



**Makes  $\frac{3}{4}$  cup**  
**Preparation Time: 30 minutes**

**INGREDIENTS:**

- 1 teaspoon Szechuan peppercorns
- $\frac{1}{2}$  of a star anise pod (optional)
- $\frac{1}{4}$  cup unsalted roasted peanuts or sunflower seeds
- 3 tablespoons dried minced shallots
- 2 tablespoons crushed red pepper
- 1 tablespoon dried minced onion
- 1 tablespoon dried minced garlic
- 1 teaspoon gochugaru (Korean chili powder), ground Aleppo pepper, or ground guajillo pepper
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon sea salt

## Oil-Free Chili Crisp

Looking for some instant zing? You may have already heard of chili crisp, the **Chinese**-style chili oil that combines a crunchy mixture of crushed peanuts, ground chiles, and spices. For anyone seeking that bright punch of heat without the oil, this toasted nut and spice blend is the **whole-food, plant-based** answer. Peanuts (or sunflower seeds, for a nut-free variation), dried chiles, and other aromatic ingredients are toasted in a dry skillet rather than steeped in hot oil, which brings out their flavors and enhances their crunch factor. Keep a jar on the table so everyone can help themselves!

### Tips

**Creative ways to use chili crisp:** Hot and cold **noodle dishes**, stir-fries, and Asian soups and stews are obvious candidates for a sprinkle of chili crisp. It's also great on roasted or air-fried veggies, tacos, baked potatoes, bean and grain dishes, avocado toast, or even a frosty scoop of banana or **mango nice cream**.

**For beginners:** Start with a large pinch (about  $\frac{1}{4}$  teaspoon) of chili crisp and go from there.

For more inspiration, check out these tasty ideas:

- [Faux Parmesan](#)
- [Garlic Dipping Sauce](#)
- [Homemade Harissa](#)
- [Thai Red Curry Sauce](#)

By Mary Margaret Chappell

- 1 Using a spice or coffee grinder or a mortar and pestle, grind the Szechuan peppercorns and star anise to a fine powder. Add peanuts; grind until nuts are finely chopped but not powdered.
- 2 Transfer mixture to a small skillet. Stir in the remaining ingredients. Heat over medium 3 to 4 minutes or until peanuts and spices are toasted and fragrant, stirring constantly. Remove from heat; let mixture cool in skillet. Store in an airtight container in a cool, dark place up to 3 months.