

Penzeys Spices

LOVE TO COOK—COOK TO LOVE



EARLY SUMMER 2015





Pico



Chicken Curry



Turkish Kabobs



Beef Tacos

visit penzeys.com for these recipes

Whatever your Taste, Trust our Tasty Seasonings

From Chili to Curry, Tacos to Kabobs the world is made tastier with Penzeys Cumin and Penzeys Cumin Seasonings.

Which Will You Choose?

Regular Chili Powder **SALT FREE**

Rich flavor, deep color, very little heat. This blend is the traditional backbone of many Mexican dishes, from burritos to tamales. Great for family-style chili, use 1-3 TB. per quart. Serve with a shaker jar of crushed hot peppers on the side for those who like heat.

3/4 cup bag (net 3.8 oz.) #11140 \$8.49

Sweet Curry Powder **SALT FREE**

The perfect first curry powder. Great flavor, little heat, nice for simple chicken curry. For baked chicken or fish, use 1/2 tsp. per lb. for rich (not too spicy) flavor. Add 1 tsp. to a pot of chicken soup for flavor and color. For a curried pasta or green salad dressing, saute 1-2 tsp. in 2 TB. olive oil for 3 minutes over low heat, blend into 1 cup yogurt or 1/2 cup vinegar and oil.

3/4 cup bag (net 3.3 oz.) #12042 \$9.29

Turkish Seasoning

A traditional and delicious blend for seasoning meats from kabobs to roasts, lamb to beef to chicken. For a tasty vegetable dip, mix 2 tsp. Turkish Seasoning and 1-2 tsp. honey in 1 cup yogurt.

3/4 cup bag (net 3.3 oz.) #23842 \$8.99

Taco Seasoning

Very similar to seasoning packets sold in grocery stores, but much more flavorful and less expensive. Family-style, not hot. Mix 4 TB. with 6 oz. water, add to 1 lb. browned, drained ground beef or cooked chicken or beans. Simmer 10 min. until thick. Taco Seasoning is also great for dip—mix 2 TB. in 2 TB. water, then blend with 1/2 cup sour cream and 1/2 cup cream cheese.

3/4 cup bag (net 4.4 oz.) #23547 \$8.69



And introducing Penzeys new bulk bags in 3/4-cup and 1 1/2-cup sizes. Now you will know how much spice you are getting every time.

Early Summer 2015

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a note from Bill

Love, Cumin and Motherhood

Just in time for this Wedding season we are introducing our new Love Wedding gift boxes. Our Wedding gift boxes have long been some of our most popular assortments. Part of what we sell as a spice business is freshness, so it seems fitting to bring a new freshness to the Wedding boxes. The new boxes hold wonderful assortments of spices and seasonings picked with the thought of starting out along a path that will hopefully lead to a lifetime of cooking and sharing meals together.

When we first started putting together assortments of spices as gifts, we were surprised by how often our customers wanted to share our spices as wedding gifts. We thought it had something to do with our quality. As our understanding of the almost magical role cooking plays in our lives has grown, we've come to see that these gifts are about a lot more than just spices. Time in the kitchen changes people into family. What better wedding gift could there be than something that sets a life of cooking in motion?

And cumin. You may have missed it, but a bunch of companies recently recalled cumin and seasoning blends with cumin. These companies bought their cumin already ground, and with cumin prices rising, it was feared their suppliers had mixed in peanut shells in the grinding process to save on costs. You really don't have to worry about this kind of thing when you shop with Penzeys. And it's not just because we grind our own cumin. We really do have great people working here who really do care about your safety and the safety of those you cook for.

So in this time when other companies are recalling their cumin blends, we are promoting ours. As more orders have been coming in through our website, we've been working to have our various-sized bulk bags make sense even if you are not in the store to see them. Our thought is just like we have ¼- and ½-cup jars, our bulk bags would make more sense in ¾- and 1½-cup sizes. The changeover will be gradual, but using our new bags to showcase our really good cumin blends seemed like a good place to start.

And Mother's Day. So many holidays give cooks the opportunity to make something special. Mother's Day is special because it gives us cooks the chance to celebrate where the spirit of cooking actually comes from. It is that spirit of motherhood, that desire to make everything just right because of all the goodness "just right" sets in motion, that makes a business like ours possible. Mothers really are great.

And you don't have to be a woman, or even a parent, to radiate the spirit of motherhood. We can all use our ability to nurture to make the world a better place. Still, there does need to be a special appreciation for those willing to take on the responsibility of radiating caring and kindness 24/7 for decades on end. We owe them everything. Show them your love.

Happy Mother's Day,

Bill
bill@penzeys.com

Spice Tips

HOW MUCH SHOULD I BUY?

A good guideline is to buy a one year's supply of herbs or ground spices, and a one to two year supply of whole spices. The government's guideline for freshness dating is four years for whole spices and two years for ground. Some people say six months is the longest spices should be stored, but most spices are harvested only once a year, so it does not make sense to discard them every six months. On the other hand, two years is too long to store finely powdered spices. Each spice contains hundreds of flavor components. It is the quantity and balance of these components that determines the quality of the spice. These flavor components will dissipate at different rates. A top quality spice may be better at two years old than a low quality spice at two months. When in doubt about a spice, just smell it. If it smells strong and spicy, use it. If not, toss it.

HOW SHOULD I STORE THEM?

Spices must be stored properly to maintain strong, fresh flavor. Heat, light, moisture and air all speed the loss of flavor and color. Glass or barrier plastic containers (such as those we use at Penzeys) are very good. DO NOT store your spices near a heat source: on top of the stove, dishwasher, refrigerator or microwave, or near the sink or a heating vent. The best way to avoid light is to put the spices inside a cupboard or a drawer. If an open spice rack is being used, place it out of direct sunlight.

Some folks say that all spices should be stored in the refrigerator or the freezer. Whole, crushed and ground chili peppers (including paprika, as well as sesame seed and poppy seed) will stay fresh and colorful longer in cool storage, especially in the summer months. Other than vanilla beans and extract, the flavor of spices will not be damaged by cold. The only problem with spices being stored in the fridge is that they tend to be used less (out of sight, out of mind). So we recommend keeping smaller quantities of spices out in the cooking area and larger backup supplies in the refrigerator or freezer.

Adobo Seasoning **SALT FREE**

A traditional and popular Mexican spice mix. Not hot, but spicy and rich in flavor, and salt-free. Use 1/4 - 1 tsp. per pound and rub on chicken, fish and pork. Great for easy guacamole, just mix 1 tsp. Adobo Seasoning in 1 TB. water, add to 2 mashed avocados with a squeeze of lemon or lime juice, a shake of salt and a pinch of hot pepper. Hand-mixed from: garlic, onion, black pepper, *Mexican oregano*, *cumin* and *cayenne red pepper*.

1/4 cup jar (net 1.1 oz.) #10137 **\$4.55**
1/2 cup jar (net 2.5 oz.) #10153 **\$7.89**
3/4 cup bag (net 3.8 oz.) #10143 **\$9.99**
1 1/2 cup bag (net 7.5 oz.) #10185 **\$14.99**

Ajwain Seed

Ajwain (or Ajowan) is traditional to many Indian and Pakistani dishes. From Pakistan.

1/4 cup jar (net .8 oz.) #50139 **\$3.79**
1/2 cup jar (net 1.9 oz.) #50155 **\$6.29**
4 oz. bag #50142 **\$6.65**

Allspice

Allspice is one of the most popular baking spices. Sweet and warm, ground allspice is particularly good in pumpkin pie, banana bread and cookies. Allspice is also the main flavor in barbecue sauce and is used whole for canning, soups, and mulled wine or cider.

Whole Honduran Allspice

1/4 cup jar (net .6 oz.) #50234 **\$3.09**
1/2 cup jar (net 1.5 oz.) #50250 **\$5.09**
4 oz. bag #50247 **\$4.89**
8 oz. bag #50289 **\$8.55**
1 lb. bag #50218 **\$15.80**

Ground Honduran Allspice

1/4 cup jar (net 1.0 oz.) #40231 **\$3.65**
1/2 cup jar (net 2.0 oz.) #40257 **\$6.09**
4 oz. bag #40244 **\$5.69**
8 oz. bag #40286 **\$10.15**
1 lb. bag #40215 **\$18.90**

Anise Seeds

Sweet licorice taste, used in cookies, sausage and sauces throughout the Mediterranean.

Whole Spanish Anise Seeds

1/4 cup jar (net .9 oz.) #50339 **\$3.45**
1/2 cup jar (net 2.2 oz.) #50355 **\$5.69**
4 oz. bag #50342 **\$5.15**

Cracked Spanish Anise Seeds

1/4 cup jar (net 1.1 oz.) #40431 **\$3.65**
1/2 cup jar (net 2.2 oz.) #40457 **\$6.09**
4 oz. bag #40444 **\$5.35**

Ground Spanish Anise Seeds

1/4 cup jar (net 1.1 oz.) #40336 **\$3.65**
1/2 cup jar (net 2.2 oz.) #40352 **\$6.09**
4 oz. bag #40349 **\$5.35**

Annatto Seeds

A must for South American, Caribbean & Mexican cooking.

1/4 cup jar (net 1.2 oz.) #50539 **\$3.29**
1/2 cup jar (net 2.8 oz.) #50555 **\$5.49**
4 oz. bag #50542 **\$3.45**

Apple Pie Spice

Use 1-2 tsp. for an 8-inch apple pie. Great for muffins, use 1/2 tsp. per cup of batter. For sugar cookies, add 1-2 tsp. per batch. Sprinkle on regular or French toast, add to waffle or pancake batter, 1/4 tsp. per cup. *Hand-mixed from: China and Korintje cinnamon, nutmeg, mace and cloves.*

1/4 cup jar (net 1.0 oz.) #10232 **\$4.35**
1/2 cup jar (net 2.2 oz.) #10258 **\$7.55**
4 oz. bag #10245 **\$7.99**
8 oz. bag #10287 **\$14.69**
1 lb. bag #10216 **\$27.90**

Arizona Dreaming **SALT FREE**

Arizona Dreaming is simply a delicious all-purpose coming together of spices. The flavors of South of the Border combined in the ways that Americans love so much. Great for just about everything, use frequently to season: vegetables, rice, beans, beef, pork, scrambled huevos, ground turkey, cheese, salad dressings. Free from salt. *Hand-mixed from: ancho chili pepper, black pepper, onion, garlic, paprika, spices, cumin, citric acid, Mexican oregano, cilantro, lemon peel, chipotle pepper, red pepper, jalapeño, cocoa and natural smoke flavoring.*

1/4 cup jar (net .9 oz.) #15837 **\$4.09**
1/2 cup jar (net 2.1 oz.) #15853 **\$6.85**
4 oz. bag #15840 **\$7.09**
8 oz. bag #15882 **\$12.79**
1 lb. bag #15811 **\$24.30**

Arrowroot Starch

Arrowroot has long been used in making clear glazes for fruit pies. Because of its superior thickening ability (use half as much as flour) and clear look, arrowroot is excellent for stir-fry sauce. **To thicken sauces or gravies:** Use 1-2 tsp. (dissolved in a bit of cool water) per cup. Push food to one side of pan. Tip pan for juices to collect on one side and drizzle in arrowroot-water slurry. Stir over medium heat until slightly thickened, toss to coat food and serve.

1/4 cup jar (net 1.1 oz.) #40536 **\$3.29**
1/2 cup jar (net 2.5 oz.) #40552 **\$5.49**
4 oz. bag #40549 **\$3.79**
8 oz. bag #40581 **\$6.29**
1 lb. bag #40510 **\$11.20**

Baking Spice

Whether you are baking cookies or just heating oatmeal, Baking Spice makes it easy to add delicious flavor. Sprinkle on hot cereals, or add to pancake batter, 1/4 tsp. in 2 cups. Add 1 tsp. to box mixes for cake or brownies. Try it in muffins, coffee cakes, pies, and banana bread. Add up the spices your recipe calls for and use the same amount of Baking Spice instead. *Hand-mixed from: Ceylon & China cinnamon, anise, allspice, mace and cardamom.*

1/4 cup jar (net .7 oz.) #11734 **\$4.25**
1/2 cup jar (net 1.7 oz.) #11750 **\$7.29**
4 oz. bag #11747 **\$9.79**
8 oz. bag #11789 **\$18.25**
1 lb. bag #11718 **\$35.20**



Bangkok Blend **SALT FREE**

For flavorful Thai-style cooking. Nice for seasoned noodles. *Hand-mixed from: sweet peppers, garlic, ginger, black pepper, galangal, hot peppers, lemon grass, basil and cilantro.*

1/4 cup jar (net 1.0 oz.) #10337 **\$4.69**
1/2 cup jar (net 2.4 oz.) #10353 **\$8.19**
4 oz. bag #10340 **\$8.45**
8 oz. bag #10382 **\$15.65**
1 lb. bag #10311 **\$29.90**

BBQ 3000

Cook it slow or fast, on the grill or in the oven, gas or charcoal, it's all good. Brush boneless/skinless chicken breasts with olive oil and 1-2 tsp. BBQ 3000 per pound, grill over direct medium-high heat 3-5 minutes per side, covered. *Hand-mixed from: salt, paprika, black pepper, nutmeg, mustard, allspice, citric acid, garlic powder, ginger, sage, thyme, white pepper, cinnamon and natural smoke flavor.*

1/4 cup jar (net 1.2 oz.) #20235 **\$4.45**
1/2 cup jar (net 2.5 oz.) #20251 **\$7.75**
4 oz. bag #20248 **\$7.29**
8 oz. bag #20280 **\$13.45**
1 lb. bag #20219 **\$25.50**

BBQ 3001

The next step in the evolution of flavor. Whether you're grilling, broiling, roasting or stir-frying, a sprinkle of BBQ 3001 will bring a burst of life to every dish. For tender and delicious ribs, rub on 2-3 tsp. per pound and then slow cook in the oven at 240° for 3-4 hours. For extra smoky flavor, grill over indirect heat for 2-4 hours. Sprinkle BBQ 3001 on veggies (especially great on zucchini), grilled or pan-seared fish and skewered shrimp. Healthy, quick and tasty. *Hand-mixed from: paprika, black pepper, salt, mustard, nutmeg, citric acid, garlic, allspice, sugar, ginger, thyme, sage, white pepper, red pepper, cinnamon, natural smoke flavoring and vanilla beans.*

1/4 cup jar (net 1.0 oz.) #22239 **\$4.45**
1/2 cup jar (net 2.3 oz.) #22255 **\$7.75**
4 oz. bag #22242 **\$7.29**
8 oz. bag #22284 **\$13.45**
1 lb. bag #22213 **\$25.50**

Barbecue of the Americas

Mix 2-3 tsp. seasoning in 2 cups tomato sauce—brush on ribs toward the end of cooking, or bake chicken breasts or pork chops in the oven and brush with sauce for the final ten minutes of cooking. This blend is perfect for any grilled food, from quickly grilled steaks to slower cooked whole chicken. Great for fish and skewers with meat and vegetables. *Hand-mixed from: flake salt, paprika, allspice, cayenne pepper, nutmeg, black pepper, thyme, ginger, white pepper and Korintje cinnamon.*

1/4 cup jar (net 1.2 oz.) #23931 **\$4.55**
1/2 cup jar (net 2.5 oz.) #23957 **\$7.89**
4 oz. bag #23944 **\$7.65**
8 oz. bag #23986 **\$13.89**
1 lb. bag #23915 **\$26.40**

Basil

Basil is the perfect herb for pasta, tomato sauce, and chicken. The flavor of sweet basil is almost addictive and there is little that a bit of basil can't improve. Known as a tomato's best friend, add basil to salads, soups, fish and vegetables. Basil is a wonderful addition to meat and poultry as well. Add basil toward the end of cooking for the strongest flavor. California basil is a little stronger than French basil, due mainly to better dehydration technology, and is the basil of choice for Italian and American cooking. French basil has a bit of anise flavor many people enjoy.

Coarse-Cut Sweet California Basil

The basil for all Italian cooking, perfect with tomatoes
1/4 cup jar (net .2 oz.) #30133 **\$2.49**
1/2 cup jar (net .4 oz.) #30159 **\$3.99**
1 oz. bag #30162 **\$3.55**
4 oz. bag #30146 **\$7.99**
8 oz. bag #30188 **\$14.69**

Broken Leaf Sweet French Basil

Milder than California, sweet anise flavor
1/4 cup jar (net .2 oz.) #30238 **\$2.75**
1/2 cup jar (net .6 oz.) #30254 **\$4.35**
1 oz. bag #30267 **\$3.09**
4 oz. bag #30241 **\$6.95**
8 oz. bag #30283 **\$12.65**

Bavarian-Style Seasoning **SALT FREE**

Growing up in the Penzey family, one of our favorite Sunday dinners was Gram's special recipe of veal, pork, potatoes, onions and carrots, all roasted to a golden brown in the same pan, seasoned with her simple, yet delicious blend of herbs and spices. We've also found this seasoning is wonderful for the grill—one of our quick favorites is to rub boneless pork chops or turkey cutlets with a bit of vegetable oil, then sprinkle with 1-2 tsp. Bavarian Seasoning per pound. Also great on turkey breast, rub on 1-2 tsp. per lb. For added zest, sprinkle with lemon juice or salt. *Hand-mixed from: crushed brown mustard, rosemary, garlic, thyme, bay leaf and sage.*

1/4 cup jar (net .7 oz.) #10432 **\$3.55**
1/2 cup jar (net 1.5 oz.) #10458 **\$5.95**
4 oz. bag #10445 **\$7.29**
8 oz. bag #10487 **\$13.45**
1 lb. bag #10416 **\$25.50**

Bay Leaves

Turkish bay leaves are the best in the world. Though not as strong as the California variety, they have a natural depth of flavor that the California bay leaves can't hope to match. Bay leaves grow wild on the hilly mountains of western Turkey in the area around Izmir (Smyrna). The flavor of bay leaves is perfect for adding to roast pork or chicken, pot roast, turkey or ham, use 2-3 leaves and remove before serving. Bay leaves are also perfect for spaghetti sauce and chicken soup, use 2 per quart. A surprising fact is that bay leaves improve the flavor of salt-free dishes with their rich flavor. Note: bay leaves are very light (8 ounces by weight equals one gallon by volume).

Whole Turkish Bay Leaves

1/2 oz. bag #30391 **\$2.65**
1 oz. bag #30362 **\$3.89**
4 oz. bag #30346 **\$8.99**
8 oz. bag #30388 **\$16.65**
1 lb. bag #30317 **\$31.80**

Beef Roast Seasoning

Use 1-2 tsp. per pound for pot roast, thick steaks and hamburgers. One of our best blends for venison. *Hand-mixed from: sweet paprika, salt, onion, celery, arrowroot, sugar, garlic, Tellicherry black pepper, parsley, dill seed, caraway, turmeric, dill weed, bay leaf, thyme, savory, basil, marjoram and rosemary.*

1/4 cup jar (net 1.1 oz.) #20530 **\$4.25**
1/2 cup jar (net 2.6 oz.) #20556 **\$7.19**
4 oz. bag #20543 **\$6.29**
8 oz. bag #20585 **\$11.19**
1 lb. bag #20514 **\$20.90**

Bell Peppers

Flavorful, colorful bell peppers are convenient and tasty, nice for meatloaf, soup, pizza, casseroles and salads. Picked at the peak of ripeness, yielding a farmer's market fresh taste. These peppers are so flavorful, a little goes a long way, and they are ready to use when you are. 1-2 TB. dehydrated bell peppers give the flavor of 1 large fresh pepper. Red Bell Peppers are sweeter than green bell peppers, which have a zestier flavor. To rehydrate 1/4 cup: Place 2 TB. bell peppers in a cup, add water to the 2 oz. (1/4 cup) mark. Soak 15 minutes.

Green Bell Pepper Flakes 3/8" Cut Californian

1/4 cup jar (net .3 oz.) #32137 **\$2.85**
1/2 cup jar (net .6 oz.) #32153 **\$4.55**
4 oz. bag #32140 **\$9.79**
8 oz. bag #32182 **\$18.25**
1 lb. bag #32111 **\$35.20**

Red Bell Pepper Flakes 3/8" Cut Californian

1/4 cup jar (net .5 oz.) #32232 **\$3.19**
1/2 cup jar (net .9 oz.) #32258 **\$5.25**
4 oz. bag #32245 **\$9.79**
8 oz. bag #32287 **\$18.25**
1 lb. bag #32216 **\$35.20**

Red & Green Bell Pepper Flakes 3/8" Cut Californian

1/4 cup jar (net .4 oz.) #32337 **\$3.09**
1/2 cup jar (net .8 oz.) #32353 **\$5.15**
4 oz. bag #32340 **\$9.79**
8 oz. bag #32382 **\$18.25**
1 lb. bag #32311 **\$35.20**

Berberé Seasoning **SALT FREE**

Awesomely hot and spicy East African-style hot pepper blend. No salt, no mild paprika, just a lot of Cayenne Red Pepper with the rich flavors of fenugreek and cardamom. It's not just hot, it's berberé hot. *Hand-mixed from: cayenne red pepper, garlic, ginger, fenugreek, cardamom, cumin, black pepper, allspice, turmeric, cloves, Ceylon cinnamon and coriander.*

1/4 cup jar (net .9 oz.) #12836 **\$2.69**
1/2 cup jar (net 2.1 oz.) #12852 **\$4.39**
4 oz. bag #12849 **\$3.99**

Bicentennial Rub Seasoning

The rich flavor and golden color make this our favorite blend for turkey, duck, goose and pork roast. Perfect for the grill, sprinkle heavily on rotisserie-style chicken or pork roast, also on thick-cut pork chops and beef short ribs. The larger chunks of spices in our Bicentennial Rub also make it perfect for any large cut that takes an hour or longer to cook, and the beautiful golden color can't be beat. Try on roast leg of lamb, baked or roasted whole stuffed chicken, Yankee pot roast and thick-cut pork or veal chops. *Hand-mixed from: coarse flake salt, Tellicherry black pepper, sugar, turmeric, minced orange peel and coriander.*

1/4 cup jar (net 1.3 oz.) #20635 **\$4.25**
1/2 cup jar (net 2.7 oz.) #20651 **\$7.29**
4 oz. bag #20648 **\$6.29**
8 oz. bag #20680 **\$11.19**
1 lb. bag #20619 **\$20.90**



Black and Red Spice **SALT FREE**

A blend of fresh ground Tellicherry black pepper and hot cayenne red pepper. Great whenever you want the robust flavor of Tellicherry black pepper but need extra heat. Perfect for the grilling season, since the heat of the grill mellows the red pepper heat a bit, for flavorful spicy chops, chicken, fish, shrimp kabobs and steaks. Try a sprinkle on scrambled eggs, creamy pasta or potato salad for a spicy change of pace. *Hand-mixed from: Tellicherry Black Pepper and Cayenne Red Pepper.*

1/4 cup jar (net 1.1 oz.) #10537 **\$4.09**
1/2 cup jar (net 2.5 oz.) #10553 **\$7.09**
4 oz. bag #10540 **\$6.15**
8 oz. bag #10582 **\$11.09**
1 lb. bag #10511 **\$20.90**

Bouquet Garni **SALT FREE**

Herbs are the cook's best friend. They add tons of flavor to food without using butter or salt, and herb blends are an easy and inexpensive way to get many flavors in one jar. Bouquet Garni is one of our most popular and traditional herb blends, a robust and flavorful mix for baked chicken or fish, pork, or pot roast. Just crumble between your fingers and sprinkle 1/2 tsp. per pound on fish or chicken breasts before baking, or rub onto the surface of roasts before cooking. *Hand-mixed from: savory, rosemary, thyme, Turkish oregano, basil, dill weed, marjoram, sage and tarragon.*

1/4 cup jar (net .3 oz.) #10632 **\$2.75**
1/2 cup jar (net .8 oz.) #10658 **\$5.35**
1 oz. bag #10661 **\$4.69**
4 oz. bag #10645 **\$11.09**
8 oz. bag #10687 **\$20.89**

Bratwurst Sausage Seasoning

The sausage that made Milwaukee famous. *Hand-mixed from: salt, white pepper, mustard, nutmeg and onion.*

1/4 cup jar (net 1.6 oz.) #28031 **\$3.65**
1/2 cup jar (net 3.4 oz.) #28057 **\$6.29**
4 oz. bag #28044 **\$3.65**

Breakfast/Pork Sausage Seasoning

A best-seller. Traditional blend for breakfast patties and links. This is a good seasoning for beginners. Mix 1 TB. with 1 lb. ground pork and work into 1/4" thick patties. *Hand-mixed from: salt, sugar, paprika, black pepper, dextrose, nutmeg, cayenne pepper, sage and thyme.*

1/4 cup jar (net 1.8 oz.) #28136 **\$3.79**
1/2 cup jar (net 3.6 oz.) #28152 **\$6.39**
4 oz. bag #28149 **\$3.65**
8 oz. bag #28181 **\$6.09**
1 lb. bag #28110 **\$10.60**

Cajun Seasoning

One of America's most popular seasonings. Shake heavily on chicken, fish or steaks on the grill for robust and spicy flavor. Add 1/2 tsp. per pound to ground beef or turkey for zesty Cajun burgers. *Hand-mixed from: paprika, salt, celery, sugar, garlic, black pepper, onion, oregano, red pepper, caraway, dill, turmeric, cumin, bay, mace, cardamom, basil, marjoram, rosemary and thyme.*

1/4 cup jar (net .9 oz.) #20835 **\$4.55**
1/2 cup jar (net 2.1 oz.) #20851 **\$7.75**
4 oz. bag #20848 **\$7.65**
8 oz. bag #20880 **\$13.89**
1 lb. bag #20819 **\$26.40**

Cake Spice

Sweet and spicy. Use in place of cinnamon in any baking recipe. *Hand-mixed from: China cinnamon, star anise, nutmeg, allspice, ginger and cloves.*

1/4 cup jar (net 1.0 oz.) #10832 **\$3.99**
1/2 cup jar (net 1.9 oz.) #10858 **\$6.95**
4 oz. bag #10845 **\$7.99**

California-Style Seasoned Pepper **SALT FREE**

California Seasoned Pepper is one of our oldest and most popular salt-free seasonings. The robust flavor of red and green bell peppers and black pepper together seasons fully without salt. California Seasoned Pepper is perfect for meat and poultry, especially grilled or broiled steak, hamburgers, pork chops or chicken, rub on 1 tsp. per pound before cooking. Add a bit to gravy, stew, or a roast to combat blandness. *Hand-mixed from: Tellicherry black pepper, red and green bell pepper, onion and garlic.*

1/4 cup jar (net 1.0 oz.) #10937 **\$4.55**
1/2 cup jar (net 2.3 oz.) #10953 **\$7.99**
4 oz. bag #10940 **\$8.45**
8 oz. bag #10982 **\$15.65**
1 lb. bag #10911 **\$29.80**

Caraway Seed

Traditionally added to rye bread, cabbage dishes (sauerkraut and coleslaw), pork, cheese sauces, cream soups, goose and duck.

