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#### ADOBO SEASONING

Ingredients: Garlic, onion, black pepper, Mexican oregano, cumin, and cayenne red pepper. SALT-FREE

This spice mix is not hot, but spicy and rich in flavor, and SALT-FREE. Use  $\frac{1}{2}$  - 1 tsp. per pound and rub on chicken, fish, and pork. Great for making easy guacamole, just mix 1 tsp. in 1 Tbsp. of water, add to 2 mashed avocados with a squeeze of lemon or limejuice. You can add salt & hot pepper to taste.

#### ANNATTO SEED

A must for South American, Caribbean, Mexican and Spanish cooking. From Peru.

To make achiote (annatto oil), mix  $\frac{1}{2}$  cup annatto seed and 1-cup vegetable oil. Simmer 10 minutes, strain out seeds, refrigerate. Use to impart red color and pungent flavor to rice or ploenta, for frying chicken or fish, braising pork or beef enchiladas.

#### APPLE PIE SPICE

Ingredients: Ground Cinnamon & Nutmeg

USES: 1-2 tsp. for 9 in. apple pie. Great for muffins, use  $\frac{1}{2}$  tsp per cup of batter. Add to coffee cake or cinnamon rolls. For spicy sugar cookies, add 1-2 tsp. per batch. Sprinkle on regular or French Toast, add to waffle or pancake batter  $\frac{1}{2}$  tsp. per cup of batter.

#### ARROWROOT

From Brazil. Arrowroot has long been used in making clear glazes for fruit pies or Chinese clear gravies. Because of its superior thickening ability (use half as much as flour) and clear finish, arrowroot is excellent for today's lighter sauces and gravies, especially for saucing or stir frying seafood and poultry. To thicken sauces or gravies, use 2-3 tsp. (dissolved in a bit of cool water) per cup. Push food to one side of pan when done, tip for juices to collect on one side, drizzle in Arrowroot-water slurry. Stir over medium heat until lightly thickened, toss to coat food, save.

#### ARIZONA HERBAL SPICE MIX

Ingredients: Dill weed, parsley, celery, onions & spices. SALT & SUGAR FREE

To make a dip: Blend 3 Tbsp. with 1 cup of yogurt or sour cream and 1 cup mayonnaise for a yummy dip or sauce. Mix with melted butter and pour over pasta, toss in dry herbs for seasoning soups, salads, scrambled eggs or use inside poultry.

#### ARIZONA SOUTHWEST MIX

Ingredients: Red peppers, cilantro flakes, onion, pure red chili powder & garlic. SALT & SUGAR FREE

Make your own fresh salsa just add to crushed tomatoes. Use with fresh tomatoes in a western omelet or as a relish with meats and fish. Mix with cream cheese or sour cream as a dip. Toss into stews, soups, meatloaves or any kind of red pasta sauce.

#### **BAKING SPICE**

All-purpose blend of sweet baking spices – a mix of rare China Cassia Buds, (the flower bud of the cassia-cinnamon tree), and Ceylon soft

sick Cinnamon, along with rich Mace, Sweet Anise, and a hint of cool Cardamom. Perfect for muffins, coffee cakes, pies and banana bread; just add up the spices your recipe calls for and use the same amount of Baking Spice instead. Baking Spice is also a nice sprinkle for coffee or hot chocolate, or use ¼ tsp. in a batch of waffles or pancake batter. Hand-mixed from China Cassia Buds, Ceylon Cinnamon, Spanish Anise, Grenada Mace, Guatemalan Cardamom.

#### BARBECUE SPICE

Ingredients: Paprika, spices, onion, salt & garlic.

Mix 1-2 Tbsp. in 1-cup ketchup or tomato sauce. Brush on chicken or pork chops during grilling or broiling. Store extra in fridge. Also it can be rubbed on chicken, ribs, or pork chops. For a dry style B-B-Q rub in 1-2 tsp. per pound of meat. Sprinkle first with lime or lemon juice if desired.

#### BARBECUE SEASONING

Ingredients: Coarse Kosher Flake Salt, Hungarian sweet Paprika, Jamaican allspice, cayenne pepper, nutmeg, black Pepper, thyme, ginger, white pepper, korintje cinnamon.

This is a great seasoning, whether you are grilling a whole Roast beef, or a slab of ribs. Mix into tomato sauce, 1-2 TBSP per cup, or rub on dry 1-2 tsp per pound.

#### BARBEQUE RUB

Ingredients: SALT, garlic granules, dextrose, paprika, spices, natural flavors, and sunflower oil (anti-caking agent).

Sprinkle or rub onto meats do this in a ceramic or glass container let stand a few hours before grilling.

#### MIXED BEAN SOUP SEASONING

Ingredients: Coriander, salt, thyme, nutmeg, black pepper and cloves.

Follow the directions for cooking on the back of any bag of beans that you buy at the grocery store. Add 3 Tbsp. per 1 lb. of beans. Add whatever meat you'd prefer along with vegetables.

GOURMET CELERY SALT (also known as BEAU MONDE)

Ingredients: SALT, onion, dextrose, & celery seed.

This is great on all kinds of fish. Just sprinkle on before pan searing, grilling, sautéing, or baking. Also good in Dips.

#### BEEF ROAST SEASONING

Use 1-2 tsp. per pound for pot roast, thick steaks and hamburgers. Also delicious for roasted whole turkey or sautéed cutlets, liver with onions and beef stew. One of our best blends for venison—roasted, grilled, braised or stewed. Hand mixed from: sweet paprika, flake salt, toasted onions, celery, sugar, arrowroot, garlic, Tellicherry black pepper, minced parsley, dill seed, caraway, dill weed, bay leaf, thyme, savory, basil, marjoram and rosemary.

#### **BLACKENING SPICE**

Ingredients: Paprika, salt, garlic, onion, peppers (red, white & black), thyme and oregano.

Fish such as Snapper or Salmon are favorites for blackening and should be no more than ¾" thick. Heat cast iron skillet over very

High heat (outside is best because of the smoke). The skillet cannot get too hot for the blackening: let it heat for at least 10 minutes. Brush melted butter on fillets and sprinkle generously with seasoning patting it onto the fish. Place fillets in skillet and pour on 1 tsp. melted butter. BEWARE OF FLAME UP!!!!! Cook uncovered until underside looks charred (about 2 minutes). Turn over and repeat. You can also do chicken the same way.

#### **BOUQUET GARNI**

Ingredients: Savory, rosemary, thyme, Turkish oregano, basil, dill weed, marjoram, sage, and tarragon.

