

Licorice, *Glycyrrhiza glabra*

Tips:

- Infuse flavor in hot liquid from fresh or dried roots to flavor hot or iced tea, candy, sauces, broths, soups, beverages and baked goods.
- The powder can be added to dark chocolate desserts, sprinkled on ice cream, and cheesecake as well as to savory spice blends for meat, sauces and marinades.
- A simple tea can be made by soaking the root in hot water and adding honey.
- The flavor is an earthy combination of subtle anise, wintergreen, and resin.
- It is available for use whole (sticks), powdered, dried, sliced and chopped.

Licorice Mint Iced Tea

6 cups water
2 ½ teaspoons licorice root dried
1 cinnamon stick
½ cup peppermint, dried
½ cup honey (or to taste)

In a large pot bring water to a boil over high heat. Stir in the licorice and cinnamon; lower to a simmer, partially cover the pot, and simmer for 10 minutes. Remove from heat, stir in peppermint, cover and let steep for 10 minutes.

Place a large strainer lined with cheesecloth or damp paper towel over another pot or heat-proof bowl. Strain tea. Stir in honey until dissolved and let cool completely, about 1 hour. Serve over ice. Yields 1 quart.

SaraStar of Geniuskitchen.com

Chewy Black Licorice Chocolate Brownies

1 ½ stick unsalted butter, melted, plus more for brushing
1 cup all-purpose flour
½ cup unsweetened cocoa powder
2 tablespoons licorice root powder
2 teaspoons ground anise seeds
½ teaspoon kosher salt
1 cup granulated sugar
1 cup packed brown sugar
3 large eggs
1 teaspoon pure vanilla extract
2 ounces bittersweet chocolate, chopped
½ cup chopped soft black licorice chews

Chewy Black Licorice Chocolate Brownies (continued)

Preheat the oven to 350°. Line a 9-inch-square baking pan with paper or foil, leaving 2 inches of overhang on 2 sides. Brush the paper with butter.

In a medium bowl, whisk the flour with the cocoa powder, licorice root powder, anise and salt. In a large bowl, whisk the melted butter with both sugars, then whisk in the eggs and vanilla. Stir in the dry ingredients, then three-fourths of the chocolate and licorice chews. Scrape the batter into the prepared pan and smooth the top. Gently press the remaining chocolate and licorice chews into the batter.

Bake the brownies for about 40 minutes, until a toothpick inserted in the center comes out clean, with a few moist crumbs attached. Let the brownies cool completely, then lift them out of the pan using the paper. Cut the brownies into 12 rectangles and serve. The brownies can be stored in an airtight container for up to five days.

Licorice and Black Tea Poached Cherries

- 2 ½ cups cold water
- 1 tablespoon organic dried licorice root, (cut and sifted)
- 2 teaspoons organic roasted cacao nibs, plus more for serving
- 1 organic vanilla bean, split, optional
- 1 organic star anise pod
- 1 tablespoon organic black tea, such as Darjeeling
- 1 ¼ pounds fresh or frozen organic sweet cherries, pitted
- ½ cup honey
- Organic yogurt for serving

In a medium saucepan over medium-high heat, combine the water, licorice, cacao nibs, optional vanilla bean and star anise. Bring to a boil, then immediately turn down the heat to medium-low. Simmer, uncovered for about 15 minutes.

Turn off the heat and toss in the black tea. Cover and let the herbs steep for an additional 15 minutes.

Strain the infusion through a fine-mesh sieve into a heat-proof container, discarding the solids. Wipe the saucepan clean.

Return the liquid to the saucepan and bring it to a boil over medium-high heat.

Immediately turn down the heat to medium-low and stir in the cherries and honey. Simmer, uncovered for about 5 minutes, until the cherries are warmed through but not soft.

Turn off the heat and let cool to room temperature.

Serve over yogurt, sprinkled with additional cacao nibs.

Jennifer McGruther, *Vibrant Botanicals*, 2021
Blog.mountainroseherbs.com

Do you have a recipe using licorice to share?
Please send it to Karen.k@herbsociety.org