mix the cornstarch with a little cold water to form a smooth paste, stir it into the soup and simmer for 2 minutes. Stir in the crabmeat, chopped ginger, shredded spring onions, soy sauce and rice wine. Season with salt and pepper to taste. Simmer for 1 minute.

Give the soup a good stir, remove the spoon and slowly trickle in the beaten egg white so that it forms long, thin strands in the soup. Simmer for about 30 seconds and then serve at once.

Crispy Kung Pao Tofu

<https://www.seriousseats.com/crispy-vegan-kung-pao-tofu-recipe>

Servings: 4

Ingredients

1 1/2 quarts vegetable or peanut oil
1/2 cup plus 2 teaspoons cornstarch, divided
1/2 cup all-purpose flour
1/2 teaspoon baking powder
Kosher salt
1/2 cup cold water
1/2 cup vodka
1 pound extra-firm tofu, cut into 3/4-inch cubes, carefully dried (see notes)
1/4 cup water or vegetable stock
1 tablespoon soy sauce
1 tablespoon Sichuan broad bean chili paste
1 tablespoon Chinkiang vinegar
2 teaspoons sugar
3 scallions, whites finely minced, and greens finely sliced, reserved separately
3 cloves minced garlic (about 1 tablespoon)
1 tablespoon minced fresh ginger
2 tablespoons Sichuan peppercorns, divided
12 hot Chinese dry chile peppers
2 small leeks, white and light green parts only, cut into 1/4-inch slices (about 1/2 cup total)
2 ribs celery, split in half lengthwise and cut into 3/4-inch pieces
1 long green Chinese hot pepper, stemmed and seeded, cut into 3/4-inch squares
1/2 cup roasted peanuts
Cooked white rice, for serving



Directions

1. Heat oil in a wok to 350°F. Whisk together 1/2 cup cornstarch, flour, baking powder, and 1 teaspoon kosher salt. Add water and vodka and whisk until a smooth batter is formed, adding up to 2 tablespoons additional water if batter is too thick. It should have the consistency of thin paint and fall off of the whisk in thin ribbons that instantly disappear as they hit the surface of the batter in the bowl.
2. Add tofu and carefully turn to coat. Working one at a time, lift one piece and allow excess batter to drip off. Carefully lower into hot oil. Repeat with remaining tofu until wok is full. Fry, using a metal spider or slotted spatula to rotate and agitate pieces as they cook until evenly pale golden and crisp all over, about 6 minutes. Transfer to a paper towel-lined plate. Repeat until all tofu is fried. Carefully pour oil out of wok into a heatproof container and reserve.
3. Combine stock, soy sauce, bean paste, vinegar, sugar, and remaining 2 teaspoons cornstarch in a small bowl. Set aside. Combine scallion whites, garlic, and ginger in a second small bowl. Set aside. Coarsely grind half of peppercorns in a mortar and pestle or spice grinder.
4. Set a fine-mesh strainer over a heatproof bowl or saucepan. Return 1/4 cup of the reserved oil to wok and heat over medium-high heat until shimmering. Add remaining half of peppercorns and chiles and cook, stirring, for 5 seconds. Immediately drain through fine-mesh strainer. Pick out chiles and set aside. Discard cooked peppercorns.
5. Return infused oil to wok and heat over high heat until lightly smoking. Add leeks, celery, and long pepper and cook, stirring and tossing, until vegetables are lightly charred and tender-crisp, about 1 1/2 minutes. Clear a space in the center of the wok and add the scallion/ginger/garlic mixture. Cook, stirring, until fragrant, about 30 seconds. Add peanuts, dried chiles, and drained tofu. Stir sauce mixture and add to wok. Cook, tossing and folding ingredients together until tofu is fully coated. Add scallion greens and ground peppercorns and toss to combine. Serve immediately with white rice.

Note: To dry tofu, line a rimmed baking sheet with paper towels. Place tofu slices on top in a single layer. Cover with another layer of paper towels and press gently to remove excess moisture.