A mix of herbs for baked chicken, fish, pork, or pot roast. Not too sweet, but just strong enough to stay flavorful even in long cooking dishes.

#### **BURGER SEASONING**

Ingredients: Beef base, (SALT, sugar, hydrolyzed corn soy protein,maltodextrin, soybean oil, hydrolyzed corn protein, onion powder, caramel color, natural flavoring disodium inosinate, gunylate, garlice spices, sugar, SALT, onion & paprika.

Start out by sprinkling about 1/2 tsp. per pound of meat. This way you can always add more or leave it at is the next time you make burgers.

#### **CAJUN SPICE**

Ingredients: Cayenne red pepper, black pepper, natural mineral salt, onion, garlic & paprika.

For authentic Louisiana style chicken, fish and seafood, use 1 tsp. per pound. Great for grilling steaks, chicken or pork chops. Rub on a bit of oil, shake on 1-2 tsp.

#### CARNE ASADA SEASONING

Ingredients: Chili powder, kosher salt, pepper, garlic, onion, lemon & orange peels, herbs & spices.

You can also make your own marinade by using entire package of CARNA ASADA SEASONING with about 1½ to 2 cups of water. Stir well. Be sure to use ceramic or glass container when marinating. Let marinade for about 4 hours turning beef, chicken or park over every half hour before grilling or broiling. Marinating over night also works for better flavor.

## DO NOT STORE REMAINING LIQUID MARINADE FOR REUSE!

#### **CELERY SALT**

USES: For cooking fish, chicken & shrimp, use in coleslaw and other prepared salads like tuna, shrimp, chicken, macaroni, egg and potato; add to tomato sauce, vegetable dips and tossed salads. Perfect for roast beef or pot roast, steaks on the grill, mixing into meatloaf. Use ½ to 1 tsp. per pound along with black pepper & garlic. Shake on pork roast or pork chops.

#### CHICKEN SEASONING

Ingredients: Garlic, onion, SALT, orange peel, paprika, red pepper, Green Bell pepper & other herbs & spices.

You can sprinkle onto chicken, fish, pork before grilling. You can make into a marinated by mixing 2 TBSP olive oil, 2 TBSP water with 2 TBSP chicken seasoning. Let stand for about 1 hour then put on the grill.

#### CHICKEN SPICE

Ingredients: SALT, tumeric, garlic, onion, red pepper, spices, M.S.G., Silicon dioxide & citric acid

Sprinkle onto chicken before baking, grilling, sprinkle into coating for Fried chicken.

#### MEXICAN CHICKEN SEASONING

Ingredients: Onion, black pepper ground, tumeric and spices. NO SALT- NO MSG

Just sprinkle onto chicken, you can dry rub or you rub (favorite oil) onto chicken first. Let stand in refrigerator for 1 or 2 hours.

#### ROAST CHICKEN SEASONING

Ingredients: Pepper, natural flavors, SALT, lemon peel, SUGAR, citric acid, spices, lemon crystals, orange peel, dextrose sunflower oil, (anti-caking agent), Spice extractives, silicon dioxide (anti-caking agent).

Sprinkle onto poultry and place in refrigerator for at least 1 hour before baking.

#### CHILI MIX

Ingredients: Chili pepper, cumin, garlic, oregano & salt.

Uses: 2/3 tsp. to 4 cups chili. Add to ground beef for burgers, meatloaf, and pot roast. Can be used in many Mexican dishes such as tamales, enchiladas, bean dip, refried beans and guacamole. Or add 1 tsp. to 8 oz. (light) sour cream, ½ tsp. minced onion, ¼ tsp. granulated garlic for dip.

#### CHINESE FIVE SPICE

Ingredients: Star anise, cloves, cinnamon, fennel & black pepper.

Uses: For cooking foods like roast pork, duck and BBQ spare ribs. Try  $\frac{1}{2}$  -1 tsp. per 4 servings or add to stir fry dishes, marinades and meat sauces. Try in various Chinese and other oriental dishes.

#### CHINESE SEASONING BLEND

Ingredients: Onion, ginger, garlic, celery seed, red and green bell peppers, mustard, green onion, black pepper, star anise, lemon peel, and fennel.

Uses: 2-3 tsp. for 4 servings. Blend of oriental herbs that add an oriental flair to meats, poultry, shrimp stir fry dishes, rice, vegetables, and marinades.

#### ARIZONA CITRUS & PEPPER SEASONING

Ingredients: Tellicherry black pepper, minced California lemon & orange peel, citric acid, garlic & onion powder.

Great for low sodium diets. Rub on boneless skinless chicken breasts, or fish fillets lightly, 1-2 tsp. per pound, dust with a little flour and sauté in a hot pan coated with vegetable oil or a bit of olive oil until done. Also good for roast pork, chicken, lean broiled or grilled lamb or veal chops. Delicious on steamed vegetables, baked potatoes, dressing free salads.

#### CHORIZO MIX

Ingredients: Paprika, salt, spices, garlic & red pepper.

Mix contents of 3 oz. package chorizo mix with  $1-\frac{1}{4}$  pounds of ground beef.  $1-\frac{1}{4}$  pounds ground pork,  $\frac{1}{2}$  tsp. vinegar, 2 Tbsp of water. Allow mixture to marinate for 1 hour, then drain excess liquid if any. Refrigerate or freeze until ready to use.

To Cook: Fry in skillet using low flame for about 15 minutes. Stir frequently to insure even cooking. Chorizo takes on a dark reddish color when cooked. Frying may be done without shortening or oil. If either is added use sparingly. 1-cup chorizo makes 2 servings.

Suggestions: Serve with eggs, make a chorizo omelet, or mix with fried potatoes. Also serve with refried beans.

#### COTTAGE CHEESE DIP

Ingredients: Chives, parsley, celery seed & granulated garlic.

For Dip:  $\frac{1}{2}$  cup low-fat cottage cheese,  $\frac{1}{2}$  tsp. minced fresh green onions, 1 Tbsp. lemon or lime juice,  $\frac{1}{2}$  tsp. cottage cheese blend, ground black pepper to taste. Combine all ingredients and chill 1 or 2 hours before serving. Also try  $\frac{1}{8}$  tsp. in egg salad.

#### CREAM OF TARTAR

Cream of tartar is a by-product left after the fermentation of grapes into wine. From the Mediterranean area, it is used to stabilize beaten egg whites and in baking powder.

Use in Angel food cakes and meringues. For baking powder add ½ tsp of cream of tartar to ¼ tsp. each baking powder and cornstarch.

