Recipes

Featuring Anise, aniseed

- **Anise fruit, commonly known as seeds, are known for providing a spicy, sweet licorice flavor to breads, cakes, biscotti and beverages**
- **Both leaves and seeds have the anise flavor**
- **Sprinkle chopped leaves on salads and use as a garnish on soups and pork and lamb stews**
- **The recipes below are found in *The Herb Society of America's Essential Guide to Growing and Cooking with Herbs* edited by Katherine K. Schlosser can be found** http://tinyurl.com/pj5od8o.

Want to share a favorite family recipe using anise?
Send it to us at: herbs@herbsociety.org

Rose Hip Liqueur

¼ cup water

½ cup sugar

1 tsp aniseed

3 Tbsp crushed fresh rose hips or 1 Tbsp dried

12 oz vodka

Put aniseed in a small glass bottle. Add vodka and allow to steep for 1 week.

Strain out the aniseed, add rosehips and allow to steep for 4 weeks.

Combine water and sugar in a small saucepan. Bring to a boil, reduce heat and simmer for 5 minutes. Remove from heat and allow to cool.

Filter the vodka through a dampened coffee filter. Pour into a sterilized bottle and add sugar syrup. Allow to mellow for at least 2 weeks.

— Katherine K. Schlosser, HSA North Carolina Unit

Spice Liqueur

1 cup water

2 cups sugar

6 cardamom pods, seeds removed

3 tsp aniseed

1 cinnamon stick, broken into pieces

1 whole clove

4 cups vodka

Combine water and sugar in a small saucepan. Bring to a boil and simmer for 5 minutes. Allow to cool completely.

Crush the aniseed lightly in a mortar. Put aniseed, cardamom seeds, cinnamon and clove in a glass jar. Pour vodka over the spices. Shake well and allow to steep for 1 week.

Strain the vodka several times through a dampened coffee filter. When clear, add sugar syrup; pour into a sterilized glass bottle, cover with a nonmetallic lid, and allow to mellow for 4 weeks.

A very nice spice flavor that is good as is, drizzled over ice cream or pound cake. Put a spoonful into a steaming cup of tea!

— Katherine K. Schlosser and Joan Musser
HSA North Carolina Unit