Pink Salt and Peppercorn Crusted Tuna

<https://www.mortonsalt.com/recipe/pink-salt-and-peppercorn-crusted-tuna/>

Servings: 4

Ingredients

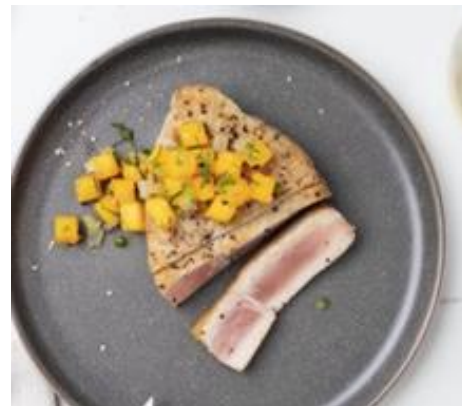
4 pieces of tuna steak, 6-8 oz each	1 teaspoon grated ginger
1 tablespoon Himalayan pink salt	1 teaspoon grated garlic
1 tablespoon cracked grains of paradise	1 tablespoon white soy sauce
1 oz olive oil	1 teaspoon Himalayan Pink Salt
2 each Ripe mango, diced medium size	1 tablespoon sesame oil
1/2 small Serrano chili, minced	1 orange, juiced
1/2 small white onion diced small	1 teaspoon yellow mustard

1 tablespoon chopped mint

2 tablespoons sesame seeds

Directions

1. Rub the tuna steaks with olive oil and coat them with the salt and peppercorn mixture.
2. Sear in a cast iron pan or griddle until golden on each side, around 4 minutes a side. The tuna should be medium rare.
3. For Chutney:
4. In a pan, heat the sesame oil, heat the onion, garlic and ginger until fragrant, 2 minutes.
5. Put mixture in a bowl and combine the mango, chili, soy sauce, Himalayan Pink Salt, orange juice, mustard, mint and sesame seeds.



Mapo Chicken

<https://www.seriousseats.com/mapo-chicken-recipe>

Servings: 3 to 4

Ingredients

2 teaspoons cornstarch

1/2 cup chicken broth

4 teaspoons Sichuan peppercorns

1/4 cup vegetable oil

5 garlic cloves, grated

1-inch piece ginger, grated

1 1/2 pounds boneless, chicken, cut into

3/4-inch cubes

2 tablespoons fermented chili bean paste

1 teaspoon Chinese ground chile powder

2 tablespoons Shaoxing wine

1 tablespoon soy sauce

1/4 cup chili oil

1 bunch green onions, sliced, divided

4 cups cooked rice to serve on side

Directions

1. In small bowl, whisk cornstarch with chicken stock until combined; set aside. Heat Sichuan peppercorns in wok (or 12-inch non-stick skillet) over medium heat until fragrant, about one minute. Transfer to a mortar and pestle and pound until finely ground; set aside.
2. Heat oil in wok over medium-high heat until smoking. Add garlic and ginger and cook until fragrant, about 15 seconds. Add chicken and chili paste and cook, stirring, until chicken is cooked through, about 2 minutes.
3. Stir in the chili powder, wine, soy sauce, and cornstarch mixture. Bring to boil to thicken. Stir in ground Sichuan peppercorns, chili oil, and half of the green onions. Serve immediately with rice on the side and garnish with remaining green onions.



Seared Salmon with Green Peppercorn Sauce

<https://www.eatingwell.com/recipe/250543/seared-salmon-with-green-peppercorn-sauce/>



Servings: 4

Ingredients

- 1 1/4 pounds wild salmon fillet, cut into 4 portions
- 1/4 teaspoon plus a pinch of salt, divided
- 2 teaspoons canola oil
- 1/4 cup lemon juice
- 4 teaspoons unsalted butter, cut into small pieces
- 1 teaspoon green peppercorns in vinegar, rinsed and crushed

Directions

Sprinkle salmon pieces with 1/4 teaspoon salt. Heat oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just opaque in the center, gently turning halfway, 4 to 7 minutes total. Divide among 4 plates. Remove the pan from the heat and immediately add lemon juice, butter, peppercorns and the remaining pinch of salt; swirl the pan carefully to incorporate the butter into the sauce. Top each portion of fish with sauce (about 2 teaspoons each).