Whole Dutch Caraway Seed

1/4 cup jar (net 1.0 oz.) #51031 **\$3.09**
1/2 cup jar (net 2.1 oz.) #51057 **\$4.79**
4 oz. bag #51044 **\$3.29**

Ground Dutch Caraway Seed

1/4 cup jar (net .8 oz.) #41038 **\$3.09**
1/2 cup jar (net 1.8 oz.) #41054 **\$4.79**
4 oz. bag #41041 **\$4.55**

Cardamom

Cardamom is a pod consisting of an outer shell with little flavor and tiny inner seeds with intense flavor. Stored in a glass jar, cardamom pods will stay fresh indefinitely. Shelled or decorticated cardamom seeds are flavorful, but sometimes need to be crushed or ground before use. Ground cardamom has an intensely strong flavor and is easy to use (especially in baking, where the fine powder is desirable). In India, where both green and black cardamom are used, it is an important ingredient in meat and vegetable dishes. In Northern Europe, white cardamom is used to season baked goods such as Christmas stollen, cakes, cookies, muffins and buns. Black cardamom has a unique smoky flavor and has developed its own following over the years.

Whole Fancy White Scandinavian-Style Cardamom Pods

1/4 cup jar (net .5 oz.) #50634 **\$6.85**
1/2 cup jar (net 1.3 oz.) #50650 **\$12.79**
4 oz. bag #50647 **\$30.75**

Whole Fancy Green Guatemalan Cardamom Pods

1/4 cup jar (net .6 oz.) #50739 **\$6.39**
1/2 cup jar (net 1.7 oz.) #50755 **\$11.39**
4 oz. bag #50742 **\$20.55**

Whole Large Black Indian Cardamom Pods

1/4 cup jar (net .5 oz.) #50834 **\$5.09**
1/2 cup jar (net 1.3 oz.) #50850 **\$8.89**
4 oz. bag #50847 **\$22.79**

Whole Guatemalan Cardamom Seeds (no shell)

1/4 cup jar (net 1.3 oz.) #50939 **\$8.89**
1/2 cup jar (net 2.8 oz.) #50955 **\$16.75**
4 oz. bag #50942 **\$19.39**

Ground Guatemalan Cardamom Seeds (no shell)

1/4 cup jar (net 1.2 oz.) #40936 **\$8.55**
1/2 cup jar (net 2.4 oz.) #40952 **\$15.95**
4 oz. bag #40949 **\$21.65**

Celery Flakes

Celery flakes are nice to have on hand when you need a tablespoon or two of celery. Use 1 TB. to equal one small fresh stalk. Throw into soup or stock, but for roasts or casseroles, rehydrate before adding. Cover 1 TB. in 3 TB. water, let stand 5 minutes, drain off extra liquid.

1/4 cup jar (net .3 oz.) #30533 **\$2.99**
1/2 cup jar (net .7 oz.) #30559 **\$4.89**
1 oz. bag #30562 **\$4.35**
4 oz. bag #30546 **\$10.09**
8 oz. bag #30588 **\$18.95**

Celery Salt

Celery salt is a wonderful seasoning for beef—perfect for roast beef, pot roast, steaks on the grill, or mixed in meatloaf, 1/2-1 tsp. per lb., with pepper and garlic. Traditional for sprinkling in tomato juice and what could be better than a Bloody Mary topped with a generous sprinkle of celery salt? *Hand-mixed from: fine salt and celery.*

1/4 cup jar (net 2.1 oz.) #20930 **\$3.45**
1/2 cup jar (net 4.6 oz.) #20956 **\$5.69**
4 oz. bag #20943 **\$2.39**
8 oz. bag #20985 **\$3.65**
1 lb. bag #20914 **\$5.60**

Celery Seed

Black pepper is the best spice for beef, but many cooks also add a touch of celery. Whole celery seed is used in salad dressings, soups and pickling recipes, and rubbed on large cuts of meat. Ground celery is used more sparingly to season smaller, quicker cooking cuts. Use half as much ground celery as whole celery.

Whole Indian Celery Seed

1/4 cup jar (net .9 oz.) #51136 **\$2.85**
1/2 cup jar (net 1.9 oz.) #51152 **\$4.55**
4 oz. bag #51149 **\$3.29**
8 oz. bag #51181 **\$5.15**
1 lb. bag #51110 **\$8.80**

Ground Indian Celery Seed

1/4 cup jar (net .9 oz.) #41133 **\$3.09**
1/2 cup jar (net 1.9 oz.) #41159 **\$4.89**
4 oz. bag #41146 **\$3.79**
8 oz. bag #41188 **\$6.29**
1 lb. bag #41117 **\$11.30**

Charnushka (Nigella Sativa)

Black, smoky seeds also known as black caraway or kalonji. From India.

1/4 cup jar (net 1.0 oz.) #51231 **\$2.99**
1/2 cup jar (net 1.9 oz.) #51257 **\$4.79**
4 oz. bag #51244 **\$3.29**

Chervil

A sweet herb often used in Europe in the same way we use parsley flakes. From Holland.

1/4 cup jar (net .15 oz.) #30638 **\$2.65**
1/2 cup jar (net .4 oz.) #30654 **\$4.09**
1 oz. bag #30667 **\$4.25**

Chesapeake Bay Seasoning

Traditional East Coast seafood and meat seasoning. *Hand-mixed from: salt, paprika, mustard, ancho, celery, black and red pepper, dill, caraway, allspice, ginger, cardamom, thyme, bay, mace, cinnamon, savory and cloves.*

1/4 cup jar (net 1.2 oz.) #21032 **\$4.09**
1/2 cup jar (net 2.7 oz.) #21058 **\$7.09**
4 oz. bag #21045 **\$5.69**

Cheese Seasonings

Brady Street Cheese Sprinkle

Named after the well-known Italian street in Milwaukee. Romano cheese with garlic & Italian herbs. Shake on garlic bread, salads and popcorn. Use 1 TB. per cup sour cream for vegetable/chip dip, baked potatoes and salad dressing. *Hand-mixed from: Romano cheese [made from sheep's and cow's milk, cheese cultures, salt, enzymes, disodium phosphate], salt, garlic, green peppercorn, basil and parsley.*

1/4 cup jar (net 1.1 oz.) #20730 \$ 5.95
1/2 cup jar (net 2.8 oz.) #20756 \$10.59
4 oz. bag #20743 \$ 10.75
8 oz. bag #20785 \$ 20.19
1 lb. bag #20714 \$ 38.90

Garden Salad Seasoning

A colorful mix of cheese, chives and poppy seeds. Great sprinkled on garlic bread, potatoes, and baked chicken. Very good for pasta, just toss with oil or butter, a splash of vinegar and a tsp. of spice per serving. *Hand-mixed from: Romano cheese [made from sheep's and cow's milk, cheese culture, salt, enzymes, disodium phosphate], poppy, salt, sesame, onion, garlic, chives and white pepper.*

1/4 cup jar (net 1.4 oz.) #27034 \$ 5.15
1/2 cup jar (net 3.2 oz.) #27050 \$ 9.15
4 oz. bag #27047 \$ 7.65
8 oz. bag #27089 \$ 13.89
1 lb. bag #27018 \$ 26.60

Rocky Mountain Seasoning

A versatile blend of Parmesan, bell peppers and shallots. Sprinkle on salad, in yogurt or sour cream for dip, use 2 TB. per cup. Use to season quiche, chicken or veal cutlets. *Hand-mixed from: bell peppers, Parmesan cheese [part-skim milk, cheese culture, salt, enzymes, cellulose powder, potassium sorbate], salt, sesame, poppy, shallots, arrowroot and white pepper.*

1/4 cup jar (net 1.0 oz.) #27139 \$ 4.45
1/2 cup jar (net 2.2 oz.) #27155 \$ 7.75
4 oz. bag #27142 \$ 8.45
8 oz. bag #27184 \$ 15.65
1 lb. bag #27113 \$ 29.90

Salad Elegant

A blend made to be sprinkled on salads. Also great on baked fish and chicken, omelets and vegetables. Shake on pasta with olive oil. *Hand-mixed from: Parmesan cheese [part-skim milk, cheese culture, salt, enzymes, cellulose powder, potassium sorbate], paprika, poppy, sesame, salt, bell pepper, celery, garlic and green pepper.*

1/4 cup jar (net 1.2 oz.) #27234 \$ 4.55
1/2 cup jar (net 2.5 oz.) #27250 \$ 7.89
4 oz. bag #27247 \$ 7.65
8 oz. bag #27289 \$ 13.89
1 lb. bag #27218 \$ 26.60



Sicilian Salad Seasoning

A warm Italian mix of Romano, red bell pepper, toasted onion and sweet basil, perfect for pasta. Good on vegetables or garlic bread. *Hand-mixed from: Romano cheese [made from sheep's and cow's milk, cheese cultures, salt, enzymes, disodium phosphate], salt, toasted onion, red bell pepper, tomato, paprika, white onion, pepper, basil, thyme, rosemary and cayenne pepper.*

1/4 cup jar (net 1.0 oz.) #27339 \$ 5.25
1/2 cup jar (net 2.9 oz.) #27355 \$ 9.15
4 oz. bag #27342 \$ 8.45
8 oz. bag #27384 \$ 15.65
1 lb. bag #27313 \$ 29.90

Chicago Steak Seasoning

Robust and smoky, loaded with flavorful chunks of Tellicherry black pepper. Gives great grilled flavor to steaks, burgers, ribs, chicken and turkey. Shake on heavily, 1-2 tsp. per pound. For great BBQ sauce, mix 1 TB. in 1 cup tomato sauce. *Hand mixed from: salt, Tellicherry black pepper, sugar, garlic, onion, lemon zest, citric acid and natural hickory smoke flavor.*

1/4 cup jar (net 1.6 oz.) #29933 \$ 5.59
1/2 cup jar (net 3.6 oz.) #29959 \$ 9.95
4 oz. bag #29946 \$ 7.65
8 oz. bag #29988 \$ 13.89
1 lb. bag #29917 \$ 26.40

Chinese Five Spice Powder **SALT FREE**

As America redefines its diet, increasing consumption of vegetables and starches, and cutting fats and meat portions, it makes sense to borrow from those who have cooked this way throughout history. Chinese stir-fry is quick, easy and very versatile, combining well with all meats and vegetables. *Hand-mixed from: China cinnamon, star anise, anise seed, ginger and cloves.*

1/4 cup jar (net .9 oz.) #11039 \$ 4.35
1/2 cup jar (net 2.1 oz.) #11055 \$ 7.55
4 oz. bag #11042 \$ 8.45
8 oz. bag #11084 \$ 15.65
1 lb. bag #11013 \$ 29.90

Chip & Dip Seasoning

Delicious, creamy flavor, perfect for crunchy chips and crisp veggies. Set it out and watch it become the life of the party. Mix 2 tsp. Chip & Dip Seasoning in 1 cup sour cream. Try it with light sour cream or a mix of yogurt and sour cream. For the strongest flavor, refrigerate an hour before serving. *Hand-mixed from: dehydrated vegetables (onion, red and green bell peppers), lactose, salt, hydrolyzed soy protein, horseradish powder, sugar, garlic powder, parsley, black pepper, paprika, turmeric, spice extracts and citric acid.*

1/4 cup jar (net 1.8 oz.) #26732 \$ 5.25
1/2 cup jar (net 3.8 oz.) #26758 \$ 9.49
4 oz. bag #26745 \$ 6.65
8 oz. bag #26787 \$ 12.09
1 lb. bag #26716 \$ 22.70

Chives

Freeze-drying allows chives to maintain a very close-to-fresh flavor and texture, and bright green color. Even the very small amount of moisture on a salad will rehydrate them. Give a hint of garden herb freshness to omelets, chicken soup, baked potatoes and vegetables. Freeze-dried and circle cut. From California.

1/4 cup jar (net .05 oz.) #30733 \$ 2.29
1/2 cup jar (net .1 oz.) #30759 \$ 3.45
1 oz. bag #30762 \$ 6.85

Cilantro

Cilantro is one of the main, distinctive flavors in Mexican cooking, especially in salsa, soups, and salads. Cilantro is sometimes called Chinese parsley, as it is also used heavily in Asian cooking. Dried Cilantro is not quite as nice as the fresh, but it is easier to keep on hand and has good strong flavor. Cilantro is the leaf of the coriander plant. Cilantro is used heavily in most of the world where its unique flavor seasons salads, tacos, curries, guacamole, soups and stews. Dehydrated, broken leaf. From California.

1/4 cup jar (net .1 oz.) #30838 \$ 2.49
1/2 cup jar (net .3 oz.) #30854 \$ 3.99
1 oz. bag #30867 \$ 4.45
4 oz. bag #30841 \$ 10.85
8 oz. bag #30883 \$ 20.55



Emily

Bernadette Davel

“In words and example, I was brought up to give as much of myself as I can to others, especially those in most need,” says Bernadette Davel, explaining her strong religious faith and deep sense of community. “I have been blessed in so many ways. How could I not respond by sharing those blessings?”

A single mother who raised six children in Milwaukee’s ethnically diverse Sherman Park neighborhood, the 78-year-old former teacher stays as active as ever in retirement. She continues to volunteer in a variety of ministries at her church parish, St. Catherine’s on 51st and Center, where the motto is “Here to Stay, Here to Serve.” She writes for and edits the community newspaper “Sherman Park Today!” She does monthly evaluations of foreclosed homes for Common Ground. And she co-leads her neighborhood block club.

“I do what I can, because I can,” says Bernadette. “Someone once told me, ‘It’s better to wear out than to rust out.’”

She lives in the same house she moved into more than 40 years ago, a place where you will still find family members gathering most holidays. Over the years Bernadette honed her “handy-woman skills” painting walls and trim, stripping and varnishing woodwork, and glazing storm windows, because she could, and because she had to. She also put in a flower garden and planted vegetables.

Of course the kids learned to chip in as well, cultivating a tradition of do-it-yourself maintenance. “Now, at 78, ladders are not very inviting,” Bernadette says, “so I depend more on my family for minor upkeep.”



Christmas means a flock of children and grandchildren will be visiting Bernadette.

Bernadette grew up in a family that dealt with adversity. Her father lost sight in one eye in an industrial accident and was out of work for two years during the Depression. He would go door to door, finding whatever odd jobs he could to help put food on the table. In the space of three months, Bernadette’s parents lost their first two daughters at ages 4 and 5½.

“As the daughter who was born after two older sisters died in childhood, and as a teen whose friend died in a fire, I learned that life is fragile,” Bernadette says. “Life is a treasure, not to be hoarded, but to be given to others.”

In a sense, she says, both parents “mothered” her. “They nurtured my ambitions, encouraged me, and enjoyed being parents to me and my two brothers. Mother lived to be over 95, living in her own home and as a widow for 29 years. Both parents allowed us to grow as unique individuals; they didn’t set expectations, except that

Granddaughters Tatianna and Anastasia create gingerbread cookies patterned for family members and pop culture icons.

we would use our talents, be honest and faith-based.

“And that is how I hope I treated my children, as gifts ‘on loan’ from the Creator. More than I like to admit, they have served as my conscience.”

It’s little wonder Bernadette’s children turned out to be such good people themselves.

Or that they speak of their mother in such loving and reverent terms.

“My mother is amazing,” says Renee Lindner, Bernadette’s youngest daughter (15 minutes behind twin sister Andrea). “She’s my hero. She really shaped and molded me, and implanted good qualities in all of her kids.”

Snapshots of the children help complete the mosaic of this devoted and nurturing mother and grandmom.

Renee is Outreach Manager for the Burleigh Street CDC, a nonprofit that leads revitalization efforts in Sherman Park. Renee remembers her first foray into activism, being pulled in a coaster wagon through the Kopp’s Custard parking lot where the family joined to protest a proposed freeway expansion through their neighborhood. She and her husband have three sons.

Bernadette’s older son Christopher, a computer problem-solver, has three grown children, is active in religious liturgy and education, and is a Boy



Scout troop leader.

Marya, who also has three children, manages project planning and estimating departments at a printing company and works part-time at the YMCA. She maintains a beautiful flower and vegetable garden, loves to try out new recipes and cans much of her garden produce.

Noralyn, who has a teenage daughter, is associate director of the occupational therapy department at a university in Dallas, Texas, and helps her husband, an Episcopal priest, in his ministry. She has been involved in the nonprofit Rebuilding Together.

Joel, the family musician, is a percussionist in the San Francisco Bay area and has performed around the world. He also performs for dance performances choreographed by his wife. Social justice themes are prevalent in their work.

Andrea volunteers at a nature center and a nursing home and is training as a peer counselor for those recovering from mental illness.

“My children are good people,” Bernadette says. “And as my children are, so are their children—curious, creative, hard-working and fun. Being a grandmother is a special blessing.”

—Jim Smith

Apple picking with Grandma: front, Renee, Bernadette, Marya, Andrea and Christopher; middle, Tatianna, Nathan and Jason; top, Eli and Isaac.



Spinach Quiche

Bernadette says this is “a ‘required’ dish for our Winter Birthday Party Breakfast.”

- | | | | |
|----|---|-----|--|
| 1 | unbaked 9-inch pie shell (we've included one of our favorites) | 3 | large eggs |
| 10 | oz. frozen spinach or 1 lb. fresh | ¾ | Cup milk (Bernadette uses skim) |
| 2 | TB. butter | ½ | tsp. CALIFORNIA BASIL |
| 4 | large green onions, chopped | ½ | tsp. CELERY SALT |
| 1 | garlic clove, minced (or ¼ tsp. PENZEYS MINCED GARLIC) | 4-6 | cherry tomatoes, circle cut and patted dry, optional |
| 1½ | Cups shredded Swiss cheese (for a spicier quiche, use pepper Jack cheese) | 1 | TB. bread crumbs |
| | | 1 | TB. grated Parmesan cheese |

Preheat oven to 425°. Cook the spinach and drain well. Melt the butter in a skillet over medium heat. Add the onion and garlic and cook for 2 minutes. Add the spinach. Cook and stir until any excess moisture is gone. Place in a large bowl. Add the cheese, eggs, milk, BASIL and CELERY SALT. Mix well. Spoon into prepared pie shell. For added color, arrange cherry tomatoes around the edges of the filling, if desired. Bake at 425° for 15 minutes. Decrease the oven temperature to 350° and bake for 10 minutes. Mix bread crumbs with Parmesan cheese, sprinkle over top of quiche. Bake a final 10 minutes. Let cool for a few minutes before slicing.

No Roll Pie Crust

This is truly the easiest pie crust you will ever make. Mix it right in the pie plate, no bowl and no rolling! It is very flaky and you can use this whenever you are making a single crust pie.

- 1½ Cups all-purpose flour
- 1 tsp. sugar
- ½ tsp. salt
- ½ Cup oil (we used canola)
- 3 TB. milk

Put all of the ingredients in a 9-inch pie pan. Mix with a fork until well blended and pat into the pan. Push the pastry up the sides and form a nice edge with your thumb and finger.

Prep. time: 20 minutes


Cooking time: 35 minutes

Serves: 8

Nutritional Information: Servings 8; Serving Size 1 piece (161g); Calories 330; Calories from fat 190; Total fat 21g; Cholesterol 95mg; Sodium 370mg; Carbohydrate 24g; Dietary Fiber 2g; Sugars 3g; Protein 14g.

Chili Peppers

Chili peppers are capsicums, in the same family as bell peppers and paprika pods. They range in flavor from rich and sweet to fiery hot. A combination of both sweet (ancho) and hot (dundicut, chipotle, and jalapeño) chili peppers are used in Mexican cooking for full-flavored, spicy chili and other dishes. For Chinese cooking, tien tsin peppers are most common, and in Indian cooking sanaam and dundicut peppers are used, along with a variety of spices. Remember to combine the heat of chili peppers with other spices, so the finished dish will have a full-bodied flavor. Since chili peppers are dried vegetables, they will keep best if stored in the refrigerator, especially during the summer.



Pepper Heat Ratings
(in Scoville Units)

Approximate ratings. Peppers vary in heat, flavor and color from crop to crop.

Aleppo Pepper

This Turkish crushed chili has an ancho-like flavor with a little more heat and tartness. Put a jar right on the table and shake on pizza, subs and salads. Aleppo Pepper is great on grilled meats like chicken breast, steak, chops and our flavorful, easy Turkish Kabobs. Aleppo Pepper also makes an attractive sprinkle for potato, chicken and tuna salad and deviled eggs, too. Try mixing Aleppo Pepper with our Greek Seasoning for flavorful roast chicken, tasty pork chops, and robust salads. Aleppo Pepper is also known as halaby pepper.

Processed with salt and sunflower oil.

10,000 heat units

- 1/4 cup jar (net .8 oz.) #41733 **\$3.79**
- 1/2 cup jar (net 1.9 oz.) #41759 **\$6.49**
- 4 oz. bag #41746 **\$7.09**
- 8 oz. bag #41788 **\$12.79**
- 1 lb. bag #41717 **\$24.20**

Ancho Chili Peppers

Large, juicy, dark purple New Mexican pods. Ancho chili peppers are the most commonly used pepper in Mexico and are the backbone of dishes such as the traditional red chili and tamales. Chop into 1/4" chunks and add to chili, mole sauce, stews, beans and rice, or cover in water for a few hours to rehydrate, slice open, stuff and cook.

To make a flavorful ancho chili oil: Chop 3 peppers into 1" chunks and simmer in 3 cups good corn oil, 20 minutes. Let cool, strain (use pepper pieces in another recipe) and store in an airtight container.

3,000 heat units

- 1 oz. bulk bag #52067 **\$2.85**
- 4 oz. bag #52041 **\$6.65**
- 8 oz. bag #52083 **\$12.09**
- 1 lb. bag #52012 **\$22.70**

Ground Ancho Chili Pepper

Ancho pepper is the most popular chili pepper for Mexican cooking. They are not hot, just richly flavorful with a beautiful purple color. From New Mexico.

To make your own chili powder: Start with 3 TB. ground Ancho, add 1 tsp. each of cumin and Mexican oregano, along with garlic, onion and hot peppers to taste. Use 1-2 TB. per quart of chili.

3,000 heat units

- 1/4 cup jar (net 1.0 oz.) #42035 **\$3.55**
- 1/2 cup jar (net 2.4 oz.) #42051 **\$5.95**
- 3/4 cup bag (net 3.6 oz.) #42041 **\$7.49**
- 1 1/2 cup bag (net 7.2 oz.) #42083 **\$11.29**
- 3 cup bag (net 14.4 oz.) #42012 **\$16.99**

Arbol Chili Peppers

Slim, beautiful, curved 2"-3" bright red Mexican pods. Close to cayenne in heat and flavor. Throw a few into barbecue sauce, curry or chili. Great for making chili pepper oil or vinegar. Store the finished product in tightly sealed, clear glass containers. Arbol chili peppers are the pepper of choice for spice craft workers.

35,000 heat units

- 1 oz. bulk bag #51660 **\$3.45**
- 4 oz. bag #51644 **\$7.75**
- 8 oz. bag #51686 **\$14.25**
- 1 lb. bag #51615 **\$27.10**

Cascabel Peppers

Rich, deep flavor. The shell has medium-low heat, use the whole thing and it's pretty darn hot. Adds great flavor to Mexican dishes, from chili to mole to tacos and beans. Remove the stem and shake out the seeds for most uses, then toss in while cooking and remove before serving. When adding to quicker cooking dishes, shred the skin between your fingers and add in small pieces.

11,000 heat units

- 1 oz. bag #58964 **\$2.85**
- 4 oz. bag #58948 **\$6.65**
- 8 oz. bag #58980 **\$12.09**
- 1 lb. bag #58919 **\$22.70**

Cayenne Red Pepper Powder

Cayenne pepper has the power to make any dish fiery hot, but it also has a subtle flavor-enhancing quality. A dash of cayenne pepper boosts the flavor of low-salt or low-fat dishes and can be used in place of whole chili peppers in barbecue sauce and chili. For a zesty change, use cayenne to replace paprika on deviled eggs or potato salad. From California. Keep in a cool, dry place, out of the light.

40,000 heat units

- 1/4 cup jar (net 1.0 oz.) #41838 **\$3.45**
- 1/2 cup jar (net 2.1 oz.) #41854 **\$5.69**
- 4 oz. bag #41841 **\$5.35**
- 8 oz. bag #41883 **\$9.49**
- 1 lb. bag #41812 **\$17.40**

Chili Piquin

These small, red, fiery hot Mexican chilies are also known as bird's eye peppers, grown and used throughout Mexico and the American Southwest. USE WITH CAUTION. Add 1 or 2 to Mexican moles and sauces, stewed meats and vegetables. Also, use in pozole and other corn recipes, barbecue sauce, and hot & sour soup.

70,000 heat units

- 1/4 cup jar (net .4 oz.) #51736 **\$5.25**
- 1/2 cup jar (net .9 oz.) #51752 **\$9.15**
- 4 oz. bag #51749 **\$22.79**
- 8 oz. bag #51781 **\$44.45**
- 1 lb. bag #51710 **\$87.70**

Chipotle Peppers

Chipotle peppers are rich, smoky and fairly hot. Add whole or chopped to chili, beans, sauce. Ground Chipotle Pepper is an attractive, coarse red powder, a tasty all-purpose tabletop shaker.

15,000 heat units

Ground Red New Mexican Chipotle Pepper

- 1/4 cup jar (net 1.2 oz.) #41438 **\$5.59**
- 1/2 cup jar (net 2.4 oz.) #41454 **\$9.95**
- 4 oz. bag #41441 **\$11.29**
- 8 oz. bag #41483 **\$21.35**
- 1 lb. bag #41412 **\$41.30**

Whole Red New Mexican Chipotle Pepper (Morita)

- 1/2 oz. bulk bag #51499 **\$3.79**
- 1 oz. bulk bag #51460 **\$6.15**
- 4 oz. bag #51444 **\$14.59**
- 8 oz. bag #51486 **\$27.85**
- 1 lb. bag #51415 **\$54.30**



CAYENNE: 40,000

Crushed Red Peppers

Medium Hot Crushed Peppers are hot, but not unbearably so, and are the type found on the tables of Italian restaurants and pizzerias. Great for pizza, tacos, spaghetti, omelets, and beans. Very Hot Peppers are twice as hot, and are generally used in cooking, as they are almost too hot to sprinkle on already prepared foods. Crushed Red Peppers are very convenient for adding kick to any dish.

