



the source
BULK FOODS

Star Anise Whole



Star anise is the fruit of a small evergreen tree native to southwest China. The star-shaped fruits are picked just before ripening and dried before use. They contain the same essential oil as the botanically unrelated Spanish anise seed, which gives the two a nearly identical flavour – strong, sweet, and licoricey. Whole, perfect Star Anise are really quite a beautiful wonder of nature, with eight points and a seed in each point.

How to Use:

Whole star anise is used to flavour tea, marinades, casseroles and soups. It is integral to the traditional Vietnamese soup, pho, and is used in many other Chinese and southeast Asian dishes. Star anise is warming and therefore can be combined with coriander, turmeric, bay leaves and cumin. If you bite into a star anise, you will have an intense but unpleasant burst of flavour in your mouth. It is best to enjoy the delicate flavour that has been infused by this beautiful spice.

Ingredients:

Whole Star Anise.

	Per 50g serving	Per 100 g
Calories	705.45 kJ	1410.9 kJ
Total Fat	8 g	16 g
– Saturated Fat	0.5 g	1 g
Sodium	8 mg	16 mg
Total Carbohydrate	25 g	50 g
– Sugar	0 g	0 g
Protein	9 g	18 g