Pink Peppercorn and Ginger Poached Pears

<https://www.silkroaddiary.com/pink-peppercorn-ginger-poached-pears/>

Ingredients

- 1 cup white granulated sugar
- 2 tablespoons peeled, grated fresh ginger
- 2 teaspoons dried pink peppercorns (see notes)
- 10 strands of saffron
- 6 Seckel pears, peeled, stems attached

Directions

1. In a 3-quart pot, over medium heat, bring 4 cups of water with the sugar, ginger, peppercorns, and saffron to a boil.
2. Add the pears, reduce heat to low, and simmer, occasionally basting the pears, until the liquid is reduced by one-half and has reached a syrupy consistency and the pears are tender when lightly pierced with a sharp knife tip, about 20 to 25 minutes.
3. Serve the pears drizzled with the remaining warm syrup.



Apple Cobbler with Grains of Paradise

<https://piquantpost.com/blogs/recipes/apple-cobbler-with-grains-of-paradise>

Servings: 4

Ingredients

Cobbler Filling:

4 large sweet red apples, thinly sliced
¼ cup brown sugar
2 tablespoons cornstarch
1 tsp grains of paradise, crushed
1 tsp lemon zest
¼ teaspoon salt
Juice from ½ of a lemon

Cobbler Topping:

1 ½ cup all-purpose flour
¼ cup white sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup butter
¼ cup milk

To serve: vanilla ice cream

Directions

1. Preheat the oven to 375
2. To make the cobbler filling, add the sliced apples to a medium mixing bowl and toss with the brown sugar, corn starch, grains of paradise, zest, 1/4 tsp salt and lemon juice. Toss well until all the ingredients are well combined and the apples are evenly coated. Transfer the apple mixture to a 9" x 9" baking dish.
3. To make the topping, mix the flour, white sugar, baking powder, baking soda, salt, butter and milk. Mix together using your fingers to break up the butter and combine until pea sized clumps to topping are formed.
4. Place the cobbler topping in a thin layer over the apples in the baking dish. Sprinkle with brown sugar.
5. Bake for 35-40 minutes until the top is lightly browned. Allow to cool slightly before serving and spoon it into individual serving bowls. Top with vanilla ice cream if desired.





Peppercorn Shortbread

<https://worldspice.com/blogs/recipes/peppercorn-shortbread>

Ingredients

For the Shortbread:

1 cup all-purpose flour
1/4 cup white sugar
2 teaspoons Black Pepper
2 teaspoons Pink Peppercorn, ground
1/2 teaspoon Grains of Paradise, ground
1/2 teaspoon Green Peppercorn, ground
1/4 tsp of Kosher Salt or Himalayan pink salt
1/2 cup butter (1 stick)

For the Icing:

1 cup powdered sugar
1-1/2 tablespoons water
1 drop of food coloring
1 teaspoon corn syrup

Directions

1. Preheat oven to 325 degrees.
2. Cream butter, spices, salt and sugar together. Add flour, and mix well. If using a shortbread mold, pat into a shortbread mold and bake for about 20 minutes, until the top begins to brown. Cut or break apart short bread once baked.
3. If you want to use cookie cutters, wrap dough in plastic and refrigerate for 20 minutes. Roll out, cut into desired shapes and bake on a parchment lined cookie sheet for about 10 minutes - you want them to be golden brown on top.
4. When done, remove from pan and let them cool on a rack.
5. For the Icing:
6. Mix all of the ingredients in a bowl with a whisk until smooth. Drizzle, dip or spread icing on cookies. Lay cookies on cooling rack until dry. For the Decoration: Sprinkle with crushed pink peppercorns.