20,000 heat units

1/8" Medium Hot Crushed Red Peppers, California-style

1/4 cup jar (net .5 oz.) #41933 \$3.09
 1/2 cup jar (net 1.3 oz.) #41959 \$5.09
 4 oz. bag #41946 \$5.69
 8 oz. bag #41988 \$10.15
 1 lb. bag #41917 \$18.90

40,000 heat units

1/8" Very Hot Crushed Red Peppers, Indian-style

1/4 cup jar (net .7 oz.) #42130 \$3.19
 1/2 cup jar (net 1.4 oz.) #42156 \$5.15
 4 oz. bag #42143 \$5.69
 8 oz. bag #42185 \$10.15
 1 lb. bag #42114 \$18.90

Dundicut Peppers

The traditional hot pepper of Pakistan, similar in flavor and appearance to Scotch bonnet peppers. These peppers are quite hot, with a full-bodied, complex flavor. A single pepper will add heat and flavor to a dish for two. From Pakistan.

55,000-65,000 heat units

1 oz. bulk bag #51965 \$2.65
 4 oz. bag #51949 \$5.69
 8 oz. bag #51981 \$10.25
 1 lb. bag #51910 \$18.90

Guajillo Peppers

One of the backbone chili peppers for cooking Mexican style. Not hot, but rich, smoky and complex. Perfect for chili and every chili based dish, great with pork.

6,000 heat units

Whole Guajillo Pepper

1 oz. bag #52962 \$2.75
 4 oz. bag #52946 \$6.15
 8 oz. bag #52988 \$11.09
 1 lb. bag #52917 \$20.70

Jalapeño Peppers

Jalapeño peppers have a bright green heat. Add toward the end of cooking. Sprinkle on pizza.

25,000 heat units

Crushed Californian Jalapeño Pepper

1/4 cup jar (net .3 oz.) #41533 \$3.19
 1/2 cup jar (net .7 oz.) #41559 \$5.25
 4 oz. bag #41546 \$12.89
 8 oz. bag #41588 \$24.49
 1 lb. bag #41517 \$47.80

Sanaam Chili Peppers

Traditional for Indian cooking. Thin, flat 3-5" deep red pods. Not too hot to handle, sanaams can be chopped and added to curry or other dishes. From India.

To make chili vinegar: chop (or cut with scissors) 1 oz. peppers. Place in a 1 cup glass jar, fill with your favorite vinegar, add a pinch of salt, then tightly cap. Let stand one week, strain and refrigerate in a bottle that has a splash top (old soy sauce bottles work well). Thin with more vinegar if desired. Use in place of hot sauce.

40,000 heat units

1 oz. bulk bag #51365 \$2.65
 4 oz. bag #51349 \$5.69
 8 oz. bag #51381 \$10.25
 1 lb. bag #51310 \$18.90

Tien Tsin Chili Peppers

Traditional for Asian cooking. Very hot, bright red, 1-2" pods. Add whole to soup and stir-fry. Remove before serving. **To make chili oil:** (commonly used in small amounts for stir-frying) Heat 2 TB. peanut or sesame oil. When very hot, add 10 peppers, fry until brown (3-5 minutes). Remove from heat, add 1/2 cup peanut oil. Stir, pour into glass jar, strain peppers out if desired. Great mixed with soy sauce for a hot dipping sauce, use 1/3 cup soy, 1 TB. chili oil, and a dash of ginger and garlic. Mix in 1-2 TB. in 1 cup ketchup for BBQ sauce.

60,000 heat units

1 oz. bulk bag #51860 \$2.65
 4 oz. bag #51844 \$5.69
 8 oz. bag #51886 \$10.25
 1 lb. bag #51815 \$18.90



ANCHO: 3,000

ANCHO (GROUND): 3,000



GUAJILLO: 6,000



ALEPPO: 10,000



CHIPOTLE (GROUND): 15,000

CHIPOTLE: 15,000



CASCABEL: 11,000



CRUSHED RED (MEDIUM HOT): 20,000



JALAPEÑO: 25,000

SANAAM: 40,000



ARBOL: 35,000



CRUSHED RED (VERY HOT): 40,000



TIEN TSIN: 60,000



DUNDICUT: 60,000



PIQUIN: 70,000

Chili Powder

There is a difference between chili pepper and chili powder. Chili pepper consists solely of chili pods which have been dried, then powdered. Chili powder is a blend, of which ground chili pepper is used as a base (usually 80% of total volume), with the addition of spices such as cumin and Mexican oregano. For chili, start with 1 TB. (some people will use as much as 3 TB.) per quart.

Regular Chili Powder **SALT FREE**

Rich flavor, deep color, very little heat. This blend is the traditional backbone of many Mexican dishes, from burritos to tamales. Great for family-style chili, use 1-3 TB. per quart. Serve with a shaker jar of crushed hot peppers on the side for those who like heat. *Hand-mixed from: Ancho chili pepper, cumin, garlic and Mexican oregano.*

- 1/4 cup jar (net 1.1 oz.) #11134 **\$3.99**
- 1/2 cup jar (net 2.5 oz.) #11150 **\$6.85**
- 3/4 cup bag (net 3.8 oz.) #11140 **\$8.49**
- 1 1/2 cup bag (net 7.5 oz.) #11182 **\$12.69**
- 3 cup bag (net 15 oz.) #11115 **\$18.99**

Medium Hot Chili Powder **SALT FREE**

Medium Hot Chili Powder is our most popular chili powder; it has the perfect heat level plus rich flavor—a pleasing bite that's not too hot. Add 1-2 TB. Medium Chili Powder to each quart of chili for great flavor. Add the spices while browning the meat for even richer flavor. Chili Powder is also nice as a salt-free seasoning. Make a paste by mixing 1 TB. Chili Powder with 1 TB. water and 1 TB. lime or lemon juice, rub on chicken, fish, or pork chops before grilling or sautéing. *Hand-mixed from: Ancho chili pepper, cayenne red pepper, cumin, garlic and Mexican oregano.*

- 1/4 cup jar (net 1.0 oz.) #11239 **\$3.99**
- 1/2 cup jar (net 2.4 oz.) #11255 **\$6.85**
- 3/4 cup bag (net 3.6 oz.) #11245 **\$8.49**
- 1 1/2 cup bag (net 7.2 oz.) #11287 **\$12.69**
- 3 cup bag (net 14.4 oz.) #11216 **\$18.99**

Hot Chili Powder **SALT FREE**

For people who really like hot food. Use the full amount called for (1-3 TB. per quart). If less is used, the chili will be hot but will lack the depth of flavor the ancho peppers provide. This is the best powder for those who like their chili hot and flavorful. *Hand-mixed from: Ancho chili pepper, red pepper, cumin, crushed red pepper, garlic and Mexican oregano.*

- 1/4 cup jar (net 1.0 oz.) #11334 **\$3.99**
- 1/2 cup jar (net 2.4 oz.) #11350 **\$6.85**
- 3/4 cup bag (net 3.6 oz.) #11340 **\$8.49**
- 1 1/2 cup bag (net 7.2 oz.) #11382 **\$12.69**



For a delicious chili recipe, go to www.penzeys.com and click on Stories and Recipes!

Chili Con Carne Seasoning **SALT FREE**

Spicy flavor, but no heat. A great way to give chili flavor to other dishes. Just sprinkle on chicken, fish or chops, 1-2 tsp. per pound, add salt to taste. Good on grilled vegetables. *Hand-mixed from: Ancho chili pepper, tomato powder, ground cumin, Mexican oregano, garlic, coriander, minced onions, red and green bell peppers, Tellicherry black pepper, allspice, cilantro and cloves.*

- 1/4 cup jar (net 1.2 oz.) #11534 **\$4.45**
- 1/2 cup jar (net 2.4 oz.) #11550 **\$7.75**
- 3/4 cup bag (net 3.6 oz.) #11540 **\$9.69**
- 1 1/2 cup bag (net 7.2 oz.) #11582 **\$12.49**

Chili 3000 **SALT FREE**

The chili of now—bright modern flavor; everything chili should be. Perk up boring burgers and meatloaf with a bit of Chili 3000; start with 1 tsp. per pound. If you're looking to feed a crowd, you can't go wrong with a batch of chili. Use 1 TB. per quart in your favorite chili recipe. *Hand-mixed from: Ancho chili powder, garlic, cumin, onion, cilantro, paprika, cayenne red pepper, lemon peel, Mexican oregano, black pepper, citric acid, natural smoke flavor and jalapeno pepper.*

- 1/4 cup jar (net .8 oz.) #11439 **\$3.99**
- 1/2 cup jar (net 2.1 oz.) #11455 **\$6.85**
- 3/4 cup bag (net 3.2 oz.) #11445 **\$8.49**
- 1 1/2 cup bag (net 6.3 oz.) #11487 **\$12.69**

Chili 9000 **SALT FREE**

The chili of tomorrow boldly going where no chili has gone before. Great chili flavor with a bright modern twist—salt-free too! Use 1 TB. per quart with any chili recipe, from beef to turkey to bean chili. Shake on boneless/skinless chicken breasts or fish: brush with oil, sprinkle on 1-2 tsp. of Chili 9000 per pound before baking or sautéing. Great for fajitas, veggie side dishes and sloppy joes. *Hand-mixed from: Ancho chili pepper, cumin, garlic, cilantro, onion, paprika, cayenne pepper, lemon peel, Mexican oregano, black pepper, cocoa powder, citric acid, turmeric, cinnamon, coriander, ginger, natural smoke flavoring, fenugreek, cloves, fennel, nutmeg, white pepper, anise seed, jalapeno pepper, star anise and cardamom.*

- 1/4 cup jar (net .8 oz.) #11934 **\$4.35**
- 1/2 cup jar (net 2.1 oz.) #11950 **\$7.65**
- 1 cup jar (net 3.8 oz.) #11992 **\$14.09**
- 2 cup jar (net 7.2 oz.) #11921 **\$26.70**

Cloves

Whole cloves are a must for studding hams and flavoring stocks and hot cider and punch. The flavor is intense, so be sure to use sparingly. Ground cloves are perfect for baked goods. Because cloves bring out the flavor of beef, add a whole clove to beef stew or a tiny pinch of ground cloves to gravy. In the West, cloves are mainly considered a baking spice, though their preserving qualities make them popular for pickling and barbecuing.

Whole Madagascar Cloves

- 1/4 cup jar (net .5 oz.) #52133 **\$3.45**
- 1/2 cup jar (net 1.5 oz.) #52159 **\$5.69**
- 4 oz. bag #52146 **\$7.19**
- 8 oz. bag #52188 **\$13.25**
- 1 lb. bag #52117 **\$24.90**

Whole Ceylon Cloves

- 1/4 cup jar (net .7 oz.) #52238 **\$3.65**
- 1/2 cup jar (net 1.5 oz.) #52254 **\$6.09**
- 4 oz. bag #52241 **\$7.75**
- 8 oz. bag #52283 **\$14.25**
- 1 lb. bag #52212 **\$27.10**

Ground Madagascar & Ceylon Cloves

- 1/4 cup jar (net 1.2 oz.) #42235 **\$4.45**
- 1/2 cup jar (net 2.4 oz.) #42251 **\$7.65**
- 1 cup (net 4.4 oz.) #42277 **\$14.15**
- 2 cup (net 8.8 oz.) #42222 **\$26.90**

Coriander

The seed of the same plant that gives us cilantro, coriander has a light, lemony flavor that combines especially well with ginger. Use to season foods that cook for longer than an hour, such as roasts, or items that are cooked for a shorter time but at a higher temperature, such as pan-fried, broiled or grilled meats.

Whole Canadian Coriander Seed

- 1/4 cup jar (net .5 oz.) #52533 **\$2.65**
- 1/2 cup jar (net 1.2 oz.) #52559 **\$4.25**
- 4 oz. bag #52546 **\$3.55**
- 8 oz. bag #52588 **\$5.69**
- 1 lb. bag #52517 **\$10.10**

Ground, 40-mesh, Canadian Coriander Seed

- 1/4 cup jar (net .7 oz.) #42530 **\$3.29**
- 1/2 cup jar (net 2.0 oz.) #42556 **\$5.49**
- 4 oz. bag #42543 **\$4.55**
- 8 oz. bag #42585 **\$7.89**
- 1 lb. bag #42514 **\$14.40**

Corned Beef Spices **SALT FREE**

Use to marinate beef brisket. *Hand-mixed from: Brown and yellow mustard seed, coriander, allspice, cinnamon, dill seed, bay leaves, ginger, cloves, Tellicherry peppercorns, star anise, juniper berries, mace, cardamom and red pepper.*

- 1/4 cup jar (net .7 oz.) #11639 **\$3.09**
- 1/2 cup jar (net 1.5 oz.) #11655 **\$5.09**
- 4 oz. bag #11642 **\$4.89**

Cream of Tartar

Use to stabilize delicate toppings like meringue and angel kiss cookies. Natural tartaric acid. From France.

- 1/4 cup jar (net 1.8 oz.) #42635 **\$3.65**
- 1/2 cup jar (net 3.6 oz.) #42651 **\$6.15**
- 4 oz. bag #42648 **\$3.79**

Cocoa Powder

We carry two types of the highest quality cocoa that are almost twice as rich as the grocery store varieties: Natural High Fat Cocoa is strong, dark and bittersweet—perfect for all baking; Dutch High Fat Cocoa is processed to temper the natural acidity of the cocoa bean, yielding a slightly less strong, but smooth and rich cocoa. American cooks tend to prefer the Natural High Fat Cocoa for all uses, and we agree. Cocoa can easily replace unsweetened baking chocolate. Use 3 TB. cocoa powder to replace a one-ounce square of unsweetened baking chocolate.

Natural High Fat Cocoa Powder

Strong, dark chocolate flavor—our top choice. The best cocoa for bringing life to your brownies, cakes and cookies. High fat cocoa is the richest grade of cocoa available in the world today. Perfect for all your baking needs.

1/4 cup jar (net 1.0 oz.) #42330 \$ 3.09
1/2 cup jar (net 2.1 oz.) #42356 \$ 4.89
4 oz. bag #42343 \$ 3.45
8 oz. bag #42385 \$ 5.69
1 lb. bag #42314 \$ 10.10

Dutch Process High Fat Cocoa Powder

“Dutched” cocoa is processed for a milder, smoother flavor. High fat cocoa is the richest grade of cocoa available in the world today. Perfect for all your baking needs. Processed with alkali.

1/4 cup jar (net .9 oz.) #42435 \$ 3.19
1/2 cup jar (net 2.1 oz.) #42451 \$ 5.15
4 oz. bag #42448 \$ 3.89
8 oz. bag #42480 \$ 6.50
1 lb. bag #42419 \$ 11.30

Hot Chocolate Mix with a Hint of Mint **SALT FREE**

Our rich, delicious Hot Chocolate with a Hint of Mint is a great remedy for the little troubles of life. Or the perfect way to treat yourself. Just mix a tablespoon in each cup of milk, get it steamy hot, and enjoy the warmth of hot chocolate, with just a hint of cool mint. *Hand mixed from: sugar, natural high fat cocoa, Ceylon cinnamon, vanilla and peppermint oil.*

1/2 cup jar (net 3.8 oz.) #15758 \$ 4.55
2 cup jar (net 13.4 oz.) #15729 \$ 10.59
1 lb. stand up bag (net 16.0 oz.) #15716 \$ 10.50

Hot Chocolate Mix **SALT FREE**

Rich, smooth flavor. Just mix 1 rounded tablespoon Penzeys Hot Chocolate Mix into each cup of milk. Stir well, simmer gently. And try our Hot Chocolate Mix in your coffee for a rich Cafe Mocha. Just mix 2/3 cup coffee with 1/3 cup milk and Penzeys Hot Chocolate Mix to taste—we use 1 generous teaspoon. *Hand mixed from: sugar, natural high fat cocoa, Ceylon cinnamon and real vanilla beans.*

1/2 cup jar (net 3.8 oz.) #15653 \$ 3.89
2 cup jar (net 13.4 oz.) #15624 \$ 8.89
1 lb. stand up bag (net 16.0 oz.) #15611 \$ 8.30



Aunt Anne's Devil's Food Cake

Bernadette Davel (story on page 8) writes, “I started making this simple, one-bowl cake when I was 12. It was the first cake my children made on their own. It’s the favorite birthday cake and travels well, in a 9x13 pan, to picnics (where the frosting—which has been kept cool—is added just before serving).”

- 1 stick butter (1/2 Cup), softened
- 2 Cups sugar
- 2 large eggs
- 2 Cups buttermilk or sour milk (make sour milk by putting 2 TB. lemon juice or vinegar in a 2-cup measuring cup; add enough milk to make 2 cups)
- 2 1/2 Cups all-purpose flour
- 2 tsp. baking soda
- 1/2 Cup COCOA POWDER (NATURAL or DUTCH PROCESS)
- 2 tsp. PURE VANILLA EXTRACT
- 1/8 tsp. salt

Frosting:

- 1/3 Cup cream cheese, softened
- 1/4 Cup butter (1/2 stick), softened
- 1 tsp. PURE VANILLA EXTRACT
- 2 Cups powdered sugar

Preheat oven to 350°. Grease and flour a 9x13 pan, two 9-inch round pans or three 8-inch round pans and set aside. In a mixing bowl, cream together the butter and sugar until fluffy. Add the eggs and beat well. Alternate adding the buttermilk and the flour. Add the baking soda, COCOA, VANILLA and salt. Mix well. Pour into the pan(s) and bake at 350° for 40-50 minutes for a 9x13 pan or 20-25 minutes for the round pans. The cake is done when the center springs back when touched. Let cool completely before frosting. For the frosting, beat together the cream cheese, butter and VANILLA until fluffy. Gradually add the powdered sugar and beat well.

Prep. time: 15 minutes

Baking time: 20-50 minutes depending on size of pan

Serves: 15

Nutritional Information: Servings 15; Serving Size 1 piece (99g); Calories 270; Calories from fat 70; Total fat 8g; Cholesterol 45mg; Sodium 280mg; Carbohydrate 46g; Dietary Fiber 2g; Sugars 29g; Protein 5g.



Cinnamon

There are two main types of cinnamon. Cassia cinnamon is native to Southeast Asia, especially southern China and northern Vietnam, and has the strong, spicy-sweet flavor most Americans are familiar with. Vietnamese and China cinnamon are the sweetest and strongest varieties, with Korintje cinnamon having a smooth flavor with less bite. Our cinnamon sticks and Korintje cinnamon both come from the southwest coast of Sumatra in Indonesia. It grows wild on the government-protected slopes of Mount Kerinci, where the cinnamon gets its name. We stock the top Korintje A grade, although there are also the lower B and C grades, which are the types of cinnamon usually sold in supermarkets in the U.S. Our very sweet and strong Vietnamese cinnamon comes from the remote north and west regions of Vietnam. The strength of the flavor of spices depends upon the essential oil content—the higher the level, the stronger the flavor. When orders for cinnamon come in, the large sticks are cracked into slightly smaller pieces and packed into burlap bags for shipment.

The second type of cinnamon, Ceylon, or "true" cinnamon, has a much different flavor. It is less sweet, with a more complex, citrus flavor. The special flavor of English and Mexican sweets comes from Ceylon cinnamon. We like to recommend Ceylon Cinnamon for baking with fruit—especially in apple pie.

GROUND CINNAMON

China Cinnamon—Tung Hing

Extra sweet, spicy and strong. Perfect for everything from cinnamon rolls to apple pie, Christmas cookies to French toast. China cinnamon is perfect for cinnamon sugar—mix 2-3 tsp. in ½ cup granulated sugar and keep it on the table. Sprinkle in pancake and waffle batter, shake on oatmeal and cream of wheat, yogurt and fresh fruit.

- 1/4 cup jar (net .8 oz.) #43137 \$ 3.29
- 1/2 cup jar (net 1.7 oz.) #43153 \$ 5.59
- 4 oz. bag #43140 \$ 5.69
- 8 oz. bag #43182 \$ 10.15
- 1 lb. bag #43111 \$ 18.90

Indonesia Cinnamon—Korintje

Sweet and mellow, Korintje cinnamon is the type of cinnamon we all remember from our childhood. Fragrant Korintje cinnamon is as strong as China cinnamon, but smoother and not as nippy. We love Korintje cinnamon for sprinkling—on hot cereal, oatmeal and cream of wheat, French toast, pancakes and waffles, sugar cookies and pie crusts. Perfect for cinnamon breads, quick, yeast, or toasted with raisins.

- 1/4 cup jar (net 1.0) #43032 \$ 3.65
- 1/2 cup jar (net 2.2) #43058 \$ 6.09
- 4 oz. bag #43045 \$ 5.35
- 8 oz. bag #43087 \$ 9.49
- 1 lb. bag #43016 \$ 17.40

Ceylon Cinnamon

Complex and fragrant, with a citrus overtone and rich buff color. Although Ceylon cinnamon is less strong, its hint of citrusy flavor and lack of any bite whatsoever makes it the favorite in both England and Mexico where it is preferred for all uses. Ceylon 00000 Cinnamon, ground, from Sri Lanka.

- 1/4 cup jar (net .7 oz.) #43432 \$ 4.45
- 1/2 cup jar (net 1.6 oz.) #43458 \$ 7.65
- 4 oz. bag #43445 \$ 11.29
- 8 oz. bag #43487 \$ 21.35
- 1 lb. bag #43416 \$ 41.30

Vietnamese Cinnamon

Vietnamese cinnamon is the strongest, richest, and sweetest cinnamon around. For traditional cinnamon recipes such as goeey cinnamon rolls, the vibrant flavor of Vietnamese cinnamon really shines. It is so strong that in most recipes it should be cut back by about a third, but it is perfect used full strength in any recipe where cinnamon is the main, delicious flavor. Ground, from Vietnam.

- 1/4 cup jar (net .7 oz.) #43232 \$ 4.25
- 1/2 cup jar (net 1.7 oz.) #43258 \$ 7.29
- 4 oz. bag #43245 \$ 9.79
- 8 oz. bag #43287 \$ 18.25
- 1 lb. bag #43216 \$ 35.20

Penzeys Cinnamon

Now you can have it all. Just the right mix of our four fabulous cinnamons to bring the best of each to everything you bake. Put the shaker right on the table! Sprinkle on cereal and fresh fruit, toast and applesauce, rice and popcorn. A jar full of smiles.

Hand-mixed from: China cinnamon, Vietnamese cinnamon, Korintje cinnamon and Ceylon cinnamon.

- 1/4 cup jar (net .8 oz.) #43537 \$ 3.99
- 1/2 cup jar (net 1.7) #43553 \$ 6.65
- 4 oz. bag #43540 \$ 7.99
- 8 oz. bag #43582 \$ 14.69
- 1 lb. bag #43511 \$ 27.90



CINNAMON STICKS & CHUNKS

Ceylon Softstick Cinnamon

Ceylon cinnamon is soft and easy to crumble. Very thin pieces of bark are tightly rolled into parchment style sticks, then machine cut to uniform 5-inch lengths. Ceylon 00000 whole stick cinnamon, from Sri Lanka.

- 1 oz. bulk bag #53464 \$ 3.09
- 4 oz. bag #53448 \$ 9.49
- 8 oz. bag #53480 \$ 17.79
- 1 lb. bag #53419 \$ 34.10

Cinnamon Sticks

Traditionally used as a tasty stirring stick for hot drinks. A nice addition to cocoa, coffee or special holiday concoctions. Perfect for flavoring curry, dessert sauces and syrups. 80 inches to 4 oz. weight (20, 4-inch sticks).

3 inch Cut Sticks Indonesian Cinnamon

- 1 oz. bulk bag #53064 \$ 2.49
- 4 oz. bag #53048 \$ 5.35
- 8 oz. bag #53080 \$ 9.49
- 1 lb. bag #53019 \$ 17.40

4 inch Cut Sticks Indonesian Cinnamon

- 1 oz. bulk bag #53169 \$ 2.49
- 4 oz. bag #53143 \$ 5.35
- 8 oz. bag #53185 \$ 9.49
- 1 lb. bag #53114 \$ 17.40

Cinnamon Chunks

A blend of 1/4"-1/2" China and Indonesia chunks. Great for coffee, add 1 TB. to the filter per pot. Nice for mulled wine or cider. Scent the home by simmering a bit in water. Chunks stay fresh indefinitely.

- 1 oz. bulk bag #43861 \$ 3.09
- 4 oz. bag #43845 \$ 6.95
- 8 oz. bag #43887 \$ 12.65
- 1 lb. bag #43816 \$ 24.10

CINNAMON SUGAR

Cinnamon Sugar

Cinnamon Sugar on the breakfast table, what could be sweeter? The perfect sprinkle for toast, coffee, hot cereal and fresh fruit. A flavorful blend of sugar, China and Ceylon cinnamon, with a hint of vanilla. Add a bit to waffle or pancake batter, sprinkle on French toast. *Hand-mixed from: white sugar aged with Vanilla Bean, China Cinnamon and Ceylon Cinnamon.*

- 1/4 cup jar (net 1.8 oz.) #11839 \$ 4.35
- 1/2 cup jar (net 3.8 oz.) #11855 \$ 7.39
- 4 oz. bag #11842 \$ 4.55
- 8 oz. bag #11884 \$ 7.89
- 1 lb. bag #11813 \$ 14.40



Kate, Damian and their daughters Scout, West and Dove fill their home with love, laughter and lots of fun.

Kate Dominic-Munoz

“My children amaze me in so many ways,” says Kate Dominic-Munoz. “With each milestone, change in their interests and unique blossoming characteristic, I feel so honored to be along for the ride as I watch them ‘become.’ It is the most rewarding part of being a mom.”

Kate, her fiancé Damian Dominic and their three children are a multi-racial family living and loving together in Omaha, Nebraska.

Kate says, “My fiancé is black and I am white. Our two oldest girls, Scout and West, are white and Hispanic and our youngest daughter, Dove, is white and African-American. This makes for a beautiful dynamic and a rich blend of culture.”

Each of Kate and Damian’s girls has her own special interests and personality. “Scout, who is 9 years old, is our scientist, animal lover and rocker. She plays the viola and participates in Girls Rock each summer, where she plays the electric bass.” (Girls Rock is a camp that helps to build confidence and self-esteem through a variety of programs and musical education.)

“Scout likes to cook and eat. She

Story continues on page 16



French Toast Bake

No syrup needed. That’s how great this tastes.

