



Questions

If you have any questions please
feel free to contact us at
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This program is made possible by the
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Spice of the month:
Sichuan Red and Green Peppercorns



Spice Club

Green Peppercorns

Country of origin: India

“Pepper in one form or other is used around the world to enhance the flavor of both savory and sweet dishes. Because it stimulates gastric juices, it delivers a digestive bonus as well. The world’s most popular spice is a berry that grows in grapelike clusters on the pepper plant (*Piper nigrum*), a climbing vine native to India and Indonesia. The berry is processed to produce three basic types of peppercorn-black, white, and green...The green peppercorn is the soft, underripe berry that’s usually preserved in brine. It has a fresh flavor that’s less pungent than the berry in its other forms.” -Taken from *The New Food Lover’s Companion* by Sharon Tyler Herbst | Call# 641.03 Herbst

Flavor Profile: Hot, Pungent

Use this green peppercorn where a softer note and somewhat sweet black pepper flavor is required. Perfect for use in creamy salad dressings, vinaigrettes, sauces, or marinades. -Taken from *spicejungle.com*



Discussion and Potluck Participation



Saturday, August 19, 2023

1:00 pm - 2:30 pm

**Peninsula Center Community Room
701 Silver Spur Road, R.H.E., 90274
www.pvld.org**

We will be meeting in-person to discuss and share your findings, recipes, and opinions about the featured spice.



Sharing his expert knowledge and experiences with spices, Peter Bahlawanian, a spiceologist and owner/founder of the Spice Station in Silverlake, will bring out the story and history of Sichuan peppercorns.

POTLUCK GUIDELINES

- Bringing a dish is not mandatory but encouraged.
- If bringing a dish to share, please keep your dish serving size to no more than 6 people.
- Food will need to be ready to serve. There is no reheating, microwave, oven, stove, or refrigeration available. We will provide serving utensils, paper plates, and water.
- Please be respectful of people’s dishes.
- Please be advised if you have food allergies we cannot guarantee that shared dishes will be free of allergens.

Sichuan Green Peppercorn Salsa Verde

Taken from *The Mission Chinese Food Cookbook* by Danny Bowien and Chris Ying | Call# 641.5951 BOWIEN

Makes about 1 ½ cups

- ¼ cup capers, soaked in water for 1 hour to desalinate
- 1 lemon, or as needed
- 1 tablespoon Sichuan green peppercorns
- 2 tablespoons minced shallots
- ½ cup fresh flat-leaf parsley leaves, finely chopped
- Leaves from ½ bunch fresh tarragon, finely chopped
- 1 anchovy fillet, minced
- 1 garlic clove, minced
- ¼ cup extra-virgin olive oil, or as needed
- Kosher salt

1. Drain the capers, mince them, and scrape them into a small bowl.
2. Zest the lemon into the bowl. Juice the lemon and strain the lemon juice into the bowl.
3. Toast the green peppercorns in a small dry skillet until fragrant, then grind them in a spice or coffee grinder. Add the ground pepper to the bowl, along with all the remaining ingredients. Stir to combine, then taste for seasoning. Add more salt, more lemon juice, or more olive oil if needed. The salsa will keep for only about a day, covered, in the fridge.

Eggplant with Sesame Sauce

Taken from *Complete Chinese Cookbook* by Ken Hom | Call# 641.5951 HOM

Serves 4

1 ½ lb (675g) Chinese eggplants or regular eggplants

For the Sauce

- 2 tbsp (30ml) sesame paste or peanut butter
- ½ tsp (2ml) roasted and ground Sichuan Peppercorns
- 2 tbsp (30 ml) sesame oil
- 2 tsp (10 ml) chili oil
- 2 tsp (10 ml) sugar
- 1 tbsp (15 ml) finely chopped garlic
- 2 tsp (10 ml) chili bean sauce
- 2 tbsp (30 ml) finely chopped cilantro
- Salt

Preheat the oven to 400 F (200 C). Put the eggplants into a roasting pan, and bake them for about 35 minutes if they are the chinese variety, or 50 minutes if they are the larger variety. They should be charred outside and tender inside. Allow them to cool thoroughly and peel them. Set them aside until you are ready to use them.

When you are ready to serve the dish, mix all the sauce ingredients together, season with 1 ½ tsp (7ml) of salt, add the cooked eggplants and mix well. Serve at once, at room temperature.

To roast Sichuan peppercorns

Heat a wok or a heavy skillet to a medium heat. Add the peppercorns (you can roast up to about 4 oz[100g] at a time) and stir-fry them for about 5 minutes, until they begin to brown slightly and start to smoke. Remove the skillet from the heat and let them cool. Grind the peppercorns in a pepper mill, a clean coffee grinder, or with a mortar and pestle. Sift the ground pepper through a fine mesh and discard any hard hulls. Seal the mixture tightly in a screwtop jar to store. Alternatively, keep the whole roasted peppercorns in a well-sealed container and grind them when required.



Print Books

- *The Food of Sichuan* by Fuchsia Dunlop
 - Call #: 641.5951 DUNLOP
- *Land of Plenty: a Treasury of Authentic Sichuan Cooking* by Fuchsia Dunlop
 - Call #: 641.5951 DUNLOP
- *The Asian Market Cookbook: How to Find Superior Ingredients to Elevate Your Asian Home Cooking* by Vivian Aronson
 - Call #: 641.595 ARONSON
- *Complete Chinese Cookbook* by Ken Hom
 - Call #: 641.5951 HOM
- *Art of Escapism Cooking* by Mandy Lee
 - Call #: 641.5951 LEE
- *Double Awesome Chinese Food* by Margaret Li
 - Call #: 641.5951 LI
- *Thai food = Arharn Thai* by David Thompson
 - Call #: 641.59593 THOMPSON
- *Spiced: Unlock the Power of Spices to Transform Your Cooking* by America's Test Kitchen
 - Call #: 641.6383 SPICED

Digital Books available through Hoopla

- *Homestyle Chinese Cooking* by Daniel Reid
- *Spicy Sichuan Cooking* by Daniel Reid
- *Easy Chinese Recipes* by Bee Yin Low
- *The Chile Pepper in China* by Brian R. Dott



Sichuan Red Peppercorn

Country of origin: China

“Unlike black or white peppercorns, these aren’t actually related to the pepper family but are the seeds of the prickly ash tree (which is sometimes how you will find them labeled.)”
 -Taken from *Double Awesome Chinese Food* by Andrew, Irene, and Margaret Li | Call# 641.5951 LI

“The other famous Sichuan spice is Sichuan pepper (hua jiao), known variously as flower pepper, brown peppercorns, prickly ash, or (erroneously) fagara. It is one of the most ancient Chinese spices, and a Sichuan specialty. It has an extraordinary, heady aroma that carries hits of wood, citrus peel, and the languid scents of summer, and it produces a weird numbing effect on the lips and tongue. This tingling sensation is known in Chinese as *ma*, which also means “anesthetic” and “pins-and needles...One folk explanation for the widespread use of this pepper in Sichuanese cooking is, curiously, that its numbing effects allow people to consume more chiles than would otherwise be humanly possible!”
 - Taken from *Land of Plenty* by Fuchsia Dunlop | Call# 641.5951 DUNLOP

Flavor Profile: Citrus

"The Sichuan Peppercorn has a strong aroma profile. The combination of the earthy and citrus aroma make it great to use in Asian Cuisine, or used with baked chicken, risotto, potato dishes, steak, popcorn, or soups." -Taken from *spicejungle.com*