Grains of Paradise Orange Cookies

<https://thecanadianafrican.com/grains-of-paradise-orange-cookies/>

Servings: 16 cookies

Ingredients

Cookies

The zest and juice of 1 orange

85 g (1/2 cup) white granulated sugar

113 g (1/2 cup) unsalted room-temperature butter

1 teaspoon grains of paradise, ground

1 tablespoon (20g) unsweetened apple sauce

240 g (2 cups) all-purpose flour

1 tablespoon corn starch

1/4 teaspoon salt

Frosting

85 g (2/3 cup) powdered sugar

1/2 teaspoon grains of paradise, ground



Directions

1. Mix a quarter of the orange zest with sugar to bring out the orange flavor. Add the butter and the grains of paradise to the sugar and mix well. Mix in the apple sauce as well as the 1 1/2 tablespoons of orange juice. Add the rest of the dry ingredients (all-purpose flour, cornstarch and salt).
2. Use a spatula and then your hands to bring the dough together to make a ball. If after a few minutes, the dough is still dry and not coming together, add another 1/2 tablespoon of orange juice. Place the dough between two sheets of parchment paper and roll until the dough is about 1/2 centimeter thick.
3. Preheat oven to 320°F. Use a cookie cutter to cut out the cookies (about 14-16 cookies.)
4. Bake the cookies on a baking tray lined with parchment paper for 12 minutes. Once the cookies are baked, allow them to cool on a rack.
5. In a small bowl, slowly mix the orange juice with the powdered sugar and 1/4 teaspoon of grains of paradise to form a thick paste. Frost the cookies and sprinkle with grains of paradise.

Florentine Lace Cookies

<https://www.debrasnaturalgourmet.com/florentine-lace-cookies/>

Makes 30 cookies



Ingredients

2 cups raw unsalted nuts of your choice
½ – 1 tsp Himalayan pink salt
⅓ cup coconut oil
⅓ cup coconut sugar
2 Tbsp full-fat coconut milk
3 Tbsp light honey or dark maple syrup
10-12 oz 70% cacao baking chocolate
2 Tbsp coconut oil

Directions

1. Preheat to 350.
2. With a food processor (or a chef knife, and lots of patience) work the nuts until they're finely chopped, but not pasty. Add the salt, and set aside.
3. Melt together the fats and sweeteners over a double boiler or in the microwave. A rough slurry is fine. Then pour over the nuts and mix. Wait until it returns to room temp.
4. Roll teaspoon-size portions of batter into balls, and then place on your lined baking sheet. You're going to want 3-4 inches between cookies, because they spread.
5. Bake at 350 for only 8-10 minutes, until the cookies flatten and you see the edges start to crisp. In my experience, honey-based Florentines start to brown around the edges, and even burn, faster than maple-based. So you need to watch the cooking times like a hawk.
6. These cookies are NOT to be eaten hot. It's all about the texture, and they need to re-solidify. I store and serve straight out of the fridge. Store airtight so they don't humidify.
7. melt chocolate in a double boiler and then stir in coconut oil., Spread chocolate onto cookies with a butter knife.

White Pepper and Ginger Lemon Cake

<https://myownsweetthyme.com/2012/12/white-pepper-and-ginger-lemon-cake/>

Servings: 12

Ingredients

Lemon Glaze:

1/3 cup lemon juice

1/2 cup granulated sugar

Cake:

Zest of 2 large lemons, finely grated

2 Tablespoons fresh lemon juice

1/2-ounce piece fresh ginger root (about 1 x 1.5 inch piece), grated

3 cups all-purpose flour

3/4 teaspoon baking soda

3/4 teaspoon double-acting baking powder

1/2 teaspoon salt

2 teaspoons ground white pepper

2 sticks (8 ounces) unsalted butter, at room temperature

1 3/4 cups granulated sugar

3 large eggs

1 cup buttermilk



Directions

1. Prepare the glaze by combining the juice and sugar in a small bowl. Set aside and allow the mixture to stand while the cake is baking.
2. Preheat oven to 325F. Prepare a 10- or 12-cup Bundt pan.
3. In a small bowl, combine the lemon zest, 2 Tablespoons of lemon juice and ginger. Set aside.
4. In a medium bowl, whisk together the flour, baking powder, salt and pepper until thoroughly combined. Set aside.
5. In a large mixing bowl, with an electric mixer at medium speed beat the butter until light and fluffy (about 3 minutes). Add the sugar and beat for another minute. Add the eggs, 1 at a time, beating until well incorporated after each addition.
6. With the mixer at low speed, add the flour mixture in 3 portions, alternating with the buttermilk in 2 portions, beginning and ending with the dry ingredients. Stir in the lemon-ginger mixture just until combined.
7. Transfer the batter to the prepared Bundt pan. Smooth the top. Bake at 325F for 70 – 80 minutes, or until a toothpick inserted in the middle of the cake comes out clean.
8. Remove from oven and let the cake rest in the pan for 5 – 10 minutes. Remove the cake from the pan and let it rest on a wire rack over a piece of aluminum foil.
9. Glaze the cake while it is still warm. Stir the glaze and, using a pastry brush, brush the glaze over the warm cake allowing some to drip down into the center hole. The cake should absorb all of the glaze. If some drips down onto the foil, pour it back over the cake. Allow the cake to cool completely.