#### **CURRY POWDER**

Ingredients: Coriander, turmeric, cumin, fenugreek, ginger, mustard, red pepper, allspice & cinnamon. SALT-FREE.

#### DILL DIP

Ingredients: dill weed, onion & garlic.

1 cup Mayonnaise (light), 1-cup (light) sour cream or plain yogurt. 3 Tbsp. dill dip. Mix all ingredients & chill for at least 1 hour.

Another idea adds a pinch to Tuna, egg or potato salad.

#### **ENHANCE IT!**

Ingredients: Dehydrated vegetables (onion, garlic, carrot, tomato & mushrooms), lemon and orange powder, Atlantic kelp greens, parsley, rosehips, thyme, oregano, marjoram, basil, cayenne and other selected herbs & spices. SALT & BLACK PEPPER FREE!

Uses: Adds great flavor to food. Can be used to replace salt for cooling and at the table to season all types of foods. Add to just about anything pasta, chicken, shrimp, rice, stir-fry vegetables.

#### RED FAJITA SEASONING

Ingredients: Salt, red peppers, onion, corn syrup solid, spices, sugar, bromelain, garlic, tomato, lemon peel and silicon dioxide.

#### REGULAR FAJITA SEASONING

Ingredients: Salt, spices, M.S.G., onion, garlic, corn starch.

#### RECIPE FOR USING ANY OF THE ABOVE FAJITA SEASONINGS.

A tasty Mexican style marinade for popular beef, pork or chicken soft-shelled tacos or fajitas. Mix 1 Tbsp. seasoning with ½ cup vegetable oil and 1/3-cup limejuice or vinegar. Marinate thinly cut strips of round or flank steak, turkey or chicken for a few hours. Cook on grill or over high heat in a cast iron or other heavy-duty skillet. Serve on warm tortillas with sour cream, diced green onions, lettuce & fresh tomatoes. For fajitas quickly sauté sliced dry onions, bell peppers for topping the strips (or dice up ½ cup each throw in same marinade as the meat, and cook alongside in the pan.)
Guacamole is a great accompaniment also tries either SANTA CRUZ HOT PICANTE, PICANTE OR THE GREEN SALSA for a little heat.

#### FRENCH FRY SEASONING

Ingredients: SALT, onions, garlic, spices, red pepper, natural grill flavor, (malt odextrin, natural flavors), and spice extractive.

Sprinkle over French Fry's while they are still hot. Try over onion rings, as an all – purpose seasoning.

#### **GALANGAL**

A close relative of ginger, galangal is an important and popular ingredient in the foods of Indonesia and Southeast Asia, especially in Thailand. Ground Galangal is much easier to work with than whole Galangal and is commonly called for in recipes. The flavor is similar to ginger, but more flowery and intense, and is somewhat different from the flavor of any Western seasoning. Use small amounts when starting out. Its flavor combines well with ginger and lemon grass in seasoning fish, meat or poultry. Nice for adding an exotic hint to chicken soup. From Thailand.

### GARAM MASALA (Indian Cuisine)

Ingredients: Cardamom, cinnamon, cloves, cumin pepper & coriander.

A good seasoning for fish such as broiled trout, also nice for lamb and pork, poultry, potatoes, traditional for cauliflower.

# **GRANULATED GARLIC**

1/8 tsp. granulated garlic equals 1 clove fresh garlic.

Put into glass shaker jar with a good lid to retain its flavor longer. Just sprinkle onto whatever meats, soups, vegetables & pasta. You can add salt & pepper to taste.

Garlic Bread: Mix ¼ cup each butter, Parmesan cheese, 1 Tbsp. oil & 1 tsp granulated garlic. Spread onto sliced French breads and rolls.

#### GARLIC AND HERB BLEND

Ingredients: Sesame seeds, black pepper, garlic, green onion, lemon peel & rosehips. SALT FREE

This is a great all-purpose blend to keep on the table in a glass shaker jar with a good lid and shake onto salads, soups & pasta.

#### **GARLIC SALT**

Uses: spice up steaks, chicken and burgers; sprinkle on potatoes, pasta dishes and salads; stir into cooked vegetables and soups.

#### **GUMBO FILE**

Pure sassafras leaf powder. SALT FREE.

Uses: 1 Tbsp. per 6 servings in place of okra. Add to already cooked foods.

# HERBS DE PROVENCE

Ingredients: Basil, thyme, fennel, and Lavender. SALT-FREE

Uses: Blend of traditional herbs used in cuisine form the south of France. 1 tsp. per 4 servings...to cook chicken, pork, veal, fish, and shrimp; add to stuffing, marinades and salad dressings.

#### HICKORY SALT (smoked)

Ingredients: Salt, natural hickory smoked malt, paprika and white pepper.

Uses: add some of the great smoky flavor to your favorite foods, such as spareribs, steaks, chicken, burgers, pork chips and fish fillets. Mix 1 tsp. to 1 pound ground beef for meatballs. Add to baked beans, chili and BBQ sauce.

#### HORSERADISH POWDER

\*\*\*\*\*\*\*Reconstitute about 30 minutes before serving.\*\*\*\*\*\*

Mix 1 Tbsp. dried powder in 2 Tbsp water and add about ½ cup heavy cream (in place of heavy cream you can substitute the following LITE items: Cream, plain yogurt or sour cream...)

Just before serving add salt, sugar and a bit of vinegar to taste.

#### ITALIAN SEASONING

Ingredients: Oregano, basil, marjoram, rosemary, savory, garlic & sage. SALT FREE.

Uses: add butter to create a spread for bread, add to oil and vinegar for salad dressing. An ingredient for spaghetti sauce, meat marinades and cooked vegetables; or to season beef, veal, pork and chicken.

#### JALAPENO SALT

Ingredients: Salt, sugar, garlic, onion, jalapeno and celery.

just sprinkle onto any dish you where you'd want a spicy flavor. Really pick-up the flavor when added to regular chicken noodle soup.

#### JAMAICAN JERK SEASONING

Ingredients: Ginger, mustard seeds, green onion, allspice, garlic, paprika, thyme, fennel seed, black pepper, red pepper (cayenne), cinnamon and nutmeg. SALT FREE

Uses: spice up poultry, pork or fish; rub it on before cooking to add a spicy Caribbean flavor. Make Jerk Marinade for 1 ½ pounds chicken: add 3 Tbsp seasoning to 3 Tbsp vegetable oil, 2 Tbsp soy sauce, 1 tsp cider vinegar. Refrigerate for 30 minutes then broil or grill turning frequently.