- ½ Cup (1 stick) melted butter
- 1 Cup brown sugar
- ¾-1 loaf Texas toast (12 slices)
- 4 eggs
- 1½ Cup milk
- 1 tsp. PURE VANILLA EXTRACT
- 1-3 TB. sugar
- ½-1 tsp. PENZEYS CINNAMON
- ¼ tsp. GROUND NUTMEG
- 2 TB. extra melted butter

Preheat oven to 350° (unless you’re making this ahead of time). Melt the butter in a saucepan or in the microwave. Add the brown sugar and stir until thoroughly blended. Pour the mixture into a 9x13 pan and spread evenly to coat the bottom. In a bowl, beat together the eggs, milk

and VANILLA. Lay a single layer of Texas toast in the pan. Spoon half of the egg mixture over the bread. Sprinkle with sugar, CINNAMON and NUTMEG. Top with a second layer of Texas toast. Spoon the remaining egg mixture on the bread. Drizzle with a thin layer of butter. Sprinkle lightly with sugar and CINNAMON. At this point you can refrigerate the dish overnight or cook right away. Cover with foil. Bake at 350° for 30 minutes. Remove the foil and bake for another 15-25 minutes. The top will be crusty and golden brown, and the bottom has an incredible sticky deliciousness!

Prep. time: 20 minutes

Cooking time: 45-55 minutes

Serves: 6-8

Nutritional Information: Servings 6-8; Serving Size 1-2 slices (183g); Calories 460; Calories from fat 170; Total fat 19g; Cholesterol 145mg; Sodium 500mg; Carbohydrate 63g; Dietary Fiber 2g; Sugars 34g; Protein 9g.

was very proud of the first chicken dish she made this past summer. It was quite an accomplishment!

“West, our middle daughter, is 7. We call her our Wild West. She is our creative soul who is forever in a homemade costume and never without her art supplies. West does spot-on imitations and is an amazing singer. Her favorite food is sushi and when it comes to helping with stirring, she’s the best.

“Dove is our baby girl. She is 18 months old and quite independent. She pretty much runs the house,” Kate laughs. “Dove is silly and sweet. She loves to dance and sing and play with our dog Lulu. Lovey Dovey will eat just about anything but avocados.

“The girls are pretty official when we cook together. They put on aprons and chef hats and take charge of the recipes. They will eat almost anything they cook, no matter the ingredients. This is how I get them to eat their vegetables and to be more adventurous with eating ... I just have them cook it.”

Smart Mom.

Kate recalls, “I learned to cook when I worked with Food Not Bombs, a nonprofit in Omaha, where I attended college. A group of friends joined together to gather food that would have been discarded from restaurants and grocery stores. We took this food home,

prepared vegan meals and shared it with anyone in our community who was hungry—no questions asked.

“It was here I learned to get creative with ingredients. These days were full of laughter, music, singing and fostering some wonderful relationships and memories. It inspired my love of cooking.”

While in college Kate studied to be a special education teacher. “I have always known I wanted to do this. School always came easily to me and I didn’t think it was fair that it was difficult for others.

“I’ve always had a little itch to rebel, to remake and re-envision the world—to make things better for kids who have varied obstacles against them. I wanted to assist them along the way to help make their educational path easier, thereby opening up infinite possibilities for their lives.

“There is something lovely about amplifying the voice of an under-represented demographic and I’m always up for championing equality,” she says.

“I teach 7th and 8th grade students in a self-contained classroom. I enjoy remaking the educational box so my students not only fit, but succeed as well. It takes a lot of work and modifications, but when they see their own reactions, behaviors and academic aptitude rise, there is no greater feeling.

“It is such a blessing working with these amazing kids. They are brilliant in creative ways and are such great souls. I feel lucky that their families have shared them with me.”

As Kate is busy planning her wedding to Damian she recalls how they found each other.

“I met my sweet fiancé Damian on



Kate, Damian and the girls proudly wear their red, white and blue on the 4th of July.

the dance floor where we danced together all night long,” Kate says. “While it would be nice to have a more interesting story, it does seem fitting that we met someplace while having fun, because we haven’t stopped having fun together since that first dance.

“We love to dance to Zydeco music, which I was first introduced to when we visited Damian’s hometown of Lafayette, Louisiana.

“Damian brings that Cajun goodness into our everyday cooking. We like to get creative in the kitchen, usually starting with a tried and true recipe and then changing it up a bit. He’s a great cook,” Kate says.

Damian served in the U.S. Air Force where he received certification as a sous chef at Scott Air Force Base in Illinois. He was deployed five times, usually for four to six months at a time. His duty was to cook for the airmen, at times setting up the kitchens in a tent.

His Permanent Change of Station (PCS) for one year in Korea was followed by his final PCS in Nebraska where he cooked for the officers and crew chiefs. Kate and the girls are thrilled and so happy to finally have him home! (*See note below.)

Kate and Damian will marry in



The girls in their Easter finery.

July on the Caribbean island of Jamaica. “I am sure our wedding day will be just magical. How could it not?” says Kate. “We will be in one of the most majestic places on earth. Damian is the most amazing man I have ever met and I know I will be overwhelmed with love and gratitude that I have been lucky enough to find him wandering this earth.

“He’s traveled from Louisiana to Korea and a million places in-between. Then he was brought to me. I envision lots of grateful tears and then a big ol’ party afterwards. We have some wonderful friends to celebrate with, followed by a big reception for family and friends when we get home.

“Our girls are looking forward to staying with Grandma, because as Scout says, ‘The wedding is boring. You have to be quiet and sit still. It’s the reception that has all the FUN, FOOD and DANCING!’

“We want our wedding day to be effortless, fantastic and beautiful. We want it to be a day about celebrating us.

“My hope for our future is to continue laughing and having great times together. I hope this fun never stops. I hope Damian continues to tell me stories of things he has done and things he has seen in this world.

“I hope our children grow up surrounded by the type of love that makes them feel secure enough to be brave.”

Here’s to the soon-to-be newly-weds. May you continue to laugh and love and enjoy life together as a family and may all your hopes and dreams come true!

—Lani Haag

*To learn more about Damian, please visit our website to read his Mardi Gras story.



Shrimp 'n' Crawfish Po' Boys

Kate writes, “Most of the time I see Shrimp Po’ Boys OR Crawfish Po’ Boys, but I’m wild and crazy and mix the two any chance I get.”

vegetable oil for frying (we used 2 Cups)

- 1 Cup cornmeal
 - ½ Cup flour
 - 2 tsp. CAJUN or CHESAPEAKE BAY SEASONING (Damian uses a local Creole seasoning which is similar to our CHESAPEAKE BAY SEASONING with a bit of extra CAYENNE. CAJUN SEASONING would also be a great choice.)
 - 1 tsp. salt
 - 1 tsp. PENZEYS FRESHLY GROUND PEPPER
 - 1 Cup buttermilk
 - 2 tsp. hot sauce (or more to taste)
 - ½ lb. medium shrimp, cleaned and deveined
 - 1 lb. crawfish tails, rinsed and drained
 - 6-8 hoagie rolls
 - 2 Cups shredded lettuce
- Remoulade Sauce:**
- 1 Cup mayonnaise
 - 2 TB. dill pickle relish
 - 2 TB. chopped fresh parsley
 - 2 TB. chopped chives
 - 2 TB. capers
 - 2 tsp. Creole mustard (use Dijon-style with a bit of hot sauce and Worcestershire if you don’t see any “Creole-style”)
 - ½ tsp. diced shallots (or ½ tsp. dried SHALLOTS)

hot sauce, to taste

For the sauce: Combine all of the ingredients and mix well. Refrigerate until ready to use. The longer you let it sit, the better it is. As Kate says, “Just let all those flavors get cozy in there together. You will be thankful you did.”

In a large pan or deep fryer, heat the oil to 350°. In a bowl, combine the cornmeal, flour, SEASONING of choice, salt and PEPPER. In a separate bowl, combine the buttermilk and hot sauce. Soak the shrimp and crawfish in the milk mixture for at least 10 minutes while the oil heats. The longer, the better. Dredge the seafood in the flour mix. Fry in batches for about 3 minutes per batch or until golden brown. Kate advises: “Go ahead and pop a few in your mouth just to make sure they are good. And another! You deserve it!” Drain on paper towels. Serve on hoagie buns with lettuce and Remoulade Sauce.

Prep. time: 20 minutes

Cooking time: 9-12 minutes total

Serves: 6-8

Nutritional Information: Servings 8; Serving Size 1 sandwich (269g); Calories 580; Calories from fat 270; Total fat 31g; Cholesterol 115mg; Sodium 1110mg; Carbohydrate 56g; Dietary Fiber 7g; Sugars 7g; Protein 24g.

Cumin

Throughout the world, cumin is second in popularity only to black pepper. Americans use it mostly for chili, but cumin is a must in Indian, Mexican & Asian cooking. Salsa and tacos are heavily seasoned with cumin. Our ground cumin is really wonderful.



Whole Indian Cumin Seeds

1/4 cup jar (net .9 oz.) #52733 \$3.19
1/2 cup jar (net 2.1 oz.) #52759 \$5.15
4 oz. bag #52746 \$4.55
8 oz. bag #52788 \$7.89
1 lb. bag #52717 \$14.40



Ground 40 Mesh Indian Cumin Seeds

1/4 cup jar (net .9 oz.) #42730 \$3.79
1/2 cup jar (net 2.2 oz.) #42756 \$6.29
4 oz. bag #42743 \$5.69
8 oz. bag #42785 \$10.15
1 lb. bag #42714 \$18.90

Dill Seed

Perfect for pickling. From India.

1/4 cup jar (net .8 oz.) #52838 \$2.85
1/2 cup jar (net 1.8 oz.) #52854 \$4.69
4 oz. bag #52841 \$3.45

Dill Weed

Dill weed is traditionally used in German and Scandinavian cooking. Dill weed's flavor (sweeter than dill seed), along with its bright green color, makes it a perfect addition to any dish with a white sauce, from potato salad to cucumber sandwiches to fresh vegetable dip. From California.

1/4 cup jar (net .3 oz.) #30933 \$2.29
1/2 cup jar (net .7 oz.) #30959 \$4.55
1 oz. bag #30962 \$3.99
4 oz. bag #30946 \$11.39
8 oz. bag #30988 \$21.65

English Prime Rib Rub

This versatile seasoning makes delicious prime rib or beef roast. Rub on 1-2 tsp. per lb. Great on all cuts of beef. For hamburgers or meatloaf, mix in 1 tsp. per pound. To make your own Bloody Marys, use 1/4 tsp. per drink in place of celery salt. An absolute must for tomato juice. *Hand-mixed from: salt, celery seed, sugar, black pepper, onion, garlic and arrowroot.*

1/4 cup jar (net 1.4 oz.) #21337 \$4.35
1/2 cup jar (net 3.1 oz.) #21353 \$7.65
4 oz. bag #21340 \$5.69
8 oz. bag #21382 \$10.25
1 lb. bag #21311 \$19.20

Epazote

Adds sweet, mild flavor to Mexican dishes.

1/4 cup jar (net .2 oz.) #31035 \$3.45
1/2 cup jar (net .7 oz.) #31051 \$5.59
1 oz. bag #31064 \$5.15

Fajita Seasoning

A tasty, Mexican-style marinade for tacos or fajitas. Mix 1 TB. with 1/4 cup oil and 1 TB. lime juice or vinegar. Add thin strips of beef or chicken and let marinate for at least an hour in the refrigerator. Grill or pan fry over high heat—add slices of bell peppers and onion to the pan if desired for the last 2 minutes of cooking time. Fajita salads are a family favorite—purchase fresh, pre-made taco salad shells, then fill with layers of grilled chicken or beef fajita strips and your favorite fixings, from lettuce to guacamole. *Hand-mixed from: salt, Tellicherry black pepper, paprika, Turkish oregano, cayenne pepper, garlic, celery, Mexican oregano, cumin, basil, nutmeg, marjoram, thyme and rosemary.*

1/4 cup jar (net .9 oz.) #21432 \$4.25
1/2 cup jar (net 2.3 oz.) #21458 \$7.29
4 oz. bag #21445 \$6.29
8 oz. bag #21487 \$11.19
1 lb. bag #21416 \$20.90

Fennel

Fennel seeds have been grown for cooking since at least the time of the Romans. In Italy, the seed is used whole to spice sausages, and ground for tomato sauces of all kinds (especially pizza sauce).

Whole Indian Fennel Seeds

1/4 cup jar (net .9 oz.) #54032 \$2.85
1/2 cup jar (net 1.9 oz.) #54058 \$4.55
4 oz. bag #54045 \$3.19
8 oz. bag #54087 \$5.25
1 lb. bag #54016 \$8.90

Ground Indian Fennel Seeds

1/4 cup jar (net .8 oz.) #44039 \$3.19
1/2 cup jar (net 1.9 oz.) #44055 \$5.35
4 oz. bag #44042 \$4.55
8 oz. bag #44084 \$7.89
1 lb. bag #44013 \$14.50

Fenugreek

An indispensable ingredient in the yellow curry dishes of Southern India. From India.

Ground Indian Fenugreek Seeds

1/4 cup jar (net 1.2 oz.) #44134 \$3.79
1/2 cup jar (net 2.9 oz.) #44150 \$6.39
4 oz. bag #44147 \$4.55

Pure Extracts

Penzeys sells only pure extracts; no additives are used. Only the finest vanilla beans, oranges, lemons and almonds are carefully extracted onto an alcohol base. Economical, easy and nice for quickly adding flavor to baked goods, sauces and frosting. To make a simple syrup to glaze cakes, breads and muffins: boil 1/2 cup water, 1/4 cup sugar and 1 tsp. of PURE VANILLA, ORANGE, ALMOND or LEMON EXTRACT for 2 minutes, then let cool. Brush on finished bakery as a glaze, or use between cake layers before frosting.

Pure Almond Extract

38% alcohol. Pure, strong, fragrant almond flavor. Use in small amounts (usually 1/2 tsp. per batch) to flavor cookies, bars, bread and crackers or add a drop to sweeten waffles. Also traditional for Middle Eastern meat stews, Indian sweet rice pudding and mild curry. Excellent with fruit for pie or muffins.

2 fluid ounce bottle #93132 \$5.49
4 fluid ounce bottle #93158 \$9.49
8 fluid ounce bottle #93187 \$16.99
16 fluid ounce bottle #93116 \$30.99

Pure Lemon Extract

61% alcohol. Pure, true lemon flavor, perfect for baked goodies, especially cheesecakes, where it is often used with lemon zest. Add a dash to fish, pork and poultry marinades. Also nice in sherbet, added to fresh fruit, for glazes and frostings, and great for candy-making. Use with Vanilla Extract for a delicious 1-2 punch.

2 fluid ounce bottle #93237 \$5.49
4 fluid ounce bottle #93253 \$9.49
8 fluid ounce bottle #93282 \$16.99
16 fluid ounce bottle #93211 \$30.99

Pure Orange Extract

61% alcohol. Pure, sweet, rich orange flavor. Often used in conjunction with orange zest for many baking recipes. Nice for glazes and frostings, marinades for fish or pork and excellent for adding a light touch to heavy desserts such as chocolate cake. It is a nice citrus touch to fresh fruit dishes and is great for candy-making.

2 fluid ounce bottle #93332 \$5.49
4 fluid ounce bottle #93358 \$9.49
8 fluid ounce bottle #93387 \$16.99
16 fluid ounce bottle #93316 \$30.99

VANILLA EXTRACT
ON PAGE 50.



Fines Herbes **SALT FREE**

A light, sweet blend great for baked chicken or fish, soup, salads and sautéed vegetables. *Hand-mixed from: chervil, minced parsley flakes, chopped chives and French tarragon.*

1/4 cup jar (net .2 oz.) #13033 \$2.29
1/2 cup jar (net .4 oz.) #13059 \$4.35
1 oz. bag #13062 \$5.85

Florida Seasoned Pepper **SALT FREE**

Perhaps our best salt-free blend, good on just about everything. Great for turkey breast cutlets, or rub on boneless, skinless chicken breasts, or fish fillets, 1-2 tsp. per pound. Dust with a little flour and sauté in a hot pan coated with vegetable oil spray or olive oil. If you like lemon pepper, be sure to give this blend a try. *Hand-mixed from: black pepper, citric acid, lemon peel, garlic, orange peel, and onion.*

1/4 cup jar (net 1.1 oz.) #13138 \$4.55
1/2 cup jar (net 2.6 oz.) #13154 \$7.99
4 oz. bag #13141 \$7.65
8 oz. bag #13183 \$13.89
1 lb. bag #13112 \$26.40

Penzeys Forward! **SALT FREE**

One of our best ever all-purpose seasonings. Try Forward! on steak, chicken, veggies, eggs, potatoes—you name it, Forward! adds deliciousness. And, it's salt-free! Now how cool is that? *Hand-mixed from: Special extra bold black pepper, onion, paprika, garlic, turmeric, spice extractives (including oleoresin of celery, rosemary, black pepper, thyme, basil and paprika).*

1/4 cup jar (net .9 oz.) #15932 \$3.89
1/2 cup jar (net 2.3 oz.) #15958 \$6.65
4 oz. bag #15945 \$6.15
8 oz. bag #15987 \$10.85
1 lb. bag #15916 \$20.40

4/S Special Seasoned Sea Salt

Pronounced "four, S" our Special Seasoned Sea Salt gives a great burst of flavor wherever salt is called for. Like other seasoned salts, 4/S is great for steaks, burgers and chops, but since we have made the flavor lighter and brighter than your old seasoned salt, 4/S is also outstanding for chicken, fish, veggies, salads and popcorn as well. Give it a try, and we think you'll agree 4/S = 100% delicious. *Hand-mixed from: coarse sea salt, sugar, special extra bold black pepper, paprika, onion, turmeric, garlic, spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/4 cup jar (net 2.0 oz.) #29133 \$2.29
1/2 cup jar (net 4.0 oz.) #29159 \$3.45
1 cup jar (net 8.0 oz.) #29188 \$5.59



4/S Special Seasoned Sea Salt

This smoky version of our 4/S gives a delicious smoky burst of flavor wherever salt is called for. Like other seasoned salts, Smoky 4/S is great for steaks, burgers, chops, chicken, fish, veggies, popcorn and more. *Hand-mixed from: coarse sea salt, smoked paprika, sugar, special extra bold black pepper, turmeric, onion, garlic, spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/2 cup jar (net 4.0 oz.) #29454 \$3.65
1 cup jar (net 8.0 oz.) #29483 \$5.95



4/S Special Seasoned Sea Salt

This spicy version of our 4/S gives a spicy kick of flavor wherever salt is called for. Just like its smoky counterpart, Spicy 4/S is great on steaks, burgers, chops, chicken, fish, veggies, salads, pasta, and popcorn. *Hand-mixed from: coarse sea salt, sugar, red pepper, special extra bold black pepper, turmeric, onion, garlic, spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/2 cup jar (net 4.0 oz.) #29359 \$3.65
1 cup jar (net 8.0 oz.) #29388 \$5.95

Fox Point Seasoning

One of our very best blends, so good on all the foods we are supposed to be eating more of, from fish to vegetables. Bursting with the rich flavor of shallots and chives. Use 1 tsp. per pound to season baked chicken and scrambled eggs. For tasty dip use 2 tsp. of Fox Point in 1 cup sour cream or yogurt. The dip makes an outstanding topping for baked potatoes too, or make a quick chicken or tuna salad by mixing 3 cups of cooked chicken or tuna chunks with 1 cup of Fox Point dip. Because we do not use any anti-caking agents in this (or any other) blend, it tends to clump somewhat. To keep it free-flowing, store in the refrigerator. *Hand-mixed from: salt, freeze-dried shallots, chives, garlic, onion and green peppercorns.*

1/4 cup jar (net .8 oz.) #21537 \$5.35
1/2 cup jar (net 1.7 oz.) #21553 \$9.35
1 cup jar (net 3.2 oz.) #21582 \$18.15
2 cup jar (net 6.4 oz.) #21524 \$33.85
4 cup jar (net 12.8 oz.) #21579 \$67.25

French Four Spice **SALT FREE**

Traditionally used for pork, beef and red wine stews. *Hand-mixed from: white pepper, nutmeg, ginger and cloves.*

1/4 cup jar (net 1.0 oz.) #13233 \$4.55
1/2 cup jar (net 2.4 oz.) #13259 \$7.89
4 oz. bag #13246 \$7.99

Frozen Pizza Seasoning **SALT FREE**

Frozen pizza can taste great. Honest! Simply sprinkle on our new FROZEN PIZZA SEASONING. Start with 1 tsp. for a regular cheese pizza and kid-pleasing pizzas, 2 tsp.—or more!—for pizzas with more toppings and more flavor. This is also a wonderful seasoning for buttered noodles, marinara sauce, even garlic bread. Try some in bread crumbs for breading pork chops and chicken breasts. *Hand-mixed from: fennel, Turkish oregano, California basil and garlic.*

1/4 cup jar (net .3 oz.) #16634 \$2.99
1/2 cup jar (net .9 oz.) #16650 \$4.95
1 cup bag (net 1.8 oz.) #16676 \$7.49

Galangal

Flavor similar to ginger, but flowery and intense, often used in Indonesia and SE Asia, especially Thailand.

Ground Thai Galangal Root

1/4 cup jar (net .8 oz.) #44239 \$4.45
1/2 cup jar (net 1.6 oz.) #44255 \$7.75
4 oz. bag #44242 \$12.35



Penzeys Roasted Garlic

Roasted granulated garlic adds warm, roasty, slow-cooked garlic flavor to quickly-cooked chicken breasts, eggs, pasta, fish and chops. Just sprinkle on, 1/4-1/2 tsp. per pound, and sauté, bake or broil. Excellent on garlic bread for sweet roasted flavor, in salad dressing (try it with Raspberry Enlightenment!), in stir-fry, curry, soups and stew. Just a touch of olive oil with Penzeys Roasted Garlic makes green beans sing!

1/4 cup jar (net 1.2 oz.) #43937 \$3.99
1/2 cup jar (net 2.7 oz.) #43953 \$6.95
4 oz. bag #43940 \$4.49
8 oz. bag #43982 \$7.95
1 lb. bag #43911 \$14.90



Butter Chicken

Curry Powders

Maharajah-Style Curry Powder **SALT FREE**

The highest quality curry powder, perfect for special meals. Maharajah is sweet and rich, not hot, with fragrant cardamom and a full pound of Spanish Coupé saffron in every 100 lbs. of curry powder. Add glorious color and flavor to chicken and seafood curry. For rice, saute 1/2 tsp. in 1 TB. butter for 2 minutes, add 1 cup rice, 2 cups water and dash of salt. Bring to boil, cover, reduce heat, simmer for 18 minutes. *Hand-mixed from: turmeric, coriander, cumin, cardamom, fenugreek, ginger, nutmeg, fennel, cinnamon, white pepper, black pepper, cloves, red pepper and saffron.*

1/4 cup jar (net 1.1 oz.) #12636 **\$ 9.15**
 1/2 cup jar (net 2.3 oz.) #12652 **\$ 17.09**
 1 cup jar (net 4.5 oz.) #12681 **\$ 29.65**
 2 cup jar (net 9.1 oz.) #12623 **\$ 56.80**

Balti Seasoning **SALT FREE**

Baltistan is an ancient region of northernmost Pakistan with influences from Persia, Tibet and China. Balti meals are rich stews cooked in a karahi (small wok), and would be eaten with naan and other Indian breads. The deliciously spicy but not too hot flavor of Balti makes it a great choice for chicken, pork or beef. *Hand-mixed from: coriander, garlic, ginger, cumin, dundicut chilies, Ceylon cinnamon, brown mustard seeds, cardamom, clove, fennel, fenugreek, charnushka, ajwain, star anise, black cardamom, cilantro, anise seed and bay leaf.*

1/4 cup jar (net 1.0 oz.) #12331 **\$ 5.09**
 1/2 cup jar (net 2.7 oz.) #12357 **\$ 8.79**
 4 oz. bag #12344 **\$ 8.45**
 8 oz. bag #12386 **\$ 15.65**
 1 lb. bag #12315 **\$ 29.90**

Hot Curry Powder **SALT FREE**

Same great flavor as Sweet Curry Powder, with more hot red pepper and ginger. Commonly used by Chinese restaurants, also known as "Madras Curry Powder." For grilled steaks, pork chops or chicken wings, rub on 1/2-1 tsp. per pound, along with salt as desired. For spicy chicken noodle or eggdrop soup, add 1 tsp. per 2-quart pot. *Hand-mixed from: turmeric, red pepper, coriander, ginger, cumin, fenugreek, white pepper, cinnamon, fennel, nutmeg, cardamom, cloves and black pepper.*

1/4 cup jar (net 1.0 oz.) #12236 **\$ 4.45**
 1/2 cup jar (net 2.2 oz.) #12252 **\$ 7.75**
 3/4 cup bag (net 3.3 oz.) #12242 **\$ 9.69**
 1 1/2 cup bag (net 6.6 oz.) #12284 **\$ 14.49**

Garam Masala **SALT FREE**

Garam Masala, a blend of savory Indian spices, is one of the few spice mixes actually used in India. It has no turmeric, so it isn't yellow, and is often added to hot or mild curry powder. The formula for Garam Masala was brought into the store by a Punjabi man who had moved to the U.S. It was his mother's recipe; in exchange for blending the spices for him, he gave it to us. His mother was proud to hear that her blend was a hit in America. *Hand-mixed from: coriander, black pepper, cardamom, cinnamon, kalonji, caraway, cloves, ginger and nutmeg.*

1/4 cup jar (net .9 oz.) #12436 **\$ 4.89**
 1/2 cup jar (net 2.1 oz.) #12452 **\$ 8.79**
 4 oz. bag #12449 **\$ 10.75**
 8 oz. bag #12481 **\$ 20.19**
 1 lb. bag #12410 **\$ 38.90**

Sweet Curry Powder **SALT FREE**

The perfect first curry powder. Great flavor, little heat, nice for simple chicken curry. For baked chicken or fish, use 1/2 tsp. per lb. for rich (not too spicy) flavor. Add 1 tsp. to a pot of chicken soup for flavor and color. For a curried pasta or green salad dressing, saute 1-2 tsp. in 2 TB. olive oil for 3 minutes over low heat, blend into 1 cup yogurt or 1/2 cup vinegar and oil. *Hand-mixed from: turmeric, coriander, cumin, fenugreek, ginger, nutmeg, fennel, cinnamon, white & black pepper, cardamom, cloves and cayenne.*

1/4 cup jar (net 1.0 oz.) #12036 **\$ 4.25**
 1/2 cup jar (net 2.2 oz.) #12052 **\$ 7.29**
 3/4 cup bag (net 3.3 oz.) #12042 **\$ 9.29**
 1 1/2 cup bag (net 6.6 oz.) #12084 **\$ 13.99**

Tandoori Seasoning **SALT FREE**

Clay ovens known as tandoors and the flavorful food they produce have become popular the world over. The most popular tandoori food is chicken. Skinless half chickens are marinated overnight, skewered and baked in the tandoor. You might not have a clay oven in the kitchen, but Tandoori Seasoning tastes great anyway. Try it on baked, broiled or grilled chicken kabobs, and sautéed chicken or fish. *Hand-mixed from: coriander, cumin, sweet paprika, garlic, ginger, cardamom and saffron.*

