

Sichuan Salt & Pepper

Rowville Primary School
Kitchen Garden Recipe

Ingredients

1 tablespoon Sichuan Peppercorns,

3 tablespoons sea salt.



Method

Place a small frypan on the stove . Add the peppercorns and salt. Heat the pan, and dry roast, stirring with a wooden spoon.

When the peppercorns 'pop' and become aromatic, take off the heat.

Allow to cool, then grind to a powder in the mortar and pestle.

Store in an airtight container. Used to sprinkle over stir-fries and salads.

Sichuan Peppercorns

These hollow, reddish-brown 'peppercorns' are actually the dried berries of the prickly ash tree. They are intensely aromatic with a charming woody fragrance and should always be dry-roasted before use to bring out all their aromatic oils. When eaten they leave a pleasantly numbing, tingling sensation on your tongue.