#### LAMB SEASONING -- SALT-FREE

Ingredients: Turkish oregano, rosemary, cumin, celery, sweet paprika, black pepper, onion, garlic, spearmint and ginger.

Ideal for rubbing onto lamb kabobs, and roast leg or should of lamb.

#### LEMON- GARLIC MARINADE

Ingredients: Coarse salt, lemon peel, garlic, cloves and ginger.

Great for grilled or broiled poultry & fish. Use ½ to 1 tsp. per pound.

#### **LEMON PEEL GRANULES**

Minced lemon peel is preferred for most uses (pies, muffins & cookies). To rehydrate; use 3 parts water to 1 part lemon granules, let stand 15 minutes. Substitute 1/3 as much dry as receipts call for.

LEMON THYME TROUT RUB

INGREDIENTS: Lemon peel, spices, & SALT

Good a baked or broiled fish. Best used on strong fish, the mixture may over power a milder fish. Sprinkle to taste. Also try sprinkling on a roasting chicken.

#### LIME PEPPER

Ingredients: KOSHER SALT, black pepper, orange peel, lemon peel, dextrose, citric acid, onion, sugar, garlic, celery seed, & lime oil.

Sprinkle when sautéing vegetables, great on fish, sprinkle on meats, also mix into marinades, sauces, and dressings. Or even better sprinkled over salad personal favorite sprinkled over sliced cucumbers.

#### **MEAT TENDERIZER SEASONED**

Ingredients: Spices, onion, garlic, paprika, SALT, and M.S.G.

#### MEAT TENDERIZER UNSEASONED

Ingredients: Salt, sugar, monosodium glutamate, bromelain & silicon dioxides.

## **MESQUITE SALT**

Ingredients: Salt, natural smoke flavor & silicon dioxide (anti-caking agent)

Sprinkle on meats poultry, into marinades, gravies. Just a light sprinkle will go along ways. Sprinkle onto hamburgers when cooked indoors just before serving to get that mesquite flavor. NO OTHER SALT IS NEEDED

#### **MESQUITE SEASONING**

Ingredients: Salt, onion, garlic, black pepper, papain & mesquite.

#### **MEXICAN SPICE**

Ingredients: Oregano, garlic, onion, & cumin seed. Use in Mexican dishes that call for this ingredients.

#### MOLE POBLANO

Ingredients: chili pepper, sugar, peanuts, flour, sesame seed, pumpkin seed, salt, cocoa, cinnamon, garlic, paprika, anise, cloves, & coriander.

Cook chicken and save broth or you can use a can of chicken broth. Combine 2 Cups chicken broth, 3 oz. MOLE POBLANO. Stir until smooth bring to a boil for about 3 minutes. Reduce heat simmer for about 5 minutes. Depending on how thick or thin you want your mole to be you can control the chicken broth. You can now add shredded chicken, beef, pork, or turkey let simmer for another 5 minutes then serve over a bed of rice or pasta. You can also serve any of the above meats whole especially the Cooked chicken and just pour the sauce over.

#### MAKING MUSTARDS

When making mustard use stainless steel, glass or ceramic utensils and containers (aluminum gives mustard an odd flavor). For regular thick mustard use 8 parts mustard by volume to 7 parts liquid.

Mustard is very hot when first mixed, and then mellows with age. Refrigeration nearly stops the mellowing process. For a stronger but not overpowering mustard store at room temperature for 6 weeks, then move to the refrigerator. Try 4 weeks for hot mustard and 8 weeks for a mild.

If making mustard for the first time use 1 cup dry mustard powder (4 oz. by weight), 3 fl. oz. vinegar, 3 fl. oz. cool water, ½ tsp. salt and 1 Tbsp. honey. Mix until smooth, and then pack in glass jars. Once doing this feel free to experiment Chinese restaurant-style mustard, mix 8 parts mustard powder with 7 parts water. Let stand 10 to 15 minutes for the heat and flavor to develop.

Mix small quantities of mustard at a time because although mustard keeps indefinitely, the flavor changes very fast.

For English style mustard vinegar is the liquid. For a spicier taste, use white wine. For the French Dijon flavor, add champagne to the powder. To tone down mustard, thin with a little milk, mayonnaise, or olive oil. Vary mustard flavor by adding sugar, pressed garlic, tarragon or other spices to the mustard powder before adding the liquid.

#### MINCED ONION

To make ¼ cup fresh like onions.

1 round Tbsp minced onion into measuring cup add cool water to the ¼ cup mark. Let stand 15 minutes to rehydrate. Drain extra water.

#### ONION SALT

Uses: add the fresh flavor of onion anytime. Season steak, chicken, burgers, pork and seafood before cooking (great when grilling); add to marinades, rice and stir fry dishes.

#### **ORANGE PEEL GRANULES**

A bit sweeter than lemon granules orange granules is perfect addition to coffee cake, banana bread, waffle batter, cheesecakes and muffins. Sprinkle on hot cereal, or add to potpourri. To rehydrate: use 3 parts water to 1 part orange granules let stand 15 minutes. Substitute 1/3 as much

dry as recipe calls for.

#### SEASONED PEPPER

Ingredients: black pepper, bell pepper, sugar, onion, garlic, cayenne, cinnamon and coriander.

Use the seasoned pepper in place of salt. Good sprinkled on salads, fish, poultry, and meats or just put into shaker onto the table instead of the salt.

#### PICKLING SPICE

Ingredients: Dill seed, mustard, coriander, bay leaf, cinnamon, red pepper, allspice, ginger, black pepper and cloves. SALT FREE.

Uses: the perfect spice base for your pickling brine. Add to liquid when cooling pot roasts, brisket and stews; marinade ingredient for mushrooms, artichokes, meat, poultry and fish.

#### PICO DE GALLO

Ingredients: Ground cayenne pepper, paprika, SUGAR, SALT, and spices. NO MSG.

Sprinkled onto fresh fruit, fish, chicken.

#### PINTO BEAN SEASONING

Ingredients: chili powder, salt, onion, garlic, paprika and coriander.

1 – Ib Pinto beans (follow directions on bag), 2 or 3 Tbsp. Pinto bean seasoning 2 oz. bacon pieces (optional)

#### PRIME RIB RUB

Ingredients: Salt, ground celery, sugar, Tellicherry black pepper, onion, garlic and arrowroot.