1/4 cup jar (net .8 oz.) #12131 **\$ 5.15**
 1/2 cup jar (net 2.2 oz.) #12157 **\$ 8.99**
 4 oz. bag #12144 **\$ 10.75**
 8 oz. bag #12186 **\$ 20.19**
 1 lb. bag #12115 **\$ 38.90**

Vindaloo Seasoning **SALT FREE**

This hot and spicy blend comes from Goa, a small state nestled in the middle of the Malabar Coast of India. Though control of Goa was returned to India in 1961, the four and a half centuries of Portuguese rule left many lasting impressions. Pork Vindaloo is a favorite dish of the Catholics, who make up a third of the population of Goa. The Muslims and Hindus of India prefer Vindaloo lamb or duck. Mix 2-5 TB. spice in 2-5 TB. water, set aside. Heat 2 TB. oil, brown 1 1/2 lb. pork cubes, remove, then brown 1 large minced onion. Put browned pork back into pot, add Vindaloo paste, 1 cup water, 6 TB. vinegar and 1 tsp. salt, cook 30 minutes. Add 4-6 cups cubed potatoes, cook till tender (45 minutes or so). For authentic fiery hot Vindaloo as served in beach front restaurants in India, add an equal part cayenne pepper. *Hand-mixed from: coriander, garlic, cumin, ginger, cinnamon, crushed brown mustard, cayenne, jalapeño pepper, cardamom, turmeric, black pepper and cloves.*

1/4 cup jar (net 1.0 oz.) #12531 **\$ 4.45**
 1/2 cup jar (net 2.2 oz.) #12557 **\$ 7.75**
 4 oz. bag #12544 **\$ 8.45**
 8 oz. bag #12586 **\$ 15.65**
 1 lb. bag #12515 **\$ 29.90**

Rogan Josh Seasoning **SALT FREE**

Just a little spicy. This version of the popular red lamb stew comes from the state of Rajasthan, known for its hilly deserts and fierce, yet chivalrous warriors. While Rogan Josh can be made with beef, it is traditional and better made with lamb. This blend is a great example of how a crafty seasoning can change the stronger flavor of lamb (or in India, mutton or goat) into a meal far more delicious than plain old beef. Some blends are interesting—this blend is delicious. For the true Jaipur Palace experience, use the full 2 TB. seasoning per pound, plus extra cayenne and cardamom. Either way you make it, don't plan on leftovers. Brown 2 lb. lamb or beef cubes in 4 TB. oil, remove. Brown 1 large minced onion, add 2-4 TB. Rogan Josh, 1 tsp. salt, stir. Add meat plus 1 cup water and 1/2 cup yogurt. Cook 1-2 hours over low heat till lamb is tender and sauce thick. *Hand-mixed from: paprika, garlic, ginger, cumin, coriander, pepper, cayenne, cinnamon, cardamom, cloves and saffron.*

1/4 cup jar (net 1.0 oz.) #12731 **\$ 4.79**
 1/2 cup jar (net 2.5 oz.) #12757 **\$ 8.45**
 4 oz. bag #12744 **\$ 8.55**
 8 oz. bag #12786 **\$ 15.65**
 1 lb. bag #12715 **\$ 29.90**

Saté Seasoning

Of all the regional dishes of Indonesia, saté is probably the best known and most enjoyed the world over. What could be better than meat on a stick? Lamb is the meat of choice for skewers in Indonesia, but chicken and beef are equally popular here in the U.S. Saté makes a great appetizer or a wonderful meal with plain rice or Nasi Goreng (fried rice). Also perfect for Ayam Goreng (fried chicken). Saté Seasoning is great for light meals such as boneless/skinless chicken and fish fillets. Sprinkle on heavily, 2-3 tsp. per lb. *Hand-mixed from: salt, brown sugar, garlic, white onion, coriander, shallots, ginger, turmeric, paprika, Ancho pepper, galangal, cayenne and lemon grass.*

1/4 cup jar (net 1.2 oz.) #21232 **\$ 4.69**
 1/2 cup jar (net 2.4 oz.) #21258 **\$ 8.19**
 4 oz. bag #21245 **\$ 8.45**
 8 oz. bag #21287 **\$ 15.65**
 1 lb. bag #21216 **\$ 29.90**

Ginger

Ginger is one of the most widely used spices in the world. In America, ginger has been used mainly in baking; it is a must for the holidays—from gingerbread to pumpkin pie to fruit cakes, and it is also increasingly used to flavor a variety of other dishes. Ginger is essential for Asian and Indian dishes where it is used in many ways—from Indian curries, to Japanese marinades, to Chinese stir-fry. A pinch of ginger is a nice boost to the flavor of salt-free dishes, and also a flavorful addition to chicken soup, sauteed vegetables, and roast chicken or pork. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking.

Cracked China Ginger

Cracked ginger is traditionally used for pickling and canning recipes, but is most popular now for marinades, sauces and stock making. Add 1 tsp. to chicken stock or make flavorful Japanese-style marinade with 1 tsp. cracked ginger, 2 fresh garlic cloves (smashed), 1/2 cup soy sauce and 1/4 cup chopped pineapple. Add 1/4 tsp. white pepper if desired. Use to marinate 1 lb. shrimp or cubed chicken or pork for stir-fry with mixed vegetables.



1/4 cup jar (net .9 oz.) #44734 \$3.29
 1/2 cup jar (net 1.7 oz.) #44750 \$5.59
 4 oz. bag #44747 \$5.69
 8 oz. bag #44789 \$10.25
 1 lb. bag #44718 \$19.30

Crystallized Ginger

They don't call it candied ginger for nothing—many of our customers buy it to eat it piece by piece, because it is just that good. Tender Australian ginger, peeled and cut into a 1/4" dice, then preserved using the old-fashioned sugar-cure method, which gives a spicy sweet flavor to the ginger. Virtually fiber-free, crystallized ginger is perfect for baking and candy-making. Because the ginger retains its warmth and bite, even with the sugar coating, it is excellent for teriyaki, tuna or chicken salad, plus sweet and sour marinades.



1/4 cup jar (net 1.3 oz.) #58830 \$4.89
 1/2 cup jar (net 3.1 oz.) #58856 \$8.55
 4 oz. bag #58843 \$6.85
 8 oz. bag #58885 \$12.55
 1 lb. bag #58814 \$23.80

Penzeys Minced Ginger

Perfect where you want a bit of freshly grated ginger but don't wish to buy a large fresh piece that won't stay fresh for long. Very high-quality ginger that is peeled, minced and freeze-dried at the peak of ripeness and perfection. Substitute 1/2 tsp. PENZEYS MINCED GINGER for 1 tsp. fresh ginger. Great in marinades, stir-fry, on steak, pork roast, in chicken soup, curry, everywhere!



1/4 cup jar (net .09 oz.) #44839 \$2.29
 1/2 cup jar (net .2 oz.) #44855 \$3.19
 1 cup jar (net .45 oz.) #44884 \$5.49
 2 cup jar (net .85 oz.) #44826 \$9.95

Powdered China Ginger

China ginger is the finest in the world. It is virtually fiber-free, yielding a buttery-soft powder when ground, and is much better than the woody fresh ginger found in many supermarkets (stays fresh longer, too). Chinese ginger has a strong, true flavor with lemony overtones, making it perfect for all baking recipes—especially gingersnaps, gingerbread, molasses cookies, coffee cakes, fruit breads, pies and muffins.



1/4 cup jar (net .9 oz.) #44639 \$3.65
 1/2 cup jar (net 1.9 oz.) #44655 \$6.09
 4 oz. bag #44642 \$5.69
 8 oz. bag #44684 \$10.25
 1 lb. bag #44613 \$19.30

Gingersnap Cookies



For more delicious recipes, go to www.penzeys.com and click on Stories and Recipes.

Sliced China Ginger Root

Dried sliced ginger root pieces stay fresh and flavorful indefinitely, so they will be ready when you are. Add a slice to stock for chicken soup, Indian curries and Asian dishes. The flavor is strong and vibrant—if a full slice is too much, smaller pieces can be broken off by hand.



4 oz. bag #54645 \$5.49
 8 oz. bag #54687 \$9.79
 1 lb. bag #54616 \$18.10

Sweet Ginger Bits

New smaller size, perfect for sprinkling on muffins and cookies and adding to granola. Also wonderful in chicken or tuna salad and creamy salad dressing. The smaller size makes for a bit sweeter flavor.



1/4 cup jar (net .9 oz.) #59037 \$4.49
 1/2 cup jar (net 2.3 oz.) #59053 \$6.95
 4 oz. bag #59040 \$9.49
 8 oz. bag #59082 \$17.75
 1 lb. bag #59011 \$34.50

Quick Stir-Fry Sauce

Combine 4 TB. soy sauce, 1 tsp. honey, 1-2 tsp. CHINESE 5 SPICE, 1/2 tsp. GRANULATED GARLIC POWDER, 1/2 tsp. PENZEYS MINCED GINGER and/or 1 TB. SWEET GINGER BITS and CAYENNE PEPPER to taste. Add to meat and veggies while stir-frying and serve over noodles or rice.

Curry Ginger Dressing

Heat 1 TB. olive oil over medium heat. Add 2 tsp. SWEET CURRY POWDER and cook for 2 minutes. In a bowl, mix together 1/4 Cup minced red onion or shallots, 2-3 TB. SWEET GINGER BITS, 1/3 Cup mayonnaise, 1 TB. vinegar, 1 tsp. Dijon-style mustard, 1/4-1/2 tsp. salt (to taste) and 1/4 tsp. CAYENNE (to taste). Add the CURRY paste to the mayonnaise mixture and mix well. Add 1-2 Cups tuna or cooked chicken and some chopped pecans and you've got a great salad for sandwiches.

Julie Anderson

Julie Anderson knows what it means to be a mom. Along the way, she learned you don't have to be related to do some mothering—or accept some when it's needed.

That lesson came sometime after she and husband Bob began going to their church, First United Methodist Church in Appleton, Wisconsin. As with many of the best things in life, it's also about sharing good food.

Long story short, it was back on a Wednesday night in 1990—Wednesday is still the day that church classes and choir practice are held—and they stayed after a class for the supper. It was delicious.

“Oh, we've got to join this church,” she told her husband.

She joined the Wednesday Night Live Ladies, too, helping with the meal-making in the kitchen.

“The public is always welcome,” Julie says. “We feed about 200 people each week, and there are probably a good 50-75 people who aren't church

members.

“Who'd have thought I'd be cooking in the kitchen here all these years later. It's quite a close-knit group of ladies—it's basically been the same group for 20 years. We have a lady, 96, who serves desserts every week. My daughter, who's 20 now, helps in the kitchen, too.”

When her own mother passed away, she came to realize just how much her cooking friends had become family.

“I say that I lost my mom, but I gained nine other mothers,” she says.

Years ago, when she required major surgery and then bed rest, other mothers at the church appeared to help care for their children, so Bob could keep going to work. Meals appeared, night after night, for two months.

“It was a very big learning process for me . . . it was quite a humbling moment,” she says.

Julie later helped organize a meal



Julie with daughter Sarah and twin sons Michael (left) and Steven.

brigade for others in need.

“I thought if there was any way I could pay that back, I wanted to do that. It's a ministry of cooking.

“I don't know what people do without something like that,” she says. “It's amazing to have something like that when you need it.”

Julie sends other acts of cooking and kindness into the world, including for Valentine's Day.

“Back when the kids were younger, it was too hectic to get the Christmas



Red Pepper Dip

Great with pita chips or celery sticks.

- 1 7.5-oz. jar roasted red peppers, drained (or 2 red bell peppers roasted, peeled and diced)
- 1 4-oz. can chopped green chilies
- 1 Cup sour cream (regular or light)
- 1 Cup mayonnaise (regular or light)
- 1 TB. lemon juice
- ½ tsp. GRANULATED GARLIC POWDER
- ¼ tsp. PENZEYS FRESHLY GROUND PEPPER
- 2 tsp. chopped fresh cilantro or 1 tsp. dried CILANTRO

Put all of the ingredients in a blender or food processor and blend until smooth.

Prep. time: 10 minutes (plus 20 if you make your own roasted peppers)

Cooking time: none

Yield: 3¼ cups

Nutritional Information: Servings 13; Serving Size 1/4 cup (64g); Calories 100; Calories from fat 70; Total fat 8g; Cholesterol 15mg; Sodium 230mg; Carbohydrate 4g; Dietary Fiber 0g; Sugars 1g; Protein 1g.

letters and everything done,” she says. “I finally decided I’m going to do it for Valentine’s Day.”

Now people know to expect greetings from the Andersons—they are the parents of Sarah and twins Michael and Steven—just not right away.

“I wrote to all the people who send us Christmas cards and said, ‘Don’t take us off your list,’ ” she says, laughing. “Happy Valentine’s Day!”

She also heads to the kitchen in February.

“I make some extra gifts for the people I don’t get to at Christmastime,” Julie says.

There’s never a bad time to get a homemade treat.

“My mother was a fabulous baker. Some of her recipes don’t turn out just the way she made them—I don’t know what she did—but I try,” she says.

One of her favorite recipes is a more recent acquisition.

“I’m famous in the neighborhood for the Chicken Poppers from the Penzeys catalog,” she says. “Chicken, bacon, BBQ 3000, brown sugar—what’s not to love? Everyone always wants that recipe, and I’ve given it to so many people.”

For the record, that recipe came from Carol Smith-Barnes and ran in 2009. (Click on Julie’s recipes at penzeys.com and you’ll find it there.)

Then there’s the kid-traffic going

through the kitchen, including when they host a Sunday morning breakfast for Steven’s wrestling team after a Saturday meet.

“To have 20 guys in your house for breakfast is pretty fun,” Julie says. “It’s

‘Hey, Mrs. A, how are you doing?’ It’s a different kind of parenting, but once you’re a mom, you know you mother when someone needs it.”

—Amy Silvers



Apricot-Orange Cream Scones

Scones fresh from the oven are a lovely little indulgence. Treat yourself!

- | | | | |
|---|--|-----|--|
| 2 | Cups all-purpose flour | ½ | Cup dried apricots, chopped |
| 3 | TB. sugar or VANILLA SUGAR | ½ | Cup white vanilla chips or white chocolate chips |
| 3 | tsp. baking powder | 1½ | Cups whipping cream |
| 2 | tsp. freshly grated orange peel (or 1 tsp. ORANGE PEEL rehydrated in 2 tsp. water) | ½ | tsp. PURE ALMOND EXTRACT (optional) |
| ½ | tsp. salt | 1 | Cup powdered sugar |
| | | 2-3 | TB. orange juice |

Preheat oven to 400°. Lightly grease a cookie sheet and set aside. In a large bowl, combine the flour, sugar, baking powder, orange peel, salt, apricots and vanilla chips. Mix well. Add the whipping cream and ALMOND EXTRACT (if using) all at once and stir just until the dry ingredients are moistened.

On a lightly floured surface, knead the dough 6-7 times until smooth. Divide the dough in half and pat/knead into two 6-inch rounds. Cut each round into 8 wedges. Place 2 inches apart on the cookie sheet. Bake at 400° for 12-15 minutes or until golden brown. Cool for 5 minutes. While the scones cool, combine the powdered sugar and orange juice. Drizzle over the warm scones. These are best served warm.

Prep. time: 15 minutes
Baking time: 12-15 minutes
Serves: 16

Nutritional Information: Servings 16; Serving Size 1 scone (66g); Calories 220; Calories from fat 90; Total fat 10g; Cholesterol 30mg; Sodium 310mg; Carbohydrate 30g; Dietary Fiber <1g; Sugars 13g; Protein 3g.



Bob and Julie

33rd & Galena

Chicken and Pork Rub **SALT FREE**

Both a traditional Southern-style seasoning that found its way North in the '60s & '70s, and a tribute to those whose labor built this country and whose kindness and warmth is at the heart of every uniquely American expression. *Hand-mixed from: Tellicherry black pepper, paprika, nutmeg, sage, cayenne, crushed red pepper and oleoresin of basil.*

1/4 cup jar (net .9 oz.) #16034 \$ 3.99

1/2 cup jar (net 2.1 oz.) #16050 \$ 6.85

4 oz. bag #16047 \$ 7.39

8 oz. bag #16089 \$ 13.69

1 lb. bag #16018 \$ 26.10

Galena Street Rib and Chicken Rub

A mouth-watering traditional Southern-style seasoning with hints of sage, nutmeg, and cayenne red pepper. For pork ribs, rub on seasoning, 1-2 tsp. per pound. For chicken use a bit less. For tasty barbecue sauce, mix 1 TB. in 1 cup tomato sauce or even ketchup. Really good for grilled or broiled turkey wings—cut wings into sections (we call them riblets) and sprinkle the Galena Street on heavily before cooking. *Hand-mixed from: flake salt, sugar, black pepper, paprika, nutmeg, sage and cayenne red pepper.*

1/4 cup jar (net 1.4 oz.) #21632 \$ 4.35

1/2 cup jar (net 3.2 oz.) #21658 \$ 7.39

4 oz. bag #21645 \$ 5.35

8 oz. bag #21687 \$ 9.49

1 lb. bag #21616 \$ 17.40

Garlic

It is very easy to use granulated garlic, just sprinkle on meat, fish, poultry or vegetables. Use about 1/2 tsp. per lb. To rehydrate: use 1/2 tsp. granulated garlic in 1 tsp. water to equal 2 fresh cloves of garlic. For minced garlic, use 1/4 tsp. in 1 tsp. water to equal 1 fresh clove of garlic. Rehydrate garlic before adding to tart foods like tomatoes (their acidic nature will stop the garlic from developing to its full strength).

Granulated Garlic Powder

1/4 cup jar (net 1.3 oz.) #44439 \$ 3.79

1/2 cup jar (net 2.9 oz.) #44455 \$ 6.29

4 oz. bag #44442 \$ 4.25

8 oz. bag #44484 \$ 7.29

1 lb. bag #44413 \$ 13.10

Minced Garlic

1/4 cup jar (net 1.2 oz.) #44534 \$ 3.79

1/2 cup jar (net 2.6 oz.) #44550 \$ 6.39

4 oz. bag #44547 \$ 4.55

8 oz. bag #44589 \$ 7.89

1 lb. bag #44518 \$ 14.40

Penzeys Minced Garlic

The Garlic Lovers Garlic. As close as you can come to picking and mincing garlic fresh from your own garden. Delicious, sweet, strong (1/4 tsp. = 1 clove fresh garlic) and rehydrates very quickly! Perfect for cooking. Sprinkle on chicken, veggies, steak, pasta, and in salad dressing. For incredible garlic bread, mix 2-3 tsp. in 1/3 cup olive oil or melted butter and let stand for a few minutes. Brush on sliced Italian bread, sprinkle with salt if desired, bake at 375° for 10 minutes.

1/4 cup jar (net .4 oz.) #44334 \$ 2.29

1/2 cup jar (net 1.0 oz.) #44350 \$ 3.45

1 cup jar (net 1.8 oz.) #44389 \$ 5.69

2 cup jar (net 3.8 oz.) #44321 \$ 10.15



Glass Jars

Attractive glass jars with black lids and two blank labels, perfect for storing spices. The 'A' jar has a sifter fitment (shaker top), nice for blends and fine grind spices that are shaken onto foods before cooking. The 'B' jar holds the same amount but has a wide mouth—easy to get your fingers or a measuring spoon into. The 'C', 'D', and 'E' jars hold 1, 2 and 4 Cups respectively, and are good for storing larger amounts, or spices such as bay leaves and cinnamon sticks, which don't always fit in a standard-size jar. The 'G' jar also holds 1 cup, but comes with a sifter fitment (shaker top).

A. 4 fl. oz. (1/2 cup) 1 7/8" diameter x 4 1/4" high, shaker top with medium holes, black lid, blank labels #95107 \$ 1.69

B. 4 fl. oz. (1/2 cup) 2 3/4" diameter x 2 3/4" high, spoon out top, black lid, blank labels #95202 \$ 1.69

C. 8 fl. oz. (1 cup) 2 1/2" diameter x 4 1/2" high, spoon out top, black lid, blank labels #95307 \$ 2.25

D. 16 fl. oz. (2 cup) 3 3/4" diameter x 3 7/8" high, spoon out top, black lid, blank labels #95402 \$ 2.65

E. 32 fl. oz. (4 cup) 3 7/8" diameter x 6 7/8" high, spoon out top, black lid, blank labels #95507 \$ 3.79

G. 8 fl. oz. (1 cup) 2 1/4" diameter x 5 1/4" high, shaker top with medium holes, black lid, blank labels #95615 \$ 2.25

Garlic Salt

Kids really seem to like garlic salt—try it on half a toasted buttered bagel, or sprinkled over pasta, they might eat it and like it too. Shake on garlic bread, salads, subs, pasta, and French fries. Also good on chicken, hamburgers, and baked potatoes. To make plain garlic salt, mix 1 TB. GRANULATED GARLIC with 3 TB. regular table salt. *Hand-mixed from: coarse flake salt, granulated garlic and minced parsley.*

1/4 cup jar (net 1.4 oz.) #21832 \$ 3.99

1/2 cup jar (net 3.3 oz.) #21858 \$ 6.85

4 oz. bag #21845 \$ 4.45

8 oz. bag #21887 \$ 7.65

1 lb. bag #21816 \$ 13.90

Greek Seasoning

A traditional blend of lemon, garlic and oregano.

To make GREEK SALAD DRESSING: Mix 2 TB. seasoning with 2 TB. water, let stand 5 minutes. Add 1/4 cup olive oil, 1/4 cup salad oil, 1/3 cup red wine vinegar (or 1/4 cup balsamic vinegar and 2 TB. water), plus 1 tsp. sugar if desired. Use to dress vegetable salads, tomatoes and red onion with feta cheese and olives, chicken and pasta salads, or a plain lettuce salad.

For GYROS: mix 1 TB. in 1 TB. water. Let stand 5 minutes, add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. with 1 cup yogurt and 2 TB. cucumber for gyro sauce. Great on grilled, baked or fried fish or chicken, rub on 1 tsp. per lb. *Hand-mixed from: coarse salt, Turkish oregano, garlic, lemon, black pepper and marjoram.*

1/4 cup jar (net 1.0 oz.) #21937 \$ 3.89

1/2 cup jar (net 2.3 oz.) #21953 \$ 6.75

4 oz. bag #21940 \$ 6.29

8 oz. bag #21982 \$ 11.19

1 lb. bag #21911 \$ 20.90

Gumbo File

Pure powdered sassafras leaves. Because they thicken, as well as flavor traditional seafood soups and stews, the name is synonymous with gumbo. Add towards the end of cooking. Use about 1/2 tsp. per quart.

1/4 cup jar (net .7 oz.) #31130 \$ 3.45

1/2 cup jar (net 1.7 oz.) #31156 \$ 5.69

4 oz. bag #31143 \$ 7.99

8 oz. bag #31185 \$ 13.69

1 lb. bag #31114 \$ 26.10

Herbes de Provence **SALT FREE**

Herbes de Provence combines sweet French herbs and flowery lavender with Italian herbs and fennel.

Excellent for roasting chicken or Cornish hens, beef or pork tenderloin, rub on 1/2 -1 tsp. per pound.

Hand-mixed from: rosemary, cracked fennel, thyme, savory, basil, French tarragon, dill weed, Turkish oregano, lavender, chervil and marjoram.

1/4 cup jar (net .4 oz.) #13338 \$ 3.29

1/2 cup jar (net .8 oz.) #13354 \$ 5.69

1 oz. bag #13367 \$ 5.85

4 oz. bag #13341 \$ 13.69

8 oz. bag #13383 \$ 26.09

Horseradish Dip

One of our favorite sandwich spreads, particularly for roast beef and turkey sandwiches on crusty rolls. Makes a nice tangy dip. Mix 1 TB. in 2 TB. water, let stand 5 minutes. Blend with 2/3 cup sour cream and 1/3 cup mayo. Thin with a bit of vinegar. *Hand-mixed from: ground horseradish, salt, dextrose, onion powder, lemon peel, dill weed, black pepper and chives.*

1/4 cup jar (net .8 oz.) #22039 \$ 3.99

1/2 cup jar (net 2.0 oz.) #22055 \$ 6.95

4 oz. bag #22042 \$ 7.65

8 oz. bag #22084 \$ 13.89

1 lb. bag #22013 \$ 26.60



Horseradish Powder

Mix 1½ parts water with 1 part horseradish. Serve with prime rib, roast beef, baked potatoes.
Mix into tomato sauce with lemon for seafood cocktail sauce.

1/4 cup jar (net .7 oz.) #44934 \$ 3.45
1/2 cup jar (net 2.0 oz.) #44950 \$ 5.69
4 oz. bag #44947 \$ 5.35
8 oz. bag #44989 \$ 9.49
1 lb. bag #44918 \$ 17.60

Italian Herb Mix **SALT FREE**

One of the best flavor combinations around. All the sweet, flavorful herbs used in Italy—perfect for pizza and spaghetti sauce. Try Italian Herb on oven roasted potatoes—crumble on 1 tsp. Italian Herb per pound with a bit of olive oil, garlic, and salt. Roast at 350° for an hour, tossing every 15 minutes. Italian salad dressing: mix 2 tsp. with ½ cup vinegar and ½-¾ cup oil. Add garlic, pepper, salt, and sugar to taste.
Hand-mixed from: oregano, basil, marjoram, thyme and rosemary.

1/4 cup jar (net .2 oz.) #13433 \$ 2.85
1/2 cup jar (net .7 oz.) #13459 \$ 4.79
1 oz. bag #13462 \$ 4.09
4 oz. bag #13446 \$ 9.69
8 oz. bag #13488 \$ 18.09

Italian Sausage Seasoning

Spicy, not hot. Great for meatball sandwiches. For Hot Italians: add ¼ - ½ tsp. crushed red pepper and 1 tsp. red wine vinegar per lb. *Hand-mixed from: salt, cracked/ground fennel, black pepper and sugar.*

1/4 cup jar (net 1.6 oz.) #28231 \$ 3.79
1/2 cup jar (net 3.7 oz.) #28257 \$ 6.49
4 oz. bag #28244 \$ 3.65
8 oz. bag #28286 \$ 6.09
1 lb. bag #28215 \$ 10.60

Jerk Chicken & Fish Seasoning **SALT FREE**

Delicious Jamaican-style BBQ blend for chicken and seafood. Use 1 TB. per lb with 2 TB. water. Let stand 5 minutes. Add the juice of half a lemon and salt to taste. Rub on, grill over medium heat. Slightly hot; for authentic Jamaican taste add more hot pepper.

