



Pittsburg Public Library

# Spice Library

October – Star Anise

## Star Anise Spiced Apple Compote

Ingredients:

- 4 apples (peeled and diced)
- 1 star anise
- 1/2 cup sugar
- 1/2 tsp cinnamon
- 1/2 cup water

Instructions: Simmer apples with water, sugar, star anise, and cinnamon for about 20 minutes, or until the apples are soft. Before serving, remove the star anise. Try adding splash of lemon juice to enhance the flavor.

Enjoy with toast or biscuits, or spoon over oatmeal. Also try this recipe with other fruits—star anise pairs especially well with pears, plums, apricots, and cherries.



## October – Star Anise



Star anise has a sweet, licorice-like flavor with warm hints of clove and cinnamon. Its bold aroma adds depth to both sweet and savory dishes, from pho and Chinese five-spice to mulled wine.

### Origins

- Vietnam is the world's second-largest producer of star anise, after China, with major cultivation in Lang Son province. This spice carries both deep tradition and remarkable flavor, as it is harvested from trees that grow up to 20 meters tall—or as tall as 19 washing machines!—and can live up to 200 years.

### Spring or Autumn

- Harvested only in brief seasons, spring star anise (March–April) is smaller, darker, and gently sweet, while autumn star anise (August–November) is larger, paler, and intensely aromatic. Their limited harvest makes both types rare, with autumn star anise being the most popular for its bold flavor in cooking.

## What is the Spice Library?

Visit the Pittsburg Public Library each month to pick up the Spice of the Month and a featured recipe by Heather Horton, chef and owner of TOAST in downtown Pittsburg. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at the Patron Services Desk at the Library, with one per family per month, while supplies last. For more information, please call the Pittsburg Public Library at 620-231-8110.

Special thanks to Chef Heather Horton and our friends at TOAST Restaurant!