Makes delicious prime rib, crispy brown on the outside, and succulently tender inside. Just rub on about 1 tsp. per pound. The drippings make a very fine au jus or gravy. Great for all cuts of beef especially steaks. For hamburgers or meatloaf, just mix in 1 tsp. per pound of meat. It's also a good for seasoning for stronger vegetables. Try in Bloody Mary's use 1/4 tsp. per cup.

# PORK CHOP SEASONING

Ingredients: Fine-grained salt, hickory smoke, granulated garlic, white onion, Montauk ground white pepper and ground China ginger.

Pork chop seasoning is great for pork from chops to roasts, baked, broiled or grilled. Start with 1 tsp. per pound, shake on before cooking. Pork Chop Seasoning is also a great blend for turkey and really good for wings or drumsticks on the grill or the broiler, rub lightly with oil and shake Pork Chop Seasoning on heavily before cooking.

#### **POULTRY SEASONING**

Ingredients: Thyme, sage, marjoram, paprika, dehydrated onion, rosemary and black pepper.

Uses: chicken, steaks, burgers, seafood and vegetables; use as an ingredient in stuffing, sauces, gravies, soups, stews, casseroles, and herb breads.

#### PUMPKIN PIE SPICE

Ingredients: Cinnamon, ginger, allspice, cloves and nutmeg.

Uses: 2/3 tsp. for each 1 ½ cup mashed pumpkin for pie, also tasty ingredient in breads, cookies, muffins, pancakes, acorn squash and sweet potatoes.

#### RANCH DRESSING

Ingredients: Maltodextrin, SALT, garlic, onion, guar gum, shortening powder, spices, and calcium silicate.

Combine: 1 cup (low-fat) milk \*, 1 cup (low-fat mayonnaise, with 1 oz. RANCH DRESSING. Mix well and refrigerate. Should thicken in about 30 minutes. Stir again before serving. \*You can use buttermilk instead. Make a dip by combining 1 oz. RANCH DRESSING with 1 –16 oz. (low-fat) sour cream. Serve with vegetables personal favorite with raw Broccoli.

#### SALAD HERBS

Ingredients: Dehydrated vegetables (onion & garlic, spinach, tomato, mushrooms) sesame seeds, poppy seeds, lemon peel, black pepper, chives, parsley, rosehips, chervil, oregano and other select herbs and spices. SALT FREE

Uses: (like Enhance It!) sprinkle atop your favorite salads.

#### HOT SALSA MIX

Ingredients: Crushed hot chilies and oregano.

To make salsa: 1 can 14.5 oz. diced tomatoes,  $\frac{1}{2}$  tsp. hot salsa mix (start out by using this amount first as it is hot let it stand a bit before tasting so it will get the flavor). It's easier to add more of the mix that trying to dilute it.

Optional Ingredients: Diced green onions, cilantro leaves, and salt to taste.

Refrigerate for 1 hour before serving.

#### SALSA SEASONING

Ingredients: Tomato powder, **SALT**, jalapeno chile, chopped onion, cilantro flakes, parsley flakes, and lemon oil.

Mix 1- 4 oz. can diced green chilies(drain & rinse set aside), 1 tsp. SALSA SEASONING.

OPTIONAL ingredients: You can add fresh diced green onions. Mix all ingredients together.

Let it stand in the fridge for about 1 hour before tasting . If you

still want to add more chile flavor add diced fresh jalapenos to taste or just the juice of canned jalapenos. Once made serve with chips or spoon over fish and bake.

You can also mix 1 container of sour cream with about 1 TBS. of SALSA SEASONING mix let stand for about 20 minutes then taste . You can add about  $\frac{1}{2}$ -TBS to start off let stand and then add more to taste depending on the heat level of the salsa seasoning it's better to add less than try to dilute it later.

#### SALMON RUB

Ingredients: Sugar, paprika, SALT, & spices.

USES: Rub fish with oil first then rub on Salmon Rub 1-tsp. per lb. of fish.

#### SAUSAGE SEASONING

Traditional, southern-style blend for breakfast patties and links. This is a good seasoning for people just starting to make sausage, as it is easy and does not need to be put in a sassing. Mix 1 Tbsp. with 1 pound ground pork and work into uniform, ¼" thick patties. Ground pork is much leaner than ground beef so start out with a low flame, then finish over medium-high heat to brown. Hand-mixed from salt, sugar, sweet paprika, Tellicherry black pepper, sage, dextrose, nutmeg, cayenne pepper & thyme.

#### SEA FOOD BLEND

Ingredients: Lemon granules, dill weed, sugar, SALT, herbs, spices, & garlic.

Brush fish or shrimp, with oil or melted butter. Rub on 1 tsp. per pound. Let sit for about 30 minutes. Grill or broil about 10 minutes. per 1-inch thickness of fish or until shrimp turns pink. To determine thickness, measure fish at thickest point. You can also bake in a 375 F oven for about 10 minutes per one-inch thickness of fish. You can use vegetable or butter flavored spray.

#### SEAFOOD SEASONING

Ingredients: Thyme, sage, bay leaves, & spices. NO SALT- NO MSG.

JUST SPRINKLE TO TASTE.

#### SEASONING SALT

Ingredients: Salt, sugar, paprika, onion, garlic, spices & cornstarch.

Uses: as an all-purpose seasoning. Sprinkle into soups or onto meats.

#### **SEASON SUPREME**

Ingredients: SALT, spices, celery seed, paprika, garlic powder, onion powder, dextrose, disodium inosinate.

Just sprinkle to taste into any dish.

#### SHRIMP & CRAB BOIL GROUND

Ingredients: Celery, SALT, paprika, colman's mustard, black pepper, bay leaf,

cloves, ginger, mace, celery seed, cinnamon, & cayenne pepper.

Uses: Add a 1/2-tsp per lb. of shrimp or crab when boiling. It's also good

sprinkled into seafood soups, sauces, or marinades.

#### STEAK SEASONING

Ingredients: Salt, garlic, spices and red pepper.

Add to grilled meats and marinades. Press into steaks, pork chops and hamburgers before grilling or broiling.

For a zesty marinade add 2 tsp. steak seasoning to ¼ cup olive oil and 2 Tbsp. soy sauce. Add meat, marinade 45 minutes...

#### SONORAN SEASONING

Ingredients: Spices, granulated garlic & onion, black tea, orange peel & natural flavoring. SALT FREE

SONORAN SEASONING WITH SALT, INGREDIENTS LISTED ABOVE.

#### The Sonoran Cut

Take your favorite steak cut, lightly oil & sprinkle both sides with whichever SONORAN seasoning you like. Broil and serve with a roasted, peeled green chili, oiled, seasoned & grilled scallion & warmed spoonful of your favorite salsa.

