



## FIND MORE RECIPES AT THE NBPL!

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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.

*bins & bins* 

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sent you!  
Receive 10% off your  
purchase at Bins and  
Bins when you  
mention our  
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## SHOW US WHAT YOU'VE MADE!

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Post your photos and tag us  
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## Spice Club

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NOVEMBER  
2024:  
ANISEED



## THIS MONTH'S SPICE: ANISEED

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### ITALIAN ANISE COOKIES

#### INGREDIENTS

- 1 1/2 lbs. (about 4 2/3 cups) all-purpose flour
- 1 1/4 lbs. (about 2 1/3 cups) sugar
- 2 – 3 tsp. anise seeds
- Approximately 1 1/3 cups water
- Cinnamon for dusting

Makes approximately 3 dozen cookies.

#### INSTRUCTIONS:

- In a large bowl, using a spoon, combine flour, sugar and anise seed.
- Slowly add water and mix until a smooth dough is formed.
- Form the dough into approximately 36 one inch balls.
- Place balls on parchment and allow to dry for 30 minutes.
- Preheat oven to 350 F.
- Using three mini muffin tins, place balls in each tin, one ball per mold. Be sure that the dough touches the sides of the molds.
- Bake for 30 minutes or until cookies are golden brown.
- Remove from the oven.
- Sprinkle with cinnamon. Serve warm.

This month's recipe is from  
<https://ciaochowbambina.com/>

## DID YOU KNOW?

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Aniseed is also known as anise or sweet cumin. It is related to ajowan, caraway, coriander and cumin. The seeds of this plant are used as a spice and the leaves are used as an herb.

This plant originates from the Middle East, and has been cultivated since ancient times. Aniseed should not be confused with star anise which is predominantly a Chinese spice.

Sources:

The Spice Bible by Jane Lawson and The Spice and Herb Bible 3rd Ed. by Ian Hemphill

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