

Sichuan Pepper



History

Sichuan pepper, Chinese spice made from the dried papery fruit husks of any of several species of prickly ash of the rue and citrus family. The major Sichuan pepper species are Chinese pepper and red Sichuan pepper, with the green Sichuan pepper cultivated to a lesser extent. Despite the name, Sichuan pepper plants are not true peppers and are unrelated to both black pepper and chili peppers. Their flavor is mild and somewhat reminiscent of citrus, and the spice produces a unique numbing and vibrating sensation on the tongue. Sichuan pepper is available as an infused oil, as peppercorns, or as a ground spice. Together with star anise, cassia (Chinese cinnamon), fennel, and cloves, it is a key component of Chinese five-spice powder. The fresh leaves are used as a spice in some areas of northern China and are commonly used in a fermented sauce made of soybeans and wheat flour.

Beef Stir Fry



INSTRUCTIONS

1. Heat a dry skillet or wok to medium high heat
2. Add Sichuan Peppercorns and heat until fragrant (about 1-2 mins) - stir or toss to prevent burning
3. Remove peppercorns from heat and using a mortar & pestle or a spice grinder, grind peppercorns
4. In a bowl add cut beef and peppercorns, toss or mix to coat meat with pepper - set aside
5. Add oil to skillet or wok and heat to medium high heat
6. Add onions, Ginger Powder and California Roasted Minced Garlic - cook about 1 minute to heat onions and combine spices
7. Increase heat to high
8. Add meat, broccoli, green peppers, soy sauce and sherry - quickly stir fry by tossing or stirring meat and vegetables
9. Cook until steak is cooked through and vegetables have softened but are still crisp
10. Add Crushed Red Pepper Flakes - 1 tablespoon is what we used - but add more or less to desired heat level
11. Serve over rice or noodles and garnish with scallions

INGREDIENTS

- 1 Tablespoon Sichuan Peppercorns
- 1 pound lean flat iron or sirloin steak, cut into strips
- 2 Tablespoons sesame oil
- 1 Tablespoon Ginger Powder
- 1 Tablespoon minced garlic
- 1 cup onions, julienned
- 1 cup broccoli florets
- 1/4 cup green peppers, julienned
- 1/4 cup red peppers, julienned
- 1/4 cup carrots, peeled and sliced thinly
- 2 Tablespoons low sodium soy sauce
- 1/4 cup dry sherry
- 1 Tablespoon Crushed Red Pepper Flakes
- 1/4 cup scallions, cut thinly on the bias

Tingling Taters



INGREDIENTS

- 1½ pounds small yellow potatoes
- ¼ cup extra-virgin olive oil
- 2 teaspoons ground Sichuan peppercorns
- 2 teaspoons cumin seeds
- 2 teaspoons crushed red chili flakes
- 1 teaspoon kosher salt
- ½ teaspoon ground white pepper
- Sizzle Sauce (see below), for serving

INSTRUCTIONS

1. **BOIL THE POTATOES:** Fill a large pot halfway with water and bring to a boil over medium-high heat. Add the potatoes and cook until tender (a paring knife should be able to easily pierce them), 20 to 25 minutes. Drain the potatoes and allow to cool for a few minutes.
2. **WARM UP:** Meanwhile, preheat the oven to 425°F. Drizzle 2 tablespoons of the olive oil over a large rimmed baking sheet.
3. **MIX THE SPICE BLEND:** In a large bowl or the pot the potatoes were cooked in, mix the potatoes with the remaining 2 tablespoons oil, the Sichuan peppercorns, cumin, chili flakes, salt, and white pepper. Arrange the potatoes in a single layer on the prepared baking sheet. Use the bottom of a heavy glass or measuring cup to smash each of the potatoes to a little less than 1/2 inch (1 cm) thick. Drizzle any oil left in the bowl over the potatoes.
4. **ROAST AND SERVE:** Roast the potatoes until crispy and golden brown, 25 to 28 minutes. Allow the potatoes to cool for a few minutes before serving with a bowl of sizzle sauce alongside for dipping.

SIZZLE SAUCE

It is very common in Chinese cooking to add some drama to your meal by pouring hot oil over a mixture of spices and aromatics, which quickly cooks them and blooms their flavors, resulting in a very satisfying sizzle. Use this for Sizzle Sauce Noodles, spread it over toasted bread, marinate some chicken in it to grill later, or simply eat it with steamed rice and a fried egg.

Makes about 1½ cups

- 3 cups finely chopped green onions (about 2 bunches)
- 1¼ cups grapeseed oil
- 1 (2-inch/5 cm) piece fresh ginger, peeled and minced
- 2 garlic cloves, minced
- ½ teaspoon kosher salt

SIZZLE THE AROMATICS: In a medium skillet, combine the green onions, grapeseed oil, ginger, and garlic. Warm over medium heat until the aromatics begin to sizzle, then cook, stirring occasionally, until the green onion greens start to crisp and lightly brown, about 10 minutes. Turn off the heat and allow to cool for about 10 minutes.

BLEND AND STORE: Carefully transfer the oil and aromatics to a blender. Add the salt and blend for a few moments until mostly smooth. Transfer the sizzle sauce to a jar and allow to fully cool. Cover and store in the fridge for up to 2 weeks.