#### Chicken Monterey

Barbecue boneless chicken breasts oiled and sprinkled with whichever SONORAN seasoning you like, till just done, pour on some Prickly pear barbecue glaze, then add a slice of Monterey Jack cheese and a slice of bacon. Serve on a pool of the Barbecue Glaze when cheese begins to melt.

#### Sonoran Fajitas

Marinate a skirt of flank steak overnight with 1 Tbsp. of whichever SONORAN seasoning you like, ¼ cup olive oil, the juice of 2 limes, ¼ tsp red chili flakes mild or hot whichever your taste is for and a Tbsp. of fresh chopped cilantro. Grill over mesquite if available; slice thin on the bias, against the grain. Serve with warm flour tortillas, salsa and condiments.

The SONORAN SEASONING (S) can add zest to salad dressings, steamed or stir fried vegetables and gives an aromatic crunch to your favorite Fred chicken recipe.

#### SOUTHWEST SEASONING

Combines warm chili peppers with South American spices, laced with a smoky hint of Chipotle pepper. Great for broiled or grilled chicken, fish, and chops; sprinkle on 1 tsp. per pound. For dirty rice or red beans and rice, sauté ½ minced onion in 1 Tbsp. butter. Add 2-3 tsp. seasoning and 1 cup white rice. Stir. Add 2 cups stock, and ¼ cup chipped tomato, bring to boil. Reduce heat to low, cover, cook 15 minutes. Stir in 1-cup beans. Hand-mixed from salt, sweet ancho pepper, onion, garlic, Mexican oregano, Tellicherry black pepper, cayenne red pepper, cumin, sweet paprika, chipotle and cilantro.

#### SUPREMA TACO SEASONING

Ingredients: Chili pepper, paprika, spices, garlic, onion, sunflower oil &

Silicon dioxide (anti-caking agent).

USES: ¼ tsp.\*\* to a 1-lb. Ground meat, chicken or turkey. This is a small amount but it will be easier to add more than try to dilute. Or just sprinkle to taste.

#### TACO SEASONING

Ingredients: Chili pepper, onion, tomato, cumin, paprika, garlic, oregano, mustard, cilantro, jalapeno pepper and red pepper (cayenne). SALT FREE.

Uses: Add to ground meat for tacos or use to make fajitas. Add to beans for a tasty dip.

#### TACO MEAT SEASONING

Ingredients: Chili pepper, spices, SALT, garlic, onion & sugar.

Start out by using  $\frac{1}{4}$  tsp. to 1 pound ground beef, chicken or turkey. This way you can add more if it is to mild for you.

#### THAI SEASONING

Ingredients: Chili peppers, garlic, ginger, coriander, tomato, lemon peel, cumin, basil, paprika, cilantro, star anise, cinnamon, white pepper, red pepper and natural lime oil. SALT FREE.

Uses: 1-2 tsp per 4 servings. Sprinkle on before cooking poultry, seafood and beef. Adds robust flavor to noodles, rice, marinades and stir-fry dishes.

#### TUNA SALAD SEASONING

Ingredients: Dill weed, orange peel, pepper, toasted onion, onion powder, hydrolyzed soy protein, potato flour, SEA SALT, herbs, and sunflower oil (anti-caking agent).

Usage: Mix 2 TBSP. Tuna Salad Seasoning with  $\frac{3}{4}$  cup mayonnaise, to 1 – 12 oz. can of tuna drained. You can also add diced celery and water chestnuts if you like that added crunch.

#### VANILLA SUGAR

Ingredients: Madagascar and Indonesian Vanilla Beans chopped very, fine and mixed and aged with Granulated white sugar.

Sprinkle into coffee, hot chocolate and over fresh fruit. Can be used for baking or whenever you would like that taste of vanilla.

#### VEGETABLE SOUP (DEHYDRATED)

Ingredients: Carrot, tomato, celery, cabbage, onion, spinach, bell pepper & parsley. SALT FREE!

USES: For Dip 16 oz. Light Sour Cream, 1 &1/2 TBSP VEGETABLE SOUP Let stand for 1 hour then serve with vegetables OPTIONAL you can add SALT TO TASTE. In 1-cup (8 oz.) Hot water about 1 TBSP. VEGETABLE

SOUP you add a bouillon cube of either chicken or beef serve with a sandwich or a salad.

#### VEGETABLE STIR FRY

Ingredients: Dehydrated vegetables, garlic, onion, black pepper, & spices.

just sprinkle on vegetables, rice, noodles, sauces, poultry & meats.

#### VIETNAMESE GROUND CINNAMON

This cinnamon is extremely sweet and flavorful. Use 2/3 of what your recipes call for. It is more flavorful so go with the least amount the first time.

#### WACKY PEPPER

Ingredients: Black pepper, garlic, red & green bell pepper, SALT, onion, paprika, & cayenne pepper.

Great as a steak seasoning but even better in hearty soups, and sauces.

#### ZAPP ALL-PURPOSE SEASONING

Ingredients: SALT, garlic, celery seed, white pepper, sweet basil, spinach powder, tomato powder, paprika, turmeric, parsley, Mediterranean oregano, rosemary, thyme, crush red peppers, tarragon, onion, & cayenne pepper.

A spicy all - purpose seasoning.

# How should spices be stored?

The length of time spices stay fresh depends mainly on how they are stored. Heat, light and air all speed the loss of flavor and color. A tight glass jar in a covered cabinet or drawer away for any heat source is the best protection. Everyone knows the stove produces heat, but placing spices next to dishwashers, sinks or air ducts should be avoided. The best way to avoid light is to keep spices in a dark cabinet, drawer or pantry. If you have an open spice rack, make sure to locate it away from direct sunlight. The plastic bags in which spices are sold are great for SHORT TERM STORAGE and are an economical way to buy spices. For LONG TERM STORAGE, glass gives a complete protection from airflow that PLASTIC BAGS DO NOT. So as soon as possible put all herbs, seasonings, spices and especially ground spices into jars.

# Can Spices be sorted in the refrigerator?

Whole, crushed or ground chili peppers (including paprika) keep best in the refrigerator, especially during the summer months. Other than vanilla beans and extracts, spices will not be damaged by the cold. The refrigerator or freezer can greatly slow down the aging process. The only problem sometimes is that the spices stored in the ridge tend to be used less. An ice- cold jar can get spices wet if left open in humid kitchen as condensation will form. To avoid these problems, keep smaller quantities out in the work area and keep any larger back up supply in the fridge or freezer.