Hand-mixed from: ginger, brown sugar, sweet chili, garlic, paprika, allspice, lemon grass, thyme, nutmeg, black pepper, cumin, red pepper and jalapeño.

1/4 cup jar (net 1.1 oz.) #13633 \$ 4.55
1/2 cup jar (net 2.5 oz.) #13659 \$ 7.89
4 oz. bag #13646 \$ 7.65
8 oz. bag #13688 \$ 13.89
1 lb. bag #13617 \$ 26.60

Jerk Pork Seasoning **SALT FREE**

Jamaican-style BBQ blend, great for pork chops or tenderloin on the grill. *Hand-mixed from: paprika, allspice, ginger, red pepper, sugar, nutmeg, black pepper, garlic, thyme, lemon grass, cinnamon, anise, cloves and mace.*

1/4 cup jar (net 1.0 oz.) #13538 \$ 4.55
1/2 cup jar (net 2.5 oz.) #13554 \$ 7.89
4 oz. bag #13541 \$ 7.65
8 oz. bag #13583 \$ 13.89
1 lb. bag #13512 \$ 26.60

Juniper Berries

Use to reduce the wild flavor of duck and venison and add tartness to Germanic dishes, such as sauerbraten. From Albania.

1/4 cup jar (net .6 oz.) #54937 \$ 2.85
1/2 cup jar (net 1.3 oz.) #54953 \$ 4.55
4 oz. bag #54940 \$ 4.45

Kala Jeera

Seeds with an exotic, flowery flavor, for use in small amounts. From India.

1/4 cup jar (net .8 oz.) #55039 \$ 4.09
1/2 cup jar (net 1.7 oz.) #55055 \$ 7.09
4 oz. bag #55042 \$ 9.49

Krakow Nights (Polish-Style Seasoning)

All-purpose, time-tested seasoning, great for adding rich depth of flavor to quick-cooked meals. Shake on chops, steaks and chicken breasts. Great on pork or beef roast; perfect with pasta. *Hand-mixed from: salt, black and white pepper, sugar, coriander, garlic, mustard, marjoram, mace and savory.*

1/4 cup jar (net 1.7 oz.) #28431 \$ 4.35
1/2 cup jar (net 3.4 oz.) #28457 \$ 7.55
4 oz. bag #28444 \$ 5.15
8 oz. bag #28486 \$ 8.99
1 lb. bag #28415 \$ 16.60

Lamb Seasoning **SALT FREE**

A Greek-style blend that brings out the richness of the meat, rather than covering its flavor. *Hand-mixed from: Turkish oregano, rosemary, cumin, celery, paprika, black pepper, onion, garlic, spearmint and ginger.*

1/4 cup jar (net .8 oz.) #13738 \$ 3.45
1/2 cup jar (net 1.5 oz.) #13754 \$ 5.85
3/4 cup bag (net 2.3 oz.) #13744 \$ 7.29

Lemon Grass

Used in SE Asia, India and China to add lemony flavor.

1/4 cup jar (net .3 oz.) #31235 \$ 2.29
1/2 cup jar (net .5 oz.) #31251 \$ 3.89
1 oz. bag #31264 \$ 2.49

Lemon Peel

Extra fancy California zest (outer peel) with strong lemon flavor and bright yellow color. Minced lemon peel is preferred for baked goods such as lemon poppy seed muffins and cookies such as lemon bars, while powdered is nice for cheesecake. To rehydrate: Use 3 parts water to 1 part lemon peel, and let stand for 15 minutes. When substituting dried lemon peel for fresh, use ⅓ as much as a recipe calls for.

Minced Californian Lemon Peel

1/4 cup jar (net .9 oz.) #45036 \$ 4.35
1/2 cup jar (net 1.6 oz.) #45052 \$ 7.39
1 cup jar (net 3.2 oz.) #45081 \$ 13.59
2 cup jar (net 6.4 oz.) #45023 \$ 25.90

Powdered Californian Lemon Peel

1/4 cup jar (net 1.0 oz.) #48437 \$ 4.55
1/2 cup jar (net 2.0 oz.) #48453 \$ 7.99
1 cup jar (net 4.4 oz.) #48482 \$ 14.85
2 cup jar (net 9.0 oz.) #48424 \$ 28.45

Mace

The lace-like, dried covering of the nutmeg, has a similar flavor, but is sweeter and softer.

Blade Mace

1 oz. bulk bag #55163 \$ 4.55
4 oz. bag #55147 \$ 14.25

Ground Mace

1/4 cup jar (net .9 oz.) #45131 \$ 6.09
1/2 cup jar (net 1.9 oz.) #45157 \$ 10.95
4 oz. bag #45144 \$ 15.19

Mahlab

The pit of the sour cherry, used in the Middle East as a sweet/sour, nutty addition to breads, cookies and biscuits.

Whole Turkish Mahlab

1/4 cup jar (net 1.0 oz.) #55239 \$ 5.35
1/2 cup jar (net 2.2 oz.) #55255 \$ 9.49
4 oz. bag #55242 \$ 12.35

Marjoram

Marjoram is one of the most popular herbs in Europe, but it hasn't yet gained the popularity of basil and oregano here in America. Its flavor is a sweet, flowery cross between oregano and basil, making it the perfect addition to soup, stews, tomato sauces and dishes such as baked chicken. It's also nice for creamy potato dishes like scalloped potatoes and potato soup. From Egypt.

1/4 cup jar (net .2 oz.) #31330 \$ 2.29
1/2 cup jar (net .4 oz.) #31356 \$ 3.65
1 oz. bag #31369 \$ 2.65
4 oz. bag #31343 \$ 5.85
8 oz. bag #31385 \$ 10.25

Mint

Spearmint has a cool mint flavor and is the traditional cooking mint, used in the Middle East for salads, tabouli and main dishes, and preferred for English-style lamb and jellies. Peppermint has a warm and spicy mint flavor and is the traditional mint used for flavoring candies and chocolates. Both are a fine addition to tea.

Dried Cut-Leaf Spearmint

1 oz. bulk bag #31569 \$ 3.19
4 oz. bag #31543 \$ 7.29

Dried Cut-Leaf Peppermint

1 oz. bulk bag #31664 \$ 3.19
4 oz. bag #31648 \$ 7.29

Mitchell Street Steak Seasoning

Smoky - flavorful - delicious

Outstanding for grilled or broiled steak but also a great way to bring variety to chicken, fish and even tofu. Sprinkle on freely for maximum happiness. *Hand-mixed from: salt, Tellicherry black pepper, paprika, sugar, garlic, onion, dill weed, lemon peel, cardamom, citric acid, natural smoke flavor and allspice.*

1/4 cup jar (net 1.4 oz.) #29838 \$ 5.39
1/2 cup jar (net 3.0 oz.) #29854 \$ 9.55
4 oz. bag #29841 \$ 7.35
8 oz. bag #29883 \$ 13.39
1 lb. bag #29812 \$ 25.50



Pepper

The pepper harvest in Sarawak on the island of Borneo is a centuries-old event that brings families and friends together to celebrate the culmination of a year of growth and (with luck) good weather. The pepper harvest takes place at the driest time of year, in late June through early July.

Harvesting is still done by hand just as it has always been. Determining the peak of ripeness of pepper is a hands-on, visual job. All of the pepper on a vine does not mature at the same rate and the subtle color differences are closely monitored. Some spikes of peppercorns are in a better location on the vine and receive more sunlight and nutrients, so they can be harvested earlier. The harvesters must be ready at all times, as pepper can quickly mature from the dark green berries used to produce black pepper, to the yellow and red berries which are then soaked for white pepper. Creamy white pepper, the type we carry at Penzeys, fetches the highest price for farmers. It also presents a greater challenge. The longer pepper is left to ripen, the higher the potential for heavy rains to wipe out the crop or the hot sun to dry the pepper on the vine. It is the extra care and risks the farmers take that produce the rich, sweet flavor that has made pepper the king of spices for millennia.

Penzeys Freshly Ground Pepper

A simple shake brings life to salads, sandwiches, pasta, meat, potatoes, soup and eggs. Cut back on sodium by keeping Penzeys Freshly Ground Pepper right at salt's side. Reach for the pepper first!

1/4 cup jar (net 1.1 oz.) #46338 **\$ 3.45**

1/2 cup jar (net 2.4 oz.) #46354 **\$ 5.69**

3/4 cup bag (net 3.6 oz.) #46344 **\$ 6.99**

Whole Special Extra Bold® Indian Black Peppercorns

Special Extra Bold® Indian Black Peppercorns are the world's best—only ten pounds out of every ton of pepper makes the special grade. If you are new to good pepper, you might want to stick with the regular Tellicherry, as they are a better deal, but if you really enjoy pepper you will appreciate the difference. Great on everything, especially beef, chicken, chops, fish, salads, vegetables, soups, and omelets.

1/4 cup jar (net 1.0 oz.) #56836 **\$ 3.79**

1/2 cup jar (net 2.1 oz.) #56852 **\$ 6.29**

4 oz. bag #56849 **\$ 6.09**

8 oz. bag #56881 **\$ 10.95**

1 lb. bag #56810 **\$ 20.40**

White Peppercorns

White Peppercorns are regarded by many parts of the world as the finest flavored, most preferred pepper. White peppercorns start out the same as black peppercorns, but then are allowed to ripen more fully on the vine, to produce a very large berry with a looser outer shell. This black outer shell is then removed in one of two traditional ways: the Muntok peppercorns are soaked in water until the black shell loosens, while the Sarawak peppercorns are held under a constantly flowing stream of spring water, yielding a whiter color, and an extra clean product. Both white peppercorns have the traditional rich, winey, somewhat hot flavor that is nice used in soup, on grilled meat or poultry, in light-colored dishes or mixed with black peppercorns for a broader range of flavor. Many Asian dishes rely heavily on the flavor of white pepper, and it is preferred for cooking the foods of Southeast Asia, and Southern and Eastern Europe.

Whole Sarawak White Peppercorns

1/4 cup jar (net 1.2 oz.) #56739 **\$ 4.09**

1/2 cup jar (net 2.4 oz.) #56758 **\$ 7.09**

4 oz. bag #56744 **\$ 7.39**

8 oz. bag #56789 **\$ 13.69**

1 lb. bag #56717 **\$ 26.10**

Whole Muntok White Peppercorns

1/4 cup jar (net 1.2 oz.) #56236 **\$ 3.99**

1/2 cup jar (net 2.5 oz.) #56252 **\$ 6.75**

4 oz. bag #56249 **\$ 6.65**

8 oz. bag #56281 **\$ 12.09**

1 lb. bag #56210 **\$ 22.70**

Black Peppercorns

If there is only one spice in your kitchen, it should be pepper. No other spice adds the greatest amount of flavor to the greatest number of dishes. Now that modern production and transportation methods have made pepper affordable enough for all to enjoy, it is more popular than ever, outselling all other spices, and consumption continues to rise. Malabar Indian peppercorns are regarded as having the finest flavor of the mass-produced varieties. If you are trying to decide which peppercorn to buy, we suggest you start with Tellicherry Peppercorns. All of our peppercorns have great flavor, but the Tellicherry Peppercorn is the top grade of Indian pepper. A step above Malabar, Tellicherry is a larger and more mature peppercorn, possessing a more developed flavor.

Whole Tellicherry Indian Black Peppercorns

1/4 cup jar (net 1.1 oz.) #56036 **\$ 3.55**

1/2 cup jar (net 2.2 oz.) #56052 **\$ 5.85**

4 oz. bag #56049 **\$ 4.89**

8 oz. bag #56081 **\$ 8.55**

1 lb. bag #56010 **\$ 15.70**

Whole Malabar Indian Black Peppercorns

1/4 cup jar (net 1.1 oz.) #56131 **\$ 3.55**

1/2 cup jar (net 2.5 oz.) #56157 **\$ 6.09**

4 oz. bag #56144 **\$ 4.55**

8 oz. bag #56186 **\$ 7.89**

1 lb. bag #56115 **\$ 14.40**

Green Peppercorns

Green peppercorns come from the same Indian vines as our robust black Tellicherry peppercorns, but are harvested before they mature, yielding green pepper with a fresh, clean flavor. Well-suited for poultry, vegetables and seafood. Dried green peppercorns can be ground in a peppermill like black peppercorns or crushed between your fingers. From India.

1/4 cup jar (net .4 oz.) #56331 **\$ 4.25**

1/2 cup jar (net .7 oz.) #56357 **\$ 7.29**

1 cup jar (net 1.5 oz.) #56386 **\$ 13.35**

2 cup jar (net 3.0 oz.) #56328 **\$ 25.39**

Pink Peppercorns

Originally only from the French island of Reunion, now from Brazil. These pink berries add a touch of color and a rich, sweet flavor to almost any dish. Unlike the black, white and green, the pink really aren't peppercorns at all—but are the fruit of a tree related to the cashew family. They're called peppercorns because of their size and flavor. Wonderful in almost anything—from poultry to vegetables and fish.

1/4 cup jar (net .5 oz.) #56436 **\$ 5.09**

1/2 cup jar (net 1.1 oz.) #56452 **\$ 8.99**

1 cup jar (net 2.2 oz.) #56481 **\$ 16.55**

2 cup jar (net 4.4 oz.) #56423 **\$ 31.95**



Karen and Ralph have such special memories of their engagement and wedding. They were married on June 17, 1979.

Karen Buglass

“It was meant to be.”

That’s how Karen Buglass of Rockville, Maryland, describes meeting her husband, Ralph. After hearing her story, it’s pretty hard to disagree.

It all began in 1973 during her freshman year at Cornell University in Ithaca, New York.

“I never intended to join the radio station,” says Karen. “I was a singer and applied to the chorus, and I was rejected.”

In search of a new hobby, she picked up the campus newspaper.

“Back then you didn’t scroll the web listings for extracurricular activities. I swung my finger around in the air, I pointed it down and said, ‘I’m going to join ... the radio station!’ ” And the rest, as they say, is history.

When she arrived at WVBR, Ralph, a junior at the time, was the community service director and in charge of training all the newcomers to the station.

“I was a trainee, and I just noticed how patient he was with everybody,” she says.

Story continues on page 30



Mom’s Pot Roast

The title alone conjures up warm, homey feelings.

- 4 lbs. flat cut brisket
- 2 TB. olive oil
- 3 onions, diced (1½-2 Cups)
- 1-2 tsp. salt
- ¼ tsp. PENZEYS FRESHLY GROUND PEPPER
- 1 tsp. HUNGARIAN-STYLE SWEET PAPRIKA
- ½ tsp. GRANULATED (or ROASTED) GARLIC POWDER
- 1 WHOLE BAY LEAF
- 1½ Cups boiling water

In a heavy Dutch oven, heat the olive oil over medium heat. Add the meat and brown on all sides, 3 minutes or so per side. Add the onion and continue browning, stirring regularly. Once the onion starts to get brown, 3-5 minutes or so, add the salt, PEPPER, PAPRIKA, GARLIC, BAY LEAF and water. Cover and cook over low heat for 2 hours or until tender (bigger pieces or different cuts may take longer). If you’d like, slice the meat after 1½ hours and continue cooking for ½ hour. This may be made a day ahead and refrigerated overnight. Skim off fat as desired before reheating.

Prep. time: 15 minutes

Cooking time: 2 hours

Serves: 14

Nutritional Information: Servings 14; Serving Size 2 slices (190g); Calories 390; Calories from fat 280; Total fat 31g; Cholesterol 105mg; Sodium 240mg; Carbohydrate 3g; Dietary Fiber <1g; Sugars 1g; Protein 24g.

Pepper Blends

A combination of peppercorns is a nice change of pace for the tabletop pepper grinder. Black, white and green peppercorns all start as the same berry, but are picked at different times and dried in different ways, allowing each to develop its own distinctive flavor. Four Peppercorn and European peppercorns give robust flavor to meat, poultry, salads and vegetables. Lemon-Pepper and Shallot-Pepper are popular, versatile, ground pepper blends, while Mignonette Pepper is a coarse blend mixed with coriander, that is great for longer cooking times of large roasts or the higher temperatures of grilling and broiling.

European Style Peppercorns **SALT FREE**

Half and half blend of Tellicherry black peppercorns and Sarawak white peppercorns. In Northern Europe, white and black pepper enjoy equal popularity. The familiar, robust black pepper flavor combined with the deep, winey, complex white pepper, is perfect ground on potato or noodle dishes. Great on pork roast and hearty beef or chicken stew with red wine and root vegetables.

1/4 cup jar (net 1.0 oz.) #14135 \$ 3.79
1/2 cup jar (net 2.3 oz.) #14151 \$ 6.49
4 oz. bag #14148 \$ 5.69
8 oz. bag #14180 \$ 10.25
1 lb. bag #14119 \$ 19.20

Four Peppercorn Blend **SALT FREE**

Mixture of Tellicherry black and Mysore green peppercorns from India, white peppercorns from Sarawak, and the rare pink peppercorns from the French island of Reunion. Adds festive color and flavor to any dish where one would use freshly ground pepper. This blend also looks nice in the clear, acrylic style peppermills.

1/4 cup jar (net 0.9 oz.) #14430 \$ 6.29
1/2 cup jar (net 2.1 oz.) #14456 \$ 11.39
2 cup jar (net 7.7 oz.) #14427 \$ 35.29

Mignonette Pepper **SALT FREE**

A classical blend of cracked Tellicherry black pepper, Muntok white pepper and coriander.

1/4 cup jar (net 1.0 oz.) #13833 \$ 4.45
1/2 cup jar (net 2.3 oz.) #13859 \$ 7.75
4 oz. bag #13846 \$ 7.99

Szechuan Peppercorns

More spicy, fragrant and fresher than ever. These are not true peppercorns, but are actually an aromatic reddish berry with a black inner seed and peppery bite. A must for Asian cooking. Perfect added to chicken soup.

1/4 cup jar (net .4 oz.) #56531 \$ 3.99
1/2 cup jar (net 1.0 oz.) #56557 \$ 6.75
4 oz. bag #56544 \$ 15.19
8 oz. bag #56586 \$ 29.09
1 lb. bag #56515 \$ 56.90

Shallot-Pepper Seasoning

Bursting with the flavor of rich shallots and flavorful French tarragon. Excellent on fish, vegetables, sauteed boneless chicken breast and pork or veal cutlets. Just sprinkle on 1/2 -1 tsp. per pound, dust with a bit of flour and sauté in a small amount of olive oil. Store in the refrigerator in the summer months to prevent clumping. *Hand-mixed from: coarse salt, Tellicherry black pepper, shallots, tarragon and bay leaves.*

1/4 cup jar (net .6 oz.) #22734 \$ 4.09
1/2 cup jar (net 1.6 oz.) #22750 \$ 6.85
4 oz. bag #22747 \$ 8.45
8 oz. bag #22789 \$ 15.65
1 lb. bag #22718 \$ 29.90

Lemon-Pepper Seasoning

One of the great, classic blends. Originally it was used primarily for fish: baked, broiled, grilled or fried. It is equally good, and just as popular, on chicken. Sprinkle on 1-2 tsp. per pound, before breading, if desired. Great for turkey or duck breast, pork roast, chops or cutlets and all cuts of veal (especially stuffed, baked veal breast). It's the best spice possible for scrambled eggs and omelets, and a must for catfish. *Hand-mixed from: salt, Special Extra Bold black pepper, citric acid, lemon peel, garlic and minced green onion.* For salt-free lemon-pepper, see Sunny Spain.

1/4 cup jar (net 1.4 oz.) #22534 \$ 4.35
1/2 cup jar (net 2.8 oz.) #22550 \$ 7.55
4 oz. bag #22547 \$ 6.29
8 oz. bag #22589 \$ 11.19
1 lb. bag #22518 \$ 20.90

Szechuan Pepper Salt

The easiest way to add the great flavor of Szechuan Peppercorns to any dish. The peppercorns are roasted and ground and then mixed with flake salt. Sprinkle on duck, pork, veggies, eggs, use in soups, on salads, the possibilities are endless. *Contains salt and Szechuan Peppercorns.*

1/4 Cup jar (net 1.3 oz.) #22639 \$ 4.55
1/2 Cup jar (net 3.0 oz.) #22655 \$ 7.99
4 oz. bag #22642 \$ 8.35
8 oz. bag #22684 \$ 13.69
1 lb. bag #22613 \$ 26.10

Special Grinds

Ground White Pepper

Finely ground white pepper has traditionally been used in Western cooking where specks of black pepper would be objectionable, such as in white sauces, cream soups and fish dishes. Coarse grind white pepper is the size and type of pepper preferred in Southeast Asia where it is sprinkled heavily on meats, especially beef and pork before grilling, broiling or stir-frying.

Ground, -40 mesh, Muntok Indonesian

1/4 cup jar (net 1.0 oz.) #46433 \$ 3.89
1/2 cup jar (net 2.4 oz.) #46459 \$ 6.65
4 oz. bag #46446 \$ 6.09
8 oz. bag #46488 \$ 10.85
1 lb. bag #46417 \$ 20.40

Coarse, 20/30 mesh, Muntok Indonesian

1/4 cup jar (net 1.2 oz.) #46538 \$ 3.89
1/2 cup jar (net 2.5 oz.) #46554 \$ 6.65
4 oz. bag #46541 \$ 6.09
8 oz. bag #46583 \$ 10.85
1 lb. bag #46512 \$ 20.40

Ground Black Pepper

Indian Black Tellicherry. Our ground pepper is the finest in the nation. Pure premium grade peppercorns, ground often to ensure freshness. The pepper is sifted to four popular sizes, from a fine shaker grind to large coarse chunks, suitable to meet every need. Mesh is a term that refers to the number of openings per linear inch in a sifting screen. A fine grind, such as a 30/60 mesh, would sift through a screen with 30 openings per inch, but would stay atop a smaller screen of 60 openings per inch.

Fine Shaker Grind, -30 mesh

1/4 cup jar (net 1.0 oz.) #45731 \$ 3.29
1/2 cup jar (net 2.2 oz.) #45757 \$ 5.35
4 oz. bag #45744 \$ 4.35
8 oz. bag #45786 \$ 7.55
1 lb. bag #45715 \$ 13.60

Shaker Grind, 30/60 mesh (powdery fines sifted out)

1/4 cup jar (net 1.1 oz.) #45836 \$ 3.45
1/2 cup jar (net 2.1 oz.) #45852 \$ 5.69
4 oz. bag #45849 \$ 5.09
8 oz. bag #45881 \$ 8.69
1 lb. bag #45810 \$ 15.80

Coarse Grind, 20/30 mesh (popular size, not too large)

1/4 cup jar (net 1.1 oz.) #46033 \$ 3.45
1/2 cup jar (net 2.2 oz.) #46059 \$ 5.69
4 oz. bag #46046 \$ 5.09
8 oz. bag #46088 \$ 8.69
1 lb. bag #46017 \$ 15.80

Cracked Black Pepper, 10/16 mesh

1/4 cup jar (net 1.0 oz.) #46233 \$ 3.65
1/2 cup jar (net 2.3 oz.) #46259 \$ 5.95
4 oz. bag #46246 \$ 5.09
8 oz. bag #46288 \$ 8.69
1 lb. bag #46217 \$ 15.80



Peppermills and Salt Shakers

The ONLY peppermills worthy of the World's Best Peppercorns!

We designed our peppermills to be fully adjustable—from shaker grind to coarse. To fill the peppermill and adjust the grind, unscrew the nut on top of the mill, lift off the wood cap, fill with peppercorns, then place the top back on. The tighter the top is screwed on, the finer the ground pepper will be. If the top is screwed halfway down, there will be a large opening in the grinding mechanism, allowing big chunks of pepper to fall through. If the top is screwed down tightly, there will be a small opening for fine pepper. Our salt shakers have larger holes in the top and are designed to be used with coarse style flake salt. Fine table salts may pour too quickly out of the top.

***All peppermills come filled with Tellicherry black peppercorns and salt shakers with Kosher-style flake salt.**

Peppermills (filled with Tellicherry black peppercorns)

- 6" Peppermill (Dark Finish) #91154 \$ 31.89
- 6" Peppermill (Natural Finish) #91143 \$ 31.89
- 8" Peppermill (Dark Finish) #91459 \$ 43.29
- 8" Peppermill (Natural Finish) #91446 \$ 43.29

Salt Shakers (filled with Kosher-style flake salt)

- 6" Salt Shaker (Dark Finish) #91170 \$ 8.99
- 6" Salt Shaker (Natural Finish) #91167 \$ 8.99
- 8" Salt Shaker (Dark Finish) #91475 \$ 10.25
- 8" Salt Shaker (Natural Finish) #91462 \$ 10.25

Combination Sets (filled with Tellicherry black peppercorns and Kosher-style flake salt)

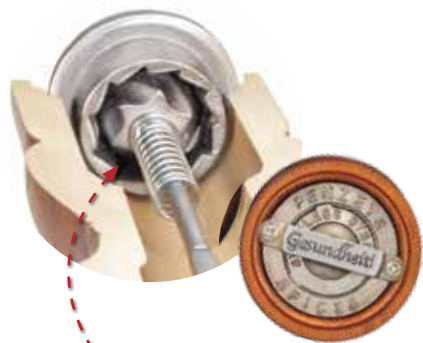
- 6" Peppermill & Salt Shaker Set (Dark Finish) #91196 \$ 38.55
- 6" Peppermill & Salt Shaker Set (Natural Finish) #91183 \$ 38.55
- 8" Peppermill & Salt Shaker Set (Dark Finish) #91491 \$ 51.25
- 8" Peppermill & Salt Shaker Set (Natural Finish) #91488 \$ 51.25

Note: Local sales taxes apply.



AVAILABLE IN 2 SIZES AND 2 FINISHES

6" Peppermill and Salt Shaker shown above in Dark Finish



Our special grinding mechanism allows our peppermills to handle all peppercorns, from regular-sized Tellicherry Indian Black Peppercorns to our larger Special Extra Bold Indian Black Peppercorns.

**SALT SHAKERS
HAVE LARGER
HOLES FOR
COARSE-STYLE
FLAKE SALT**



8" Peppermill and Salt Shaker shown in Natural Finish



Left: Karen, Ralph and their daughter Amy take in a Washington Nationals game last summer. Right: Karen and Ralph love spending time outdoors. Here they are pictured with Amy on a recent visit to the Shenandoah Mountains.



And so the romance began.

Karen remembers their first date well. “We went to a Scottish/Irish folk concert on campus.”

Karen and Ralph dated for five years before they got married.

“We weren’t together most of the time. Ralph was getting his masters at American University in Washington while I was still in school in New York. Then he got a job in Concord, New Hampshire, while I went to grad school in Philadelphia, so we were apart again.”

It was finally during Karen’s last year of grad school that Ralph was able to transfer his job to be closer to her.

“We were a couple that whole time. It was a long-distance relationship.”

