

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Oriental Powder Mix

In a nut mill, combine 2 T each: peppercorns, fennel seed, whole cloves, Chinese cinnamon or cinnamon bark, 6 star anise (broken.)

Pulverize the mixture and sieve it into a small bowl. Store in an airtight container and use it to flavor marinades and sauces for Oriental dishes. USE SPARINGLY.

Oriental 5 Spice Mix

Blend:

- 60 peppercorns
- 4 whole star anise
- 2 tsp fennel seed
- 4 (1") pieces cinnamon bark
- 12 whole cloves