# How long do spices stay fresh?

There is no set rule on how long spices stay fresh. The governments guideline used for freshness dating is 4 years for whole spices, 2 years for ground. Some say 6 months is the longest you should stock anything. A good rule of thumb is to buy a year's supply of ground spices and herbs and 1-2 year supply for the whole.

If in doubt about what you have on the shelf the best thing to do is smell if it still smells good, use it. Old spices will never make you sick, they just become flavorless. Another tip is if there are more than one cook (s) in the kitchen always remember to tighten the lid on the spice jars after each use.

# BEEF JERKY SEASONING

Ingredients: **SALT**, dextrose, spices, **SUGAR**, natural hickory smoke flavor, onion powder, garlic powder, hydrolyzed vegetable protein, hydrolyzed soy protein, caramel color, partially hydrogenated soybean oil, imitation maple flavor, and 2 % silicon dioxide to prevent caking.

You can use Round Steak, or Flank Steak very lean. Slice very thin. Get an old salt shaker pour BEEF JERKY SEASONING. Sprinkle on both sides make sure beef has no fat. After seasoning meat refrigerate for 24 hours to get most flavor. Then dehydrate which ever you prefer oven, or dehydrator.

# Oriental Stir Fry

Ingredients: Sesame seed, green and red bell peppers, onion, orange & lemon peel, other select herbs & spices. SALT-FREE

Uses: 2-3 tsp. per 4 servings. Eastern spices and sesame seeds offer an authentic oriental flavor to stir fry dishes, vegetables, rice, noodles, sauces, poultry & meat dishes.

# PIZZA SEASONING SALT- FREE

Ingredients: Spices, garlic, onion, bell pepper, chili pepper.

Uses: Sprinkle to taste. Tastes great on frozen low-fat, light pizzas.

# 6/4/05

NS = NO SALT	J = JAR	HOT = BE CAREFUL	INDEX OF SPICE BLEND	RECIPES \$2.00
CHIPOTLE POWDER	ITALIAN SEASONING GROUND	PEPPER BLACK COARSE	TURMERIC POWDER (J)	
CHINESE SEASONING	HERBS DE PROVENCE	PARSLEY FLAKES	THYME WHOLE	
CHINESE 5 SPICE (J)	GUMBO FILE	PAPRIKA	THYME GROUND	
CHILI MIX	GREEN CHILE POWDER (HOT)		THAI SEASONING	<u> </u>
CHILE DE ARBOL POWDER	GINGER ROOT DRY	OREGANO WHOLE LEAVES	TACO MEAT SEASONING (NS)	<del> </del>
CELERY SEED WHOLE	GINGER GROUND (J)	OREGANO MEXICAN GROUND	TACO MEAT SEASONING	
ELERY SEED GROUND (J)	GARLIC & HERBS	ORANGE PEEL GRANULES	STEAK SEASONING	
CELERY SALT (J)	GARLIC & PEPPER	ONION PEPPER BLEND		
CAYENNE POWDER (HOT)	GARLIC & PARSLEY	ONION SALT	SOUTHWEST SEASONING	
CARNE ASADA SEASONING	GARLIC & ONION	ONION MINCED	SONORAN SEASONING	
CARDAMOM SEEDS .	GARLIC MINCED	NUTMEG POWDER (J)	SONORAN SEASONING (NS)	
CARDAMOM PODS	GARLIC GRANULATED	NUTMEG WHOLE	SHRIMP & CRAB BOIL GROUND	1
CARDAMOM GROUND	GARAM MARSALA (J)	MUSTARD SEED WHOLE YELLOW	SEASONING SALT	<del> </del>
CARAWAY SEED WHOLE	GALANGAL POWDER	MUSTARD SEED WHOLE BROWN	SEA SALT COARSE & FINE GRIND	
CARAWAY SEED GROUND	FENNEL SEED WHOLE	MUSTARD SEED GROUND	SAVORY WHOLE	
CAJUN SPICE BLEND	FENNEL SEED GROUND	MULLING SPICE (IN SEASON)	SAUSAGE SEASONING	
BLACKENING SPICE	FAJITA SEASONING RED	MOLE POBLANO POWDER	SALSA HOT MIX	
BELL PEPPER RED	FAJITA SEASONING ORIGINAL	MIXED BEAN SOUP SEASONING	SALAD HERB	
BELL PEPPER GREEN	ENHANCE IT POWDER	MINT LEAVES	SAGE RUBBED	
BEEF ROAST SEASONING	DILL WEED	MEXICAN SPICE MIX	SAGE LEAVES WHOLE	
BBQ SPICE	DILL SEED	MESQUITE SEASONING	SAGE GROUND	
BAY LEAVES WHOLE	CURRY POWDER	MESQUITE SALT	ROSEMARY GROUND	
BAY LEAVES GROUND	CRUSH PEPPER (HOT)	MEAT TENDERIZER UNSEASONED	PRIME RIB RUB	
BASIL LEAVES	CREAM OF TARTAR	MARJORAM WHOLE	PUMPKIN PIE SPICE (J)	TUNA SALAD SEASONING
BAKING SPICE (J)	COTTAGE CHEESE BLEND	MEAT TENDERIZER SEASONING		TACO SEASONING SUPREMA
AZ SOUTHWEST MIX	COMINO SEED WHOLE	MARJORAM GROUND	ROSEMARY WHOLE	SEAFOOD BLEND
AZ HERBAL MIX	COMINO SEED GROUND	MACE POWDER (J)	POULTRY SEASON GROUND (NS)	SALMON RUB
ARROWROOT POWDER (J)	CLOVES WHOLE	LEMON PEPPER SEASONING	PORK CHOP SEASONING	ROAST CHICKEN SEA.
APPLE PIE SPICE (J)	CLOVES GROUND (J)	LEMON & PEPPER (NS)	POPPY SEED	
ANNATTO SEED	CITRUS & PEPPER	LEMON PEEL GRANULES	PINTO BEAN SEASONING	FRENCH FRY SEASONING
ANNATTO POWDER	CINNAMON STICKS (3 IN& 5 IN)		PEPPERCORNS GREEN	B-B-Q RUB
ANISE STAR WHOLE	CINNAMON GROUND	LEMON GRASS WHOLE	PICKLING SPICE WHOLE	NEW ITEMS
ANISE SEED WHOLE	CILANTRO SEED GROUND	LEMON & GARLIC MARINADE	PEPPERCORNS 4 COLORS	
ANISE SEED GROUND	CILANTRO FLAKES	JUNIPER BERRIES	PEPPERCORNS WHITE	
ALLSPICE WHOLE  ANCHO POWDER	CHIVES CHORIZO MIX	JAMAICAN JERK SEASONING LAVENDER	PEPPER BLACK GROUND PEPPERCORNS BLACK	VIETNAMESE CINNAMON

PLEASE CALL FOR AVAILABILITY, PRICES, SHIPPING & HANDLING CHARGES - WE RESERVE THE RIGHT TO LIMIT BULK QUANTITIES.