So what helped keep them connected?

“Greyhound, Allegheny Airlines and Ma Bell,” recalls Karen with a laugh.

Carrying on a romance without the benefit of email or texts seems hard for some to imagine these days, so what was a young couple in love supposed to do?

“We wrote letters, sometimes two or three times a week,” says Karen. “We still have many of the letters we

sent to each other. At that time, long distance calls were costly and we spoke once a week by phone.

“We waited and savored the moment when we were able to see or talk to each other,” she says.

During their precious moments together, Karen and Ralph enjoyed the outdoors and taking road trips all over New England.

“We love nature and we love hiking.”

A hike in the Franconia Notch region of New Hampshire presented the perfect backdrop for Ralph to take the next step.

“We walked down a path, he got down on his knee and asked me to marry him,” recalls Karen.

This memorable scene played out not once, but twice.

“Twenty-five years later, I lost the diamond to my engagement ring,” says Karen. Ralph took the setting out of my jewelry box without me knowing and put a new diamond in it. He took me back to that very same spot in New Hampshire and asked me to marry him all over again.”

Fast forward a few more years. Karen is now a 4th-grade teacher and Ralph is retired. An avid history buff,

living in the D.C. area allows him to pursue his passion—the history of one-and two-room school houses.

Their daughter, Amy, lives in nearby Arlington, Virginia. When she was young, it was Ralph who stayed home with her. Karen recalls coming home from work to a deliciously healthful meal every night, prepared by Ralph.

“I remember coming in from work when Amy was little. I was exhausted, but dinner would be there and we would sit down together.

“Growing up, food was love in our family and you shared the love by making delicious meals. One of the traditions in our house, even with a busy, two-working-parent household, we’d always sit down together. I have such fond memories of that. We were always together at the dinner table, and that was very special.”

These days, Karen and Ralph tend to split the cooking duties pretty evenly.

“I learned to cook from my mom, and a lot of our recipes came from her. Some of her specialities were pot roast and baked ziti. The desserts come from Ralph’s mom. She was a pie, cake and fudge kind of person, so we were able to meld our two families together with my main dishes and his desserts.”

This June, Karen and Ralph will celebrate their 36th wedding anniversary.

“We were just talking about our wedding recently,” says Karen. “We wrote our own ceremony and we included four important words: love, friendship, companionship and commitment, and we feel we still have those four things today.”

—Traci Parker



Grilled Northwoods Chicken

Serve this flavorful chicken with Karen's Asparagus for a quick and easy grilled supper.

- 4 boneless skinless chicken breasts
NORTHWOODS SEASONING
- 2 tsp. olive oil or olive oil cooking spray

Pound the chicken breasts evenly until they are about ¼ inch thick. Sprinkle liberally with NORTHWOODS on both sides. Cover and refrigerate for 10-60 minutes. Rub or spray your grill lightly with the olive oil. Heat the grill to medium-high heat. Place the chicken on the grill and cook until lightly browned, about 3-5 minutes. Turn the chicken and cook on the other side until browned, another 3-5 minutes, depending on the heat of your grill and the thickness of the chicken.

Prep. time: 5 minutes plus time in the fridge
Cooking time: 6-10 minutes
Serves: 4

Nutritional Information: Servings 4; Serving Size 1 chicken breast (179g); Calories 220; Calories from fat 40; Total fat 4.5g; Cholesterol 100mg; Sodium 960mg; Carbohydrate 0g; Dietary Fiber 0g; Sugars 0g; Protein 39g.

Grilled Roasted Garlic Asparagus

It doesn't get any easier than this recipe from Karen.

- 1 lb. fresh asparagus spears, trimmed and rinsed
- 1-2 tsp. olive oil or olive oil cooking spray
PENZEYS ROASTED GARLIC, to taste
- ⅛-¼ tsp. salt, to taste (Karen uses freshly ground COARSE PACIFIC SEA SALT)

Place the asparagus on a plate or pan (if broiling) and toss or mist with olive oil. Roll the asparagus to coat. Sprinkle with ROASTED GARLIC and salt and roll to evenly coat. Place on a hot grill or in a broiler preheated on high and cook 4-8 minutes, depending on the heat of the grill and the thickness of the stems, turning to evenly brown.

Prep. time: 5 minutes
Cooking time: 4-8 minutes
Serves: 4

Nutritional Information: Servings 4; Serving Size 1/2 cup (116g); Calories 35; Calories from fat 10; Total fat 1.5g; Cholesterol 0mg; Sodium 430mg; Carbohydrate 5g; Dietary Fiber 2g; Sugars 2g; Protein 3g.

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Nancy Earnhardt & Debra Spitz (and Rhonda Ford, too)

This is a story about what it means to be sisters—and mothers.

Before Rhonda Ford was ever diagnosed with cancer, she made sure her sisters would help take care of her children, Cindy, Brian and Amanda.

“That was the agreement we had,” says Nancy Earnhardt. “If something happened to us, she would help take care of our kids. And we would help take care of hers. It’s a sisterly thing.

“She was 34 when she was diagnosed with breast cancer, and it was already Stage 4,” Nancy says. “She wasn’t even old enough to have a mammogram yet.”

“She went through a lot of treatment,” says sister Debra Spitz. “She never would accept the fact she was dying.”

“She died in 2002, the month after her 40th birthday,” Nancy says. “She was our baby sister.”

Their lives, already tangled together, became even more entwined.

“My sister and I were so close,” Nancy says of Rhonda. “We talked, sometimes three and four times a day. I knew so much about her kids, because she shared everything. And they would vacation with us and have Thanksgivings together.”

Everyone seems more comfortable telling what other people have done than what they’ve done themselves. Debra talks about Nancy moving into the Ford family home to help their sister’s family during the last two months of Rhonda’s life. Nancy talks about the time Debra gave the oldest Ford daughter a car to help her through college. Amanda speaks of how Nancy and Debra have been there from the beginning to help her grow into the woman she is now.



If home is where the heart is, Amanda (center) has a forever home with Debra and Nancy.

“They have always opened their homes to me and treated me like their own daughter,” says Amanda Neff, now 27, who lives in Jacksonville, Florida. She and her husband head back to Wildwood, a hundred-plus miles away, every chance they get.

“I feel so at home because their motherly love feels the same as what would come from my own mother,” says Amanda. “They take the time out of their busy days to talk to me and be there for me, just as I do for them. There have been times we spend hours on the phone, just the way Mom would do with them when I was



Rhonda’s Easy Cheesecake

Creamy, rich, delicious and easy? It’s almost too good to be true.

Crust (or 2 ready-made graham cracker crusts):

- 2 pkgs. graham crackers (20 whole crackers) crushed
- 1/3 Cup sugar
- 1 tsp. PENZEYS CINNAMON
- 1/2 Cup (1 stick) butter, melted

Filling:

- 1 Cup sugar
- 1 TB. plus 1 tsp. corn starch
- 1/2 Cup (1 stick) butter, softened
- 2 eggs
- 2 8-oz. pkgs. cream cheese, softened
- 8 oz. sour cream
- 1 tsp. PURE VANILLA EXTRACT

Preheat oven to 350°. In a medium bowl, combine the graham cracker crumbs, sugar, CINNAMON and melted butter. Mix well to combine. Press the crumbs onto the bottom and up the sides of an 8x8-inch baking dish. In a second bowl, mix the sugar and corn starch. Add the butter and eggs; beat well. Add cream cheese and blend well. Add the sour cream and VANILLA and blend well. Pour into the pan or divide between the pie shells and bake for 10 minutes. Reduce heat to 250° and bake for another 45 minutes for pies, 70-80 minutes for an 8x8 pan.

Prep. time: 10 minutes (20 if making your own crust)

Baking time: 55-90 minutes

Serves: 9-16

Nutritional Information: Servings 16; Serving Size 1 piece (89g); Calories 340; Calories from fat 230; Total fat 25g; Cholesterol 95mg; Sodium 260mg; Carbohydrate 26g; Dietary Fiber 0g; Sugars 21g; Protein 3g.

Amanda and her mom Rhonda share a kitchen hug in this old family photo.



younger.”

“I still feel like they’re ours,” says Jim, Nancy’s husband, of the Ford kids.

And no one wants to forget about Rhonda, who wrote down her favorite recipes in a little family cookbook for her children. They remember a woman too ill to get out of her wheelchair, but happy to make a pie with help getting the ingredients to the table.

“You could just see the sparkle in her eyes,” says Nancy about that pie day. “She put a lot of love into everything she did. Her kids always had dessert at dinner. She was always sharing things with me.”

Amanda absorbed those same family values—people paying attention, people cooking—from her mom and the other mothers in her life.

“My son is on the autism spectrum, and Amanda is like his big sister,” Nancy says. Amanda makes the spice run for her aunts at the Penzeys store in Jacksonville. She knows Marshall, 22, especially loves the curries.

“When he smells it cooking, he gets excited and comes to see,” says Nancy. “‘What are you cooking, Mom?’ he asks.

“Amanda knows just how to engage him—she actually taught him to swim when he was young. She’s really a sweetie. She’s special.”

There’s one other thing Nancy would like to mention. Because she and Jim and Marshall are Jehovah’s Witnesses, “we do not put one day ahead of another,” she says.

So when a teacher once asked Marshall what they were doing for Mother’s Day, he thought a minute before answering.

“Every day is Mother’s Day,” he said.

For Nancy and Debra—and Rhonda, too, as long as she could—every day is a great day to celebrate acts of mothering.

“They’ve both become my moms,” Amanda says. “Even though Mom is



Grandma’s Sour Cream Pound Cake

This cake is truly delicious, especially when served with whipped cream and fresh berries.

- 3 Cups all-purpose flour
- ½ tsp. salt
- ¼ tsp. baking soda
- 1½ Cups butter (3 sticks)
- 3 Cups sugar
- 8 eggs, lightly beaten
- 1 TB. PURE VANILLA EXTRACT
- 8 oz. sour cream

Preheat oven to 300°. Combine the flour, salt and soda; mix and set aside. In a large bowl, cream together the butter and sugar. Add the eggs and mix well. Gradually add the dry ingredients and mix well. Add the VANILLA and sour cream and mix. Pour into a well-greased and floured tube pan and bake at 300° for 1½ hours or until completely done. It will be golden and risen up and cracked on top when done, and you’ll be able to see inside the cracks they are no long wet/battery looking. Let cool about 10 minutes, and then carefully remove from the pan. Let cool fully before cutting.

Prep. time: 20 minutes
Baking time: 90 minutes
Serves: 20

Nutritional Information: Servings 20; Serving Size 1 slice (98g); Calories 360; Calories from fat 160; Total fat 18g; Cholesterol 125mg; Sodium 230mg; Carbohydrate 45g; Dietary Fiber <1g; Sugars 31g; Protein 5g.

no longer with us, I still get a piece of her every day when I talk to or see my aunts. This is part of the reason I treasure my relationship with them.

“My aunt Nancy says I am so much like my mom, and that makes me

proud. I never got to know my mom as an adult, but I am so thankful that God gave me my wonderful aunts to continue to love and share. And that is what we do as a family.”

—Amy Silvers



Smokey Sausage Bites

Kim writes, "These are a tangy, spicy little appetizer that is a perfect starter for any barbecue, cookout or family gathering. They appeal to kids and adults alike."

- 1 lb. smoked sausage
 - 2 TB. olive oil (Kim uses a lighter flavored olive oil)
 - 2 TB. honey (Kim uses clover honey)
 - ¼ Cup (packed) brown sugar
 - ¼ Cup RASPBERRY ENLIGHTENMENT
 - ¼ Cup orange juice
 - 1 tsp. BERBERE or CAYENNE PEPPER (HOT, use less as desired)
- toothpicks

Preheat oven to 400°. Slice the sausage into ½-inch thick slices. Poke a toothpick into the center of each—if you are using wood toothpicks—for plastic, insert after cooking. Line up in the bottom of a baking pan and set aside. In a medium saucepan, combine the remaining ingredients and heat to bubbling. Pour the hot, bubbly mixture over the sausages and bake at 400° for 20-25 minutes, until brown and sauce is mostly absorbed. Let cool slightly and serve.

Prep. time: 10 minutes

Cooking time: 20-25 minutes

Serves: 8

Nutritional Information: Servings 8; Serving Size 3 bites (89g); Calories 160; Calories from fat 45; Total fat 5g; Cholesterol 20mg; Sodium 480mg; Carbohydrate 22g; Dietary Fiber 0g; Sugars 16g; Protein 8g.

Kim Conner

"On any given day, I am outnumbered," says Kim Conner. "When Justin goes to work, they're a team. And I'm the opposite team."

Kim describes the everyday scenario with her 7-year-old triplets, who delight in working together, sometimes to get the better of her.

The "middle child" in this pack, she says, is the leader. "It's almost like Erin can just look at them, and suddenly they know what's going on. I just see the looks. I don't understand the looks, but I can see them, and I know something is about to go down," she laughs.

Kim and husband Justin live in Locust Grove, Georgia. Triplets Jacob, Erin and Katie, and Kim's mother, known as "Chickie," round out the household.

"It was a huge shock. My husband fell out of his chair," recalls Kim of seeing not one, but three little heads in an early ultrasound. "It was totally a fluke. We were told that I couldn't have children."

From that moment, life changed quickly for the couple, who were living in Texas where Kim was preparing to apply to law school.

"My family has always been very supportive," says Kim. "When I brought the babies home from the hospital, my mom flew out to help, my sisters flew out to help." Wanting to be near family, the Connors moved home to Georgia. "To this day, when I say I need something, my mom jumps. I've been very blessed with my family."

Sticking to a schedule means Kim is able to manage homeschooling the children and nurturing their individual interests with activities. "For now, as crazy as everything is, I have to plan things pretty far out in advance." That includes planning the menu.



Kim Conner, her mother Chickie, husband Justin and their "team" of triplets.

"I plan based on what our afternoon activities are. I need to fuel the kids up," she says, listing karate, dance, gymnastics and choir practice.

"I learned to cook at a very young age. I was always in the kitchen with my mom," she says. "My mom always stuck with the basic seasonings, and I like things spicy."

"I always season everything. If it was for the babies I would grind it up. I didn't hold back anything from them. I wanted them to try everything, and from the beginning, they wanted everything we had."

For these triplets, a common desire takes a trio of forms: "This one wants the garlic, and that one wants the oregano. They all like food, and they all spice it differently. We have a Lazy Susan on the table, because everyone wants something different on their food, no matter how I prepare it."

Kim says navigating those differences while still celebrating the team is her biggest parenting task. "Just surviving is the challenge. People compare having three kids at home, who are maybe 2, 5 and 7. Well, it's so different to have three that are the same age."

The three began coordinating their efforts at a young age.

“At nine months old I had them in their little play area.” Kim left the gated room for a moment. “When I came back, Jacob was on his knees, my daughter Katie was on her knees on his back. Erin was standing up on both of them climbing over the gate.

“Now that had to be planned, and at nine months old you’re thinking, how on earth did they manage to plan that?” she asks, with wonder. “They work together, and they have been doing it ever since.”

Kim watches them learn and develop in other areas, too. “I basically have a team. There is nothing better than watching them stand up for each other, and seeing them do every single first they’ve done together.

“When they learn something, it’s a big event. It’s the reason I decided to homeschool them. I felt like I know how my children learn, and I would be better suited to teach to their different needs.

“We converted our attic into a classroom—they have desks, they have lockers, they have everything. I can sit down with one of them and explain it the way they need to hear it.”

That level of dedication takes its toll. “I wasn’t really balancing ‘me’ time with ‘everybody else’ time. I was getting to the point where I was very, very stressed out,” Kim remembers. Together, Justin and Chickie convinced Kim



that everybody benefited when she took care of herself. “I go and get my manicure every two weeks, and I’m going to the gym four times a week,” she says.

Justin works a busy schedule as a restaurant manager, so Chickie helps in other ways when Kim needs relief. “My mom steps in,” says Kim. “I’m very regimented, and our schedule requires that I schedule in playtime and meals. So my mom will step in and look at the schedule—she’ll go, ‘OK, it’s time for science. You go to the gym and I’ll teach them science.’”

Wrapped up in attending to her family as she is now, Kim stays grounded. “I’m not just a wife, a mom and a daughter. Before kids, when I married my husband, I was finishing my bachelor’s degree. I had a double bachelor’s in psychology and criminal justice. I was applying to law school when I found out I was pregnant, so that got kind of pushed to the wayside,” Kim says. “I’ve actually gotten interested in maybe returning at some point and trying that out again. Maybe when the kids get a little older.”

In the meantime, Kim is reassured by her children’s bonds with one another. “I know that they are incredibly close. They look out for each other and they always have each other’s backs,” says Kim.

“That makes me feel so great because I know, no matter what, they are always going to be there for each other. I may be outnumbered now, but they’re always going to take care of each other, even when I’m not here.”

—Natalie Wysong

From Day 1, Kim Conner had her hands full with triplets Jacob, Erin and Katie.



Camp-Out-Style Fish Packets

Kim says, “We have several family members that prefer fish to steaks, so whenever we gather, I have a few of these waiting on the grill as well.”

- 4 6-oz. boneless fish filets (halibut, cod, tilapia or salmon)
- 2 Cups sliced or diced fresh or frozen (thawed) vegetables such as broccoli, carrots, zucchini
- 2 TB. olive oil (Kim uses extra virgin)
- 1 tsp. LEMON-PEPPER
- 4 sheets foil, about 15 inches long
- 4 pats butter (about 2 tsp. each)
- 4 garlic cloves, crushed or pressed
- 4 lemon slices

In a bowl, combine the vegetables, oil and LEMON-PEPPER. Mix well. Divide the vegetables among the pieces of foil. Place a fish fillet on top of the veggies. Sprinkle with LEMON-PEPPER as desired. Place a pat of butter atop each fillet. Top with 1 crushed garlic clove per fillet and finish with a slice of lemon per fillet. Bring the sides and edges of the foil together and roll, making a tent out of the foil. Make sure to leave room for steam inside the tent. Grill over medium heat/flames 10-20 minutes depending on the thickness of your fish and the heat of your grill. Serve in the packets, but be sure to warn guests about the hot steam.

You may also bake these in a 375° oven for 15-25 minutes.

Prep. time: 10 minutes (15 if chopping veggies)

Cooking time: 10-20 minutes

Serves: 4

Nutritional Information: Servings 4; Serving Size 1 packet (252g); Calories 290; Calories from fat 140; Total fat 16g; Cholesterol 95mg; Sodium 380mg; Carbohydrate 7g; Dietary Fiber 2g; Sugars 2g; Protein 32g.

Mulling Spices

To make our favorite mulled cider, mix 12 cups of apple juice with 6 cups cranberry juice, add ½ cup brown sugar, 2 TB. butter, 2 tsp. PURE VANILLA EXTRACT, and 1-2 TB. MULLING SPICES. Simmer on low heat for 30-45 minutes. Your kitchen will smell great. For mulled wine, simmer red wine gently for 20 minutes with 1 TB. mulling spice per bottle. *Hand-mixed from: cracked China and Korintje cinnamon, Ceylon cloves, allspice, cardamom and mace.*

1/4 cup jar (net .8 oz.) #13938 \$ 3.99
1/2 cup jar (net 1.7 oz.) #13954 \$ 6.85
4 oz. bag #13941 \$ 9.15
8 oz. bag #13983 \$ 17.09
1 lb. bag #13912 \$ 32.90

Mural of Flavor **SALT FREE**

Mural of Flavor blends over a dozen spices and herbs, creating a wall (hence mural) of flavor so delicious, there's no need to add salt. Inspired by the rich and mouth-watering flavors of the western Mediterranean, Mural of Flavor is wonderfully versatile. Try it on chicken, fish, pork and beef. Add it to soups, rice and potatoes. Shake it over sliced tomatoes, corn, popcorn and scrambled eggs. *Hand mixed from: spices, shallots, onion, garlic, lemon peel, citric acid, chives and orange peel.*

1/4 cup jar (net 0.5 oz.) #14030 \$ 4.55
1/2 cup jar (net 1.3 oz.) #14056 \$ 7.99
1 cup jar (net 2.5 oz.) #14085 \$ 14.69
2 cup jar (net 5.0 oz.) #14027 \$ 28.25

Mustard

When making mustard, use stainless steel, glass, or ceramic utensils and containers (aluminum gives mustard an odd flavor). For a standard thickness, 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 hot mustard, store at room temperature for 4 weeks, then move to refrigerator (or try 8 weeks for mild). An easy starter recipe is ½ cup regular mustard powder, ¼ cup vinegar, ¼ cup cool water, ¼ tsp. salt and 2-3 tsp. honey. Mix until smooth; add a bit more water to thin, if desired. For Chinese restaurant-style mustard, mix 3 TB. hot mustard powder with 3 TB. water. Let stand 10 minutes for heat and flavor to develop.

Regular Canadian Mustard Powder (medium-hot)

1/4 cup jar (net .9 oz.) #45236 \$ 2.75
1/2 cup jar (net 1.9 oz.) #45252 \$ 4.35
4 oz. bag #45249 \$ 2.49
8 oz. bag #45281 \$ 3.65
1 lb. bag #45210 \$ 5.60

Hot Canadian Mustard Powder (hot)

1/4 cup jar (net .8 oz.) #45436 \$ 2.75
1/2 cup jar (net 1.8 oz.) #45452 \$ 4.35
4 oz. bag #45449 \$ 2.49
8 oz. bag #45481 \$ 3.65
1 lb. bag #45410 \$ 5.60

Crushed Brown Canadian Mustard Seeds

1/4 cup jar (net .7 oz.) #45531 \$ 2.75
1/2 cup jar (net 1.9 oz.) #45557 \$ 4.35
4 oz. bag #45544 \$ 2.49
8 oz. bag #45586 \$ 3.65
1 lb. bag #45515 \$ 5.60

Mustard Seed

Yellow mustard seed is the traditional type sold in grocery stores, commonly used for pickling, canning and sausage making. Brown mustard seed is smaller and hotter, traditional for Asian and African cooking. In India, whole brown seeds are fried in oil until a popping sound is heard. This gives the seeds a nutty flavor, important in many vegetarian dishes. Try whole mustard seeds in barbecue sauce and rubs, or marinades for grilling. The seeds become very soft, giving great flavor and an attractive appearance.

Yellow Canadian Mustard Seed

1/4 cup jar (net 1.4 oz.) #55334 \$ 3.09
1/2 cup jar (net 2.9 oz.) #55350 \$ 4.89
4 oz. bag #55347 \$ 2.39
8 oz. bag #55389 \$ 3.45
1 lb. bag #55318 \$ 5.60

Brown Canadian Mustard Seed

1/4 cup jar (net 1.3 oz.) #55534 \$ 2.85
1/2 cup jar (net 2.5 oz.) #55550 \$ 4.69
4 oz. bag #55547 \$ 2.39
8 oz. bag #55589 \$ 3.45
1 lb. bag #55518 \$ 5.60

Northwoods Seasoning

Northwoods is a perfect seasoning for family-style fried or baked chicken and fish. For baking, sprinkle on 1-2 tsp. per pound—rub fish with a bit of oil first. Try adding Northwoods to hearty soups and stews. *Hand-mixed from: coarse flake salt, paprika, black pepper, thyme, rosemary, granulated garlic and ground chipotle pepper.*

1/4 cup jar (net 1.1 oz.) #22134 \$ 4.25
1/2 cup jar (net 2.4 oz.) #22150 \$ 7.39
4 oz. bag #22147 \$ 7.09
8 oz. bag #22189 \$ 12.99
1 lb. bag #22118 \$ 24.50

Northwoods Fire Seasoning

Northwoods Fire has the same great flavor as the original, with the added kick of smoky ground chipotle and hot cayenne red pepper. A wonderful seasoning for all grilled foods—steaks, fish, chicken and chops, even grilled vegetables. *Hand-mixed from: coarse flake salt, paprika, ground chipotle pepper, black pepper, cayenne red pepper, thyme, rosemary and granulated garlic.*

1/4 cup jar (net 1.0 oz.) #24033 \$ 4.69
1/2 cup jar (net 2.5 oz.) #24059 \$ 8.09
4 oz. bag #24046 \$ 7.99
8 oz. bag #24088 \$ 14.69
1 lb. bag #24017 \$ 27.90

Nutmeg

Nutmeg is a wonderfully warm spice used in baking and barbecuing. Both West and East Indian ground nutmeg are easy to use and flavorful. Whole nutmegs are fairly large (8-10 per ounce) and easy to use; 10 seconds of rubbing on the small-holed side of a grater will give you ½ tsp. of freshly ground nutmeg. West Indian nutmeg is a bit stronger than East Indian nutmeg; use about 2/3 of what your recipe calls for.

Fine Ground East Indian Nutmeg

1/4 cup jar (net 1.0 oz.) #45636 \$ 4.25
1/2 cup jar (net 2.2 oz.) #45652 \$ 7.09
4 oz. bag #45649 \$ 7.99
8 oz. bag #45681 \$ 14.85

Fine Ground West Indian Nutmeg

1/4 cup jar (net 1.0 oz.) #48532 \$ 4.89
1/2 cup jar (net 2.4 oz.) #48558 \$ 8.35
4 oz. bag #48545 \$ 9.49

Whole West Indian Nutmeg

1 oz. bulk bag #55668 \$ 3.99
4 oz. bag #55642 \$ 12.35

Old World Seasoning

Old World Seasoning is a popular, lower salt, all-purpose blend. Sprinkle on chicken, beef and fish before baking, 1-2 tsp. per pound. Perfect for sauteed vegetables—from zucchini to pea pods. *Hand-mixed from: paprika, salt, sugar, celery, garlic, onion, black pepper, parsley, dill seed, caraway, turmeric, dill weed, bay leaf, marjoram, thyme, savory, basil and rosemary.*

1/4 cup jar (net 1.1 oz.) #22334 \$ 3.99
1/2 cup jar (net 2.5 oz.) #22350 \$ 6.75
4 oz. bag #22347 \$ 5.69
8 oz. bag #22389 \$ 10.25
1 lb. bag #22318 \$ 19.20

Onion Powder

Onion powder adds lots of flavor, and is a convenient way to slip onions past children. White onion has sweet raw onion flavor, toasted onion has a "French Onion" flavor.

To make Onion Salt: Mix 1 TB. Onion Powder with 3 TB. salt.

