

Star Anise Tea

Ingredients:

4 cups of water	2 tea bags (black or green tea)
2 cinnamon sticks	6 star anise
2 teaspoons of honey	

Directions:

1. Bring the water to a boil, either using an electric kettle, or in a pot on the stove top.
2. Pour the water into a suitable container, like a tea pot, mixing bowl or measuring cup.
3. Add the tea bags, cinnamon sticks, star anise and optionally honey to the boiled water.
4. Stir the tea, and leave it to steep for about 5 minutes. Remove the tea bags, add any extra sweetener if you want, then serve!

Website URL: <https://www.hintofhealthy.com/star-anise-tea/>

Carrot and Star Anise Soup

Ingredients:

1 tablespoon of olive oil	10 medium carrots, chopped
1/2 medium onion, chopped	3 cups of water
1 star anise	1 cube chicken bouillon
1 teaspoon of ground coriander	1/2 teaspoon of thyme
1/2 teaspoon of marjoram	

Directions:

1. Heat oil in a Dutch oven or large pot over medium heat. Sauté chopped carrots and onion in the hot oil, 10 to 15 minutes. Add water slowly, adjusting so that the vegetables are just covered. Add star anise, chicken bouillon, and coriander and bring to a boil. Reduce heat to low and let simmer, about 40 minutes.
2. Remove star anise. Puree soup with an immersion blender to desired consistency. Garnish with thyme and marjoram and serve hot.

Website URL: <https://www.allrecipes.com/recipe/281574/carrot-star-anise-soup/>

Star Anise Burgers

Ingredients:

Burgers: 2 tablespoons of hoisin sauce	1 teaspoon of ground star anise
3/4 teaspoon of chili garlic sauce	1/2 teaspoons of ground ginger
1 pound of ground beef	
Toppings: 1/4 cup of mayonnaise	1/2 teaspoon of ground star anise
1/2 teaspoon of chili garlic sauce	Pinch of ground ginger
4 hamburger buns, toasted	1 large tomato, sliced
Lettuce	

Directions:

1. For the burgers, in a large bowl, mix the soy sauce, star anise, chili garlic sauce, ginger and 1 tsp. salt. Add the beef and gently mix with your hands until evenly blended. Shape the meat mixture into 4 patties.
2. In a small bowl, mix the mayonnaise, star anise, chili garlic sauce and ginger; season the mayo with salt.
3. Heat a grill or a large skillet over medium-high. Cook the burgers to the degree of doneness that you like, about 3 minutes per side for medium-rare. Serve on the buns with a swish of the mayo and the sliced tomato and lettuce.

Website URL: <https://www.rachaelraymag.com/recipe/star-anise-burgers>

Star Anise Drops

Ingredients:

3 small eggs, beaten	1 cup of white sugar
2 cups of all-purpose flour	1/2 teaspoon of baking powder
1/2 teaspoon of cream of tartar	1 tablespoon of ground star anise

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Combine the sugar and the beaten eggs and continue to beat for 15 minutes. Stir in the flour, baking powder, cream of tartar and the anise seeds.
2. Drop by teaspoonfuls onto a greased cookie sheet and bake at 350 degrees F (175 degrees C) for 15 minutes.

Website URL: <https://www.allrecipes.com/recipe/11164/anise-drops/>