THE ABOVE ITEMS ARE PACKAGED FOR HOME USE NOT RETAIL.

**MASTER CARD & VISA ACCEPTED** 

#### WELCOME TO SANTA CRUZ CHILI & SPICE COMPANY

Santa Cruz Chili & Spice Products have been a staple in Hispanic kitchens for over four generations. Now people who enjoy the unique flavors of the southwest are learning how our quality products can add a new dimension to all kinds of cooking. We are happy to share with you just a few of the many ways you can enjoy the unique flavors of Santa Cruz Chili & Spice Products.

# Santa Cruz Chili Paste & Santa Cruz Chili Powder

Arizona and New Mexico chilies have long been known for their distinctive flavor, and until Gene England, founder of Santa Cruz & Chili and Spice Company, discovered the method of manufacturing the red mature chili peppers into a rich chili paste and rich chili powder, the number of people who knew this mild, tangy taste of mature, red chili peppers, considered a delicacy, was relatively limited. Used in all types of Mexican cooking, Santa Cruz Chili Paste and Santa Cruz Chili Powder can also add a bright flavor and color to almost any dish. Our Chili Paste is excellent all by itself on steaks, hamburgers, hot dogs or eaten straight from the jar with tortilla chips.

### Santa Cruz Sauces

Our sauces are made from authentic recipes, full of the rich and pungent flavors of Mexico. Santa Cruz Picante Sauce is made from a special blend of tomatos, jalapenos, green chilies and spices. It adds a wonderful and substantial zest to tacos or as a salsa for tostadas. Santa Cruz Hot Picante Sauce takes our popular Picante Sauce recipe and adds even more bite for those who "like it hot". Santa Cruz Green Salsa was chosen Tucson, Arizona's best hot salsa. Our Green Salsa also brings you the authentic flavor of Mexico with jalapenos and green chili in a special blend of the finest ingredients. Santa Cruz Chili Barbeque Sauce is an excellent, all purpose barbeque sauce which has become a favorite with our castomers. Made the same slow way as our other sauces, it is delicious on beef, pork, fish and chicken.

# Santa Cruz Spices

In 50 years of creating special southwestern food products, we have developed many sources of unusual chiles, herbs and spices from around the world. Our Spice Center, in Tumacacori, is famous among gourmets looking for affordable and unique items not readily found in your local grocery store.

Santa Cruz products are available at most fine grocery stores.

To order directly, call or write to us at

# SANTA CRUZ CHILI & SPICE COMPANY P.O. BOX 177 TUMACACORI, ARIZONA 85640 (520) 398-2591 FAX (520) 398-2592

The cook books are full of recipes that use our products, but here are just a few of our favorites...



#### GORDO'S RED CHILI SAUCE\*

(A traditional sauce using chili powder)

1 Tbs. shortening or oil 1 1/2 Tbs. flour

1 cup Santa Cruz Chili Powder

2 to 3 cups water or broth 1/2 tsp. salt 1/2 tsp. garlic powder 1 cube beef bullion

Brown shortening and flour over medium heat. Stir in the chili powder, water, spices, bullion cube and stirring continuously bring to a boil. Simmer for 10 minutes or until sauce reaches desired consistency.

\*As served at the famous GORDO'S MEXICATERIA in Tucson, AZ

## SANTA CRUZ ENCHILADA SAUCE

(A traditional sauce using chili paste)

1 Tbs. flour 2 Tbs. oil

1 Jar (16 oz) Santa Cruz Chili Paste

3-4 cups hot water or meat broth 1 tsp. garlic powder 1/4 tsp. cumin seeds, ground 1 tsp. oregano

Brown flour and oil in a saucepan. Add chili paste, water, and spices and simmer gently for 15 minutes. Note: For thicker sauce use less liquid or thin to gravy consistency and use over burros, chimichangas or as a condiment over eggs, meat etc.

# SANTA CRUZ TAMALES

A HOLIDAY FAVORITE

#### Chili con carne for tamales

4 pounds stewing beef, cut up

2 quarts of water

1 Tbs. of salt

2 Tbs. shortening

3 Tbs. flour

2 16 oz. jars of Santa Cruz Chili Paste

1/2 tsp. granulated garlic

2 cups meat broth or water

6 oz. diced black olives (optional)

6 Jalapeno chili, sliced (optional)

1 cup black raisins (optional)

Place meat and water in large kettle with salt. Cover kettle and bring to boil. Reduce heat and simmer until meat is tender, about 3 hours. Remove meat from broth and cool. Shred meat and set aside. Heat shortening in large saucepan, add flour and brown lightly. Add Santa Cruz Chili Paste, garlic and meat broth to desired thickness. You may add olives, jalapenos and raisins at this time. Add meat and simmer for 10 minutes, stirring occasionally. Cool.

#### Tamales

2 quarts chili con carne (see above)

5 pounds masa (either fresh or packaged masa harina)

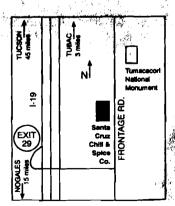
1 1/2 pounds lard at room temperature

l tsp. salt

2 to 3 cups water

1 1/2 pounds corn husks soaked in hot water for 10 minutes until flexible. Beat the lard and salt until fluffy. Add the masa gradually alternating with the water. The masa is ready when a tsp. dropped into a cup of water will rise to the top and float. Assemble tamales by spreading 2 Tbs. of prepared masa on the smooth side of cornhusk. Place 2 Tbs. of Santa Cruz Chili con carne in the center of the masa. Roll up the husk lengthwise, fold over and pinch end to hold in filling. To cook, set tamales on end in a steamer and steam for 30 to 45 minutes.

Recipe makes 4 dozen tamales.



# SANTA CRUZ CHILI & SPICE COMPANY

1868 E. Frontage • Tumacacori, Arizona (520) 398-2591 www.santacruzchili.com



Santa Gruz Products are available at many fine procery stores.

Call or write us to order directly from our Chili Center.