Californian White Onions, Granulated

1/4 cup jar (net 1.1 oz.) #47135 \$ 3.29
1/2 cup jar (net 2.4 oz.) #47151 \$ 5.35
4 oz. bag #47148 \$ 3.79
8 oz. bag #47180 \$ 6.29
1 lb. bag #47119 \$ 11.30

Californian Toasted Onions, Granulated

1/4 cup jar (net 1.0 oz.) #47230 \$ 3.29
1/2 cup jar (net 2.5 oz.) #47256 \$ 5.49
4 oz. bag #47243 \$ 3.79
8 oz. bag #47285 \$ 6.29
1 lb. bag #47214 \$ 11.30

Onions

Dehydrated onions are great to keep on hand for those times when you've run out just when you need them the most. White onions have the flavor of a sweet onion, without the sharpness of raw onions, ideal for those who like the flavor without the bite. Toasted onions have a "French Onion" flavor, very nice for roasts. 2 TB. = 1 small onion.

Minced (1/8" bits) Californian White Onions

1/4 cup jar (net .7 oz.) #46633 \$ 3.09
1/2 cup jar (net 1.8 oz.) #46659 \$ 4.89
4 oz. bag #46646 \$ 3.65
8 oz. bag #46688 \$ 5.69
1 lb. bag #46617 \$ 10.10

Minced (1/8" bits) Californian Toasted Onions

1/4 cup jar (net .8 oz.) #46938 \$ 2.85
1/2 cup jar (net 1.7 oz.) #46954 \$ 4.79
4 oz. bag #46941 \$ 3.65
8 oz. bag #46983 \$ 5.69
1 lb. bag #46912 \$ 10.10

Orange Peel

Orange Peel is sweeter and less expensive than lemon peel, making it the perfect addition to coffee cake, banana bread, waffle batter, cheesecake and muffins. Sprinkle on hot cereal or add to potpourri. To rehydrate: Use 3 parts water to 1 part peel, let stand 15 minutes. Substitute 1/3 as much dry as recipe calls for.

1/4 cup jar (net .8 oz.) #47430 \$ 3.65
1/2 cup jar (net 1.9 oz.) #47456 \$ 6.15
1 cup jar (net 3.8 oz.) #47472 \$ 11.09
2 cup jar (net 7.7 oz.) #47427 \$ 20.89

Heather Richards

Heather Richards of Iowa Falls, Iowa, knows firsthand the challenges that go along with being a single parent.

“I always say single parents never have enough money, time or energy. I think those are the three things, every day, I struggle with.”

Heather, a 1st-grade teacher, has been a single parent to Jordan (23) and Austin (18) for the past 17 years. Things haven’t always been easy, but she is pretty proud of her boys.

“My kids are both on honor roll and dean’s list, and Austin was homecoming king—just tons of things.” Jordan recently graduated from college and is now a teacher, following in the footsteps of his mom and grandpa.

And, Heather adds, “Both my boys are really good cooks. They’re not so good at fixing cars or building birdhouses, but man, they can cook!”

Heather is quick to point out that although she is a single mom, she certainly hasn’t raised her boys on her own.

“I have such a great support system with my family and especially my parents.

“They have really stepped in and taken on more than a grandparent role. They’ve never questioned or said no.

“I really think that support is a huge factor in a single-parent home,

whether it’s the grandparents or a friend or cousins—somebody. But I think it’s the support system that really makes the difference.”

Heather describes the relationship between Jordan and Austin and their grandparents as “amazing—awesome.

“They know that they can go to them for anything. They know that they can go to their house anytime, they can call them anytime if they need anything, all they have to do is ask.”

Heather is grateful that her parents, who live just three doors down, are willing and able to pitch in, especially on those evenings when work keeps her late.

“If they know I’m going to be at a meeting or something, my mom will plan a big meal for the kids which is fun for her, too. She makes a big deal about having the boys over and they just have a ton of food—she knows their favorites.

“The boys like anything she makes—barbecued ribs, chicken and noodles. And, she makes awesome chocolate chip cookies, because ... don’t all grandmothers?” asks Heather with a laugh.

What’s the one thing Heather says is most important to do for her kids every day?

“I never seem to have enough time or energy, but as a single parent it’s a big deal for me to cook and have good meals for my kids.

“I believe that so much more goes on around the kitchen table than just eating, so much conversation, so much problem solving, current events, keeping up with the world.”

She says that time spent around the

Heather learned to cook from her mom, who she describes as “amazing.”



Lasagna Soup

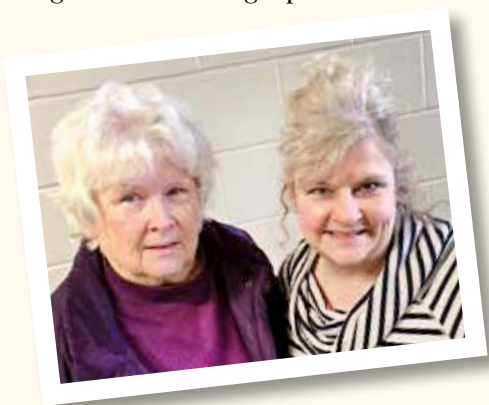
It tastes like lasagna, but takes half the time.

- 1 lb. ground beef
- ½ Cup diced yellow onion (1 medium onion)
- 1 green or red bell pepper, seeded and diced
- 4 garlic cloves, pressed or minced (1 tsp. PENZEYS MINCED GARLIC)
- 3 Cups chicken broth (3 Cups water with 2 tsp. CHICKEN SOUP BASE)
- 1 14.5-oz. can diced tomatoes
- 1 15-oz. can tomato sauce
- 1 tsp. ITALIAN HERB MIX, TUSCAN SUNSET, PASTA SPRINKLE or FROZEN PIZZA SEASONING
- 1 tsp. salt (Heather uses KOSHER-STYLE FLAKE SALT)
- ¼ tsp. PENZEYS FRESHLY GROUND PEPPER
- 1 tsp. GARLIC SALT (or ½ tsp. GRANULATED OR ROASTED GARLIC)
- ¼ tsp. CRUSHED RED PEPPER FLAKES
- 1 tsp. CALIFORNIA BASIL
- 1 Cup small noodles (we used small shells)
- ¾ Cup grated Parmesan cheese
- 1½ Cups shredded mozzarella cheese

In a stockpot, brown the ground beef with the onion, green pepper and garlic, stirring regularly, for about 10 minutes. Drain. Add the chicken broth, tomatoes, tomato sauce, SEASONING OF CHOICE, salt, PEPPER, GARLIC SALT, CRUSHED RED PEPPER and BASIL. Stir. Bring to a boil over medium-high heat. Boil for 2 minutes and then reduce the heat to a simmer. Cover and cook for 30 minutes, stirring occasionally. Add the noodles and cook until tender, about 15 minutes. When ready to serve, stir in the Parmesan cheese. Ladle into bowls and sprinkle with mozzarella cheese.

Prep. time: 15 minutes
Cooking time: 60 minutes
Serves: 8

Nutritional Information: Servings 8; Serving Size 1 cup (323g); Calories 240; Calories from fat 80; Total fat 9g; Cholesterol 50mg; Sodium 1180mg; Carbohydrate 18g; Dietary Fiber 2g; Sugars 5g; Protein 22g.



Pat Steffen

“Cooking really is a labor of love,” says Pat Steffen, of Grayslake, Illinois. It’s something she learned from her mom when she was growing up. “She always made everything very, very special.

“I grew up in the ’40s and ’50s so for dinner there was always meat, potatoes, vegetable and rolls. And, my mother baked—every day. There was homemade dessert every single day.”

Even though she was raising five kids, Pat’s mom preferred to tackle the household chores on her own. “Basically, I learned to cook by watching her. Her idea was, as long as you knew *how* to do it, it didn’t mean you actually *had* to do it.”

That system worked out just fine for Pat, until ... “Don and I were dating in high school and he was coming to my house for dinner. His favorites were barbecued spare ribs, mashed potatoes and spinach. I didn’t know how to make anything, so I asked my mother to make it for him, and she did.”

She’s not giving all the credit to her mom’s cooking, but Pat and Don eventually married and recently

celebrated their 51st wedding anniversary.

During the early days of their married life, cooking dinner included lots of phone calls to Mom. “Even though I had watched her and learned from her all those years, she would still just make a lot of our food and give it to me. One day Don said, ‘Your mom is going to her grave with this stuff unless you learn how to make it.’”

Pat eventually learned to make all Don’s favorites and does it every February for his birthday dinner. She’s altered the menu a bit though—french fries and coleslaw instead of mashed potatoes and spinach, because, in Pat’s opinion, “those things just don’t go with spare ribs.”

Fourteen years ago a whole lot changed. Pat lost the ability to eat or drink—the remnants of a battle with cancer.

“I was diagnosed in September—by November the food had stopped going down. I didn’t know it was going to last. I assumed it would be coming back, but it didn’t.”

Now, cancer-free for more than 10 years, Pat hasn’t lost her enthusiasm for cooking for the ones she loves. Besides her husband, that includes three grown children and four grandchildren, all of whom live near by.

“Fortunately, I still enjoy cooking, and I enjoy people enjoying my cooking. It’s an act of saying ‘I love you.’”

So what’s cooking like when you can’t taste the things you’re making?

“A couple of things are hard to make, but I guess it’s all memory. I learned to season from my mom.

Pat always makes everyone their favorite cake for their birthday. She’s been baking one for husband Don since they were high school sweethearts.



Pat and Don celebrate their 50th wedding anniversary with their children and grandchildren.

She seasoned with a heavy hand, so it’s never a pinch of this or a pinch of that. But I do have trouble when I make gravy—or barbecue sauce. Someone has to be around to taste test it so I know if I put enough brown sugar in it.

“And, if I make something new, then I have to have someone tell me honestly if the recipe is worth repeating. I need to have an honest answer.”

As with many families’ celebrations, holidays and special outings are often centered around food.

“I can look at it two ways ... do I wish I could eat? Of course. I can either spend the rest of my life being miserable over that fact, or I can say, ‘Hey, I’m here, and I haven’t missed one of my grandchildren being born. I haven’t missed any of Sam and Maddy’s dance recitals, or John and Ryan’s basketball games,’” says Pat of her grandchildren’s activities. “You just become used to it.”

Pat has been able to use her challenges to put her other senses to good use.

“My sense of smell is heightened. I can tell you what kind of salad dressing someone is eating across the room. And, if I’m making a chocolate



cake, I can smell when it's done—don't even need to put a tester in it," she says proudly.

She does admit to missing some of her favorites.

"I used to think if a miracle happened, the first thing I would eat would be chocolate cake with chocolate frosting. But now, I think the first thing I would have would be mashed potatoes with gravy and a roast chicken or turkey, because when that is cooking, that smell is just so delicious."

From making everyone's favorite meals and cakes on their birthday to delivering freshly made hot lunches to her granddaughters' school right on time for lunch hour, Pat never misses an opportunity to show her family how much she loves them.

"Cooking really is an expression of love," she says.

"We've been going to the Milwaukee Zoo as a family since the grandkids have been very little. Instead of eating 'zoo food' I make a picnic lunch and everyone gets to have what they like. It became very hectic, because I was making 11 different sandwiches for 11 different people.

"Two years ago I said, 'let's just buy lunch this year.' " Besides, what kid doesn't love "zoo food"?

As they sat down with their pizza slices and corn dogs, 10-year-old Maddy quietly asked her dad, "Doesn't grandma usually bring us a picnic lunch?"

"For Maddy, that had become a tradition—Grandma always brings the lunch. So last year ... I made the 11 sandwiches!" Pat says with a laugh.

"I wouldn't not do it," she says. "It's how memories are made."

—Traci Parker



Bar-B-Que Sauce

Winter is mercifully behind us, so let's celebrate by busting out the grill and slathering some ribs with this sassy sauce from Pat.

½ Cup (1 stick) butter (or ½ cup vegetable oil)	1-2 tsp. GRANULATED or ROASTED GARLIC POWDER, to taste
2 large onions, chopped	1-3 tsp. Worcestershire sauce, to taste
½ Cup lemon juice	1¼ Cups water
½ Cup vinegar	1 Cup chili sauce
¼ Cup prepared mustard (or 2 TB. REGULAR MUSTARD POWDER)	44 oz. catsup (or 1 28-oz. can tomato sauce and 2 Cups catsup)
1½ lbs. brown sugar	1-3 TB. your favorite BBQ SEASONING—BBQ 3000, BBQ 3001, GALENA ST., BARBECUE OF THE AMERICAS, JERK PORK
¼ Cup fresh parsley or 2 TB. PARSLEY FLAKES	
1-2 tsp. PENZEYS FRESHLY GROUND PEPPER, to taste	

Melt the butter or heat the oil in a stockpot over medium heat. Add the onion and cook until softened, about 10 minutes, stirring regularly. Add the lemon juice, vinegar, mustard, brown sugar, parsley, PEPPER, GARLIC, Worcestershire, BBQ SEASONING and water. Cook for 5 minutes. Add the chili sauce and the catsup/tomato sauce. Reduce heat to low and cook, uncovered, for 2-2½ hours. Stir frequently. Let cool and pour into jars. Store in the refrigerator.

Prep. time: 15 minutes

Cooking time: 3 hours

Yield: about 7½ Cups

For the ribs:

- 1 rack baby back or spare ribs
- 1 TB. favorite BBQ SEASONING (we used GALENA ST.)
- 2 Cups or so Bar-B-Que Sauce

Season ribs heavily with your favorite BBQ SEASONING. Cook in a preheated 275° oven or on a covered grill over low for about 6 hours total. After 2 hours, start spooning/brushing sauce on the ribs. Serve with extra sauce on the side.

Nutritional Information for sauce only: Servings 30; Serving Size 1/4 cup (96g); Calories 160; Calories from fat 30; Total fat 3g; Cholesterol 10mg; Sodium 690mg; Carbohydrate 34g; Dietary Fiber 0g; Sugars 32g; Protein 1g.

Saffron

Saffron is the stigma of the fall-flowering crocus. Peek inside most any flower and you will see three threadlike filaments. These are stigma—but only in the saffron crocus are these stigma worth thousands of dollars per pound. Saffron is so valuable because it is a very labor-intensive crop; only 5-7 pounds of saffron can be produced from each acre of land. This makes saffron the most expensive spice by weight. However, saffron isn't the most expensive by use because a little goes a long way. A single gram of saffron easily translates into golden color and fragrant flavor in 10 recipes of saffron rice, several batches of bread, or a couple of big pans of paella.



Kashmir "Mogra Cream" Indian Saffron is the world's finest saffron. The dark red color and long perfect strands are as beautiful as they are colorful and flavorful. Kashmir saffron is extremely difficult to obtain, which makes it higher in price, but Kashmir Mogra Cream Saffron is truly wonderful.

Kashmir Mogra Cream Indian Saffron

(99% red saffron threads)

Net 1/2 gram #57633 \$ 15.35

Net 1 gram #57659 \$ 29.45

Net per 1/4 oz. #57688 \$ 147.59



Spanish Coupé Saffron is the top grade of the Spanish Saffron crop. Extra hand labor is used to remove every bit of the yellow saffron-style material, leaving beautiful pure red saffron threads. Spanish Coupé Saffron is a truly excellent crop, especially nice for the traditional Spanish dishes.

Coupé Quality Spanish Saffron

(99% red saffron threads)

Net 1/2 gram #57338 \$ 10.95

Net 1 gram #57352 \$ 20.55

Net per 1/4 oz. #57381 \$ 105.35



Spanish Superior Saffron is the most widely available saffron and is a very good crop. Spanish Superior Saffron has a bit of the yellow style material left attached to some of the saffron stigmas, so it is not quite as strong as Spanish Coupé Saffron.

Superior Quality Spanish Saffron

(90% red saffron threads, 10% yellow saffron styles)

Net 1/2 gram #57738 \$ 9.69

Net 1 gram #57754 \$ 18.09

Net per 1/4 oz. #57783 \$ 84.85



Classic Saffron Rice

- 1 Cup long-grain white rice
- 2 Cups water or chicken stock
- 1 TB. butter
- 1 TB. finely minced onion (optional)
- ½ tsp. salt
- 1 small pinch SAFFRON, crumbled

Place butter and minced onion in a heavy quart saucepan. Saute over medium heat until onion is translucent. Add rice, SAFFRON, water or stock and salt. Bring to a rolling boil. Cover, reduce heat to simmer, cook until rice is tender and liquid is absorbed (about 18 minutes).

Prep. time: 2 min.
Cooking time: 25 min.
Serves: 4

Oregano

For traditional Italian-American cooking, the sweet, strong flavor of Turkish oregano can't be beat. Our travels to this area have allowed us to import some wonderful Turkish oregano, the best we've seen in years. Try some on baked chicken, pork and fish.

For a simple salad dressing or marinade, mix 1 TB. TURKISH OREGANO with ½ tsp. each black pepper and garlic, add to ½ cup olive oil and 2 TB. balsamic or red wine vinegar. Add salt to taste and a dash of honey and/or brown mustard for green or pasta salads, chicken, lamb, fish, or vegetables. MEXICAN OREGANO is strong, pungent and less sweet, great for chili.

For easy guacamole, mash 2 ripe avocados with the juice of 1 lime, ½ tsp. each MEXICAN OREGANO, cumin, garlic, salt and a dash of cayenne.

Broken Leaf Turkish Oregano

1/4 cup jar (net .2 oz.) #31730 \$ 2.29

1/2 cup jar (net .5 oz.) #31756 \$ 3.99

1 oz. bag #31769 \$ 3.19

4 oz. bag #31743 \$ 7.19

8 oz. bag #31785 \$ 12.65

Broken Leaf Mexican Oregano

1/4 cup jar (net .2 oz.) #31835 \$ 2.19

1/2 cup jar (net .4 oz.) #31851 \$ 3.79

1 oz. bag #31864 \$ 3.09

4 oz. bag #31848 \$ 7.19

8 oz. bag #31880 \$ 13.09



Ozark Seasoning

A classic Southern blend of black pepper and herbs. What could be better than the flavor of fried chicken without the fat? Sprinkle Ozark Seasoning on chicken, fish or chops, bake or saute for mouth-watering flavor and a healthy meal. Use about 1 tsp. of Ozark on each chicken breast, pork chops or fish fillets. Sprinkle on green beans—almost as good as the meat. Another great use for Ozark Seasoning is in scrambled eggs. *Hand-mixed from: salt, Tellicherry black pepper, spices and herbs, granulated garlic and paprika.*

1/4 cup jar (net 1.4 oz.) #24138 \$ 5.69

1/2 cup jar (net 3.5 oz.) #24154 \$ 10.25

4 oz. bag #24141 \$ 8.45

8 oz. bag #24183 \$ 15.65

1 lb. bag #24112 \$ 29.90

Paprika

Hungarian-Style Sweet Paprika is a traditional spice with delicious flavor and vibrant color—one of the best spices from Gram's kitchen. Just a sprinkle adds a flavorful and colorful touch to meat, fish and poultry—not to mention goulash. Hungarian-Style Sweet Paprika is the best in the world, as Hungary has the sunshine needed for sweet, rich flavor, and the knowledgeable farmers to nurture the crop from planting to harvest.

Hungarian-Style Sweet Kulonleges Paprika

1/4 cup jar (net 1.0 oz.) #47535 \$ 3.89

1/2 cup jar (net 2.4 oz.) #47551 \$ 6.65

3/4 cup bag (net 3.6 oz.) #47541 \$ 8.29

1 1/2 cup bag (net 7.2 oz.) #47583 \$ 12.49

3 cup bag (net 14.4 oz.) #47512 \$ 18.69

Hungarian-Style Half-Sharp Paprika

More of a bite than sweet paprika—use it sparingly or combined with Sweet Paprika

1/4 cup jar (net 0.9 oz.) #47630 \$ 3.89

1/2 cup jar (net 2.5 oz.) #47656 \$ 6.65

3/4 cup bag (net 3.8 oz.) #47646 \$ 8.29

1 1/2 cup bag (net 7.5 oz.) #47688 \$ 12.49

Californian-Style Sweet Paprika

Californian paprika is deep red, mild and sweet, nice for chicken but browns with long cooking

1/4 cup jar (net .9 oz.) #47830 \$ 3.79

1/2 cup jar (net 2.4 oz.) #47856 \$ 6.39

3/4 cup bag (net 3.6 oz.) #47846 \$ 7.99

Smoked Spanish-Style Paprika

Rich, colorful Spanish-Style Paprika, naturally smoked over traditional oak fires. Subtle, smoky flavor and perfect color, good on just about everything. Sprinkle on chicken and fish before cooking, add to sauces, soups and salad dressings. Try some today.

1/4 cup jar (net 1.0 oz.) #48037 \$ 3.99
1/2 cup jar (net 2.4 oz.) #48053 \$ 6.85
3/4 cup bag (net 3.6 oz.) #48043 \$ 8.49
1 1/2 cup bag (net 7.2 oz.) #48085 \$ 12.69
3 cup bag (net 14.4 oz.) #48014 \$ 18.99

Parisien Bonnes Herbes **SALT FREE**

A fragrant all-purpose herbal blend from one of the cooking capitals of the world. *Hand-mixed from: chives, dill weed, French basil, French tarragon, chervil and white pepper.*

1/4 cup jar (net .2 oz.) #14535 \$ 2.49
1/2 cup jar (net .3 oz.) #14551 \$ 3.99
1 oz. bag #14564 \$ 4.69

Parsley

Parsley is America's favorite herb. Sweet and rich, it brings out the flavor of other spices and herbs, and is perfect in soups and on baked chicken or fish. Parsley flakes are light; 1 oz. equals almost 2 cups.

1/4 cup jar (net .1 oz.) #31930 \$ 2.09
1/2 cup jar (net .2 oz.) #31956 \$ 3.45
1 oz. bag #31969 \$ 3.45
4 oz. bag #31943 \$ 7.99
8 oz. bag #31985 \$ 14.85

Pasta Sprinkle **SALT FREE**

Pasta Sprinkle is the perfect all-purpose combination of herbs, wonderful sprinkled on chicken or fish before baking, on steamed or sauteed vegetables, and on pasta as a side dish. Toss warm, freshly cooked pasta with a bit of butter, olive oil, or meat drippings; 1/2 tsp. Pasta Sprinkle per serving; and a splash of balsamic or red wine vinegar. For spaghetti, lasagna, or pizza, add Pasta Sprinkle to the tomato sauce, 1-2 tsp. per quart.

Hand-mixed from: California basil, Turkish oregano, French thyme and minced garlic.

1/4 cup jar (net .2 oz.) #14630 \$ 2.85
1/2 cup jar (net .6 oz.) #14656 \$ 4.45
1 oz. bag #14669 \$ 3.79
4 oz. bag #14643 \$ 8.69
8 oz. bag #14685 \$ 16.19

Pickling Spice **SALT FREE**

A high-quality blend for all pickling and canning. *Hand-mixed from: yellow and brown mustard seeds, allspice, cinnamon, bay leaves, dill seed, cloves, ginger, black peppercorns, star anise, coriander, juniper, mace, cardamom and crushed red pepper.*

1/4 cup jar (net .6 oz.) #14735 \$ 3.19
1/2 cup jar (net 2.0 oz.) #14751 \$ 5.25
4 oz. bag #14748 \$ 4.09
8 oz. bag #14780 \$ 7.39
1 lb. bag #14719 \$ 13.10

Pizza Seasoning

Pizza Seasoning is one of our favorites, both for adding spicy Italian flavor to bland frozen pizzas and for boosting the flavor of low-fat dishes, such as making Italian-style sausage with ground turkey. Pizza Seasoning also gives an almost meaty flavor to plain old tomato sauce, as the fennel seed makes it taste like you've added Italian sausage without the fat. Mix 1 TB. Pizza Seasoning in 1-2 cups tomato sauce, brush on pizza crust or pita bread and sprinkle with cheese and toppings as desired. For sausage, use 1 TB. per lb. *Hand-mixed from: salt, fennel seed, oregano, sugar, garlic, black pepper, basil, onion and red pepper.*

1/4 cup jar (net 1.2 oz.) #23236 \$ 3.99
1/2 cup jar (net 2.5 oz.) #23252 \$ 6.75
4 oz. bag #23249 \$ 5.69
8 oz. bag #23281 \$ 10.25
1 lb. bag #23210 \$ 19.20

Poppy Seed

Sweet blue poppy seeds are used in baking, on breads, rolls, muffins and cake. Also great for fruit salad dressing. Poppy seeds have a high, flavorful oil content. Refrigerate or freeze during summer months. White poppy seeds are used in Indian cooking, adding thickness, texture and flavor to long-cooking sauces.

Whole Blue Dutch A-1 Poppy Seed
1/4 cup jar (net 1.2 oz.) #57538 \$ 3.19
1/2 cup jar (net 2.6 oz.) #57554 \$ 5.25
4 oz. bag #57541 \$ 3.45
8 oz. bag #57583 \$ 5.59
1 lb. bag #57512 \$ 9.70

Whole White Indian Poppy Seed
1/4 cup jar (net .9 oz.) #57433 \$ 3.45
1/2 cup jar (net 2.0 oz.) #57459 \$ 5.59
4 oz. bag #57446 \$ 4.55
8 oz. bag #57488 \$ 7.99
1 lb. bag #57417 \$ 14.70

Pork Chop Seasoning

Pork Chop Seasoning has a wonderful smoky flavor—it's the best dam blend for pork—from chops to roasts, baked, broiled or grilled. Start with 1 tsp. per pound, shake on before cooking. Also great for turkey. For smoky ribs, rub on heavy, up to 2 tsp. per pound. For a tasty tofu sandwich, slice tofu, sprinkle heavily with seasoning on both sides, and cook until golden in a lightly oiled pan over medium heat for a taste like bacon. *Hand-mixed from: salt, garlic, white pepper, onion, ginger and natural hickory smoke flavor.*

1/4 cup jar (net 1.6 oz.) #23331 \$ 5.25
1/2 cup jar (net 3.3 oz.) #23357 \$ 9.49
4 oz. bag #23344 \$ 7.65
8 oz. bag #23386 \$ 13.89
1 lb. bag #23315 \$ 26.60

Poultry Seasoning **SALT FREE**

A traditional poultry rub and stuffing seasoning, a sage-rich Southern blend. For mouth-watering stuffing, just mix in 1/2 tsp. of Poultry Seasoning for each 4 cups of dressing. Poultry Seasoning is also nice rubbed on chicken, turkey, and pork. *Hand-mixed from: sage, white pepper, bell peppers, lemon peel, savory, rosemary, dill weed, allspice, thyme, marjoram and ginger.*

1/4 cup jar (net .6 oz.) #15037 \$ 3.29
1/2 cup jar (net 1.2 oz.) #15053 \$ 5.59
4 oz. bag #15040 \$ 7.99
8 oz. bag #15082 \$ 14.69
1 lb. bag #15011 \$ 27.90

Pumpkin Pie Spice

A sweet and spicy addition to all kinds of baked goods. Use 2-3 tsp. in a 9-inch pie, but don't stop there. An all-purpose baking spice, perfect for banana bread, carrot cake, muffins, coffee cake, use 1/2 tsp. per cup batter. *Hand-mixed from