10. Transfer the cooled cake to a serving plate. Serve... or cover the cake with plastic wrap and allow the flavors to blend and mellow for a day or two.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>
<https://www.greedygourmet.com/chicken-breast-with-creamy-green-peppercorn-sauce/>
<https://www.serious-eats.com/shirataki-noodle-salad-cucumber-sesame-sichuan-chili-vinegar-vegan-recipe>
<https://itsallfrosting.wordpress.com/2019/06/10/pink-peppercorn-cake-with-raspberries-and-rose-buttercream/>
<https://food52.com/recipes/12912-pink-pepper-macerated-strawberries>
<https://melissacookston.com/pink-peppercorn-sauce-2/>
<https://www.serious-eats.com/sichuan-chicken-salad-chinese-bang-bang-hot-and-numbing-recipe>
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<https://www.mortonsalt.com/recipe/butternut-squash-and-bacon-hash-recipe/>
<https://www.mortonsalt.com/recipe/tahini-chocolate-truffles-with-pink-salt/>
<https://altonbrown.com/recipes/the-apple-pie/>
<https://www.badmanners.com/recipes/grains-paradise-miso-pasta>
<https://tastecooking.com/recipes/ginger-and-white-pepper-cookies/>
https://www.bbc.co.uk/food/recipes/thai_noodles_with_72276
<https://spicetrek.com/recipes/wild-rice-salad>
<https://himalayansfinest.com/big-ts-nutbutter-cups-with-himalayans-finest/>
<https://www.rodellekitchen.com/recipes/pink-himalayan-sea-salt-caramels/>
<https://greentree.coop/spice-of-the-month-grains-of-paradise/>
<https://www.myspicesage.com/blogs/recipes/apricot-chicken-with-grains-of-paradise-saffron-recipe>
<https://www.splendidtable.org/story/2016/02/05/salt-and-pepper-caramel-brownies>

New York Times, subscription required

<https://cooking.nytimes.com/recipes/9970-pan-roasted-cod-seasoned-with-grains-of-paradise>
<https://cooking.nytimes.com/recipes/7469-spicy-ecuadorean-shrimp>
<https://cooking.nytimes.com/recipes/1025418-pink-peppercorn-marinaded-goat-cheese>
<https://cooking.nytimes.com/recipes/1021483-salt-baked-new-potatoes-with-pink-peppercorn-butter>
<https://cooking.nytimes.com/recipes/1020410-marinaded-feta-with-herbs-and-peppercorns>
<https://cooking.nytimes.com/recipes/1017002-pomegranate-salad>
<https://cooking.nytimes.com/recipes/1018471-five-peppercorn-fish-fillets>
<https://cooking.nytimes.com/recipes/1017866-green-peppercorn-guacamole>
<https://cooking.nytimes.com/recipes/1023343-salt-and-pepper-tofu>

SPICE INFORMATION LINKS

<https://www.britannica.com/plant/black-pepper-plant>
https://en.wikipedia.org/wiki/Black_pepper

<https://www.thespruceeats.com/peppercorn-and-pepper-varieties-1809318>
<https://backyardforager.com/pink-peppercorns-schinus-molle/>
<https://www.allrecipes.com/article/what-is-pink-peppercorn>
<https://www.thespruceeats.com/what-is-grains-of-paradise-4780790>
https://en.wikipedia.org/wiki/Sichuan_pepper
<https://seasalt.com/salt-101/about-himalayan-salt/using-himalayan-salt-blocks>
https://en.wikipedia.org/wiki/Himalayan_salt

SHARING RESULTS

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