



Licorice Root

Licorice Root powder is derived from the dried root of a plant related to star anise, fennel and anise. It contains glycyrrhizin, which gives Licorice root its characteristic sweetness. While slower to detect on the tongue than sugar, it is up to fifty times sweeter. Licorice is an excellent substitute for sugar for diabetics and weight watchers. Used to flavour and sweeten teas, liqueurs, sweets and baked goods, it imparts a distinctly sweet, lingering taste to foods. Licorice root is valued for its health benefits, and can be useful for digestive problems, bacterial and viral infections, menopausal symptoms, and liver disorders. Due to the presence of the active compound glycyrrhetic acid, consumption of Licorice root should not be excessive.



- *Glycyrrhiza glabra* is a sweet flavoured root related to star anise, anise and fennel.
- The sweet characteristic of licorice is due to glycyrrhizin.
- It has a taste 30-50 times the sweetness of sugar.
- The sweetness that licorice imparts is longer lasting and not detected by the palate as quickly as sugar.
- Was the original flavour for black licorice, but now it makes up only a small part of the volume, if it's used at all.
- A licorice infusion has a cooling effect.
- Contains glycyrrhetic acid which is of concern for some people if consumed in large quantities.
- Originally consumed as a drink, rather than eaten.
- Useful replacement for calorie laden sugar for diabetics and weight watchers.

Cooking with Licorice Root

- Licorice imparts a pleasant, distinct, sweet note to food.
- It is used to flavour or sweeten a wide variety of food and drinks such as tea, liqueur, beer, sweets and baked goods.
- Used in game and pork dishes, or with bitter herbal juniper flavours.
- Works well with other flavours like mint, ginger, rhubarb and raspberries.

Health Benefits and Therapeutic Uses of Licorice Root

- Licorice has shown antiviral, antimicrobial, anti-inflammatory, hepatoprotective and blood pressure increasing properties.
- Has been used as a mouth freshener, laxative and as a treatment for atopic dermatitis.
- May be a useful preventative measure for neurodegenerative disorders and dental caries.
- In Ayurvedic medicine licorice is prized for its rejuvenating benefits.
- Consumption should not exceed 70 to 150 g per day.
- Used for digestive problems including stomach ulcers, heartburn, colic and gastritis.
- Also used for sore throat, bronchitis, coughs, and bacterial and viral infections.
- Research has proven its effects in Addison's disease (diabetes insipidus).
- It helps with menopausal symptoms, osteoporosis, osteoarthritis, systemic lupus erythematosus, liver disorders, malaria, and tuberculosis.
- Assists to lower high potassium levels in the blood.
- Used for food poisoning, chronic fatigue, abscesses, rashes and high cholesterol.