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Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at
Bins and Bins
at 107 Shirreff Ave.,
North Bay, ON.

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Spice Club

FEBRUARY
2025:
CHINESE FIVE
SPICE



THIS MONTH'S SPICE: CHINESE FIVE SPICE

SLOW COOKER CHINESE FIVE SPICE PORK

INGREDIENTS

- 2-3 pounds pork shoulder or butt
- 1/4 cup soy sauce
- 1/4 cup hoisin sauce
- 3 tbs ketchup
- 1/2 cup honey
- 2 tsp minced garlic
- 2 tsp grated fresh ginger
- 1 tsp sesame oil
- 1/2 tsp Chinese five spice powder
- 1/2 cup chicken stock

INSTRUCTIONS

- Place the pork in the slow cooker.
- In a small bowl, whisk together all of the remaining ingredients until smooth.
- Pour sauce over pork. Cook on low for 6 to 8 hours. I usually check the pork after about 6 hours. If I can shred it easily, then it's done.
- Pull the pork out and place on a large cutting board or plate. Use two forks to shred the meat. Place the shredded meat back in the slow cooker and mix with the sauce.
- Serve warm with rice, or preferred side.

This month's recipe is from
dishably.com

DID YOU KNOW?

Chinese five spice is said to have been developed to represent the Chinese philosophy of yin and yang, since it has both cooling and heating properties.

This blend may include star anise, cassia, Szechuan pepper, fennel seeds, cloves, ginger, cardamom, or licorice root.

Sources:

The Spice Bible by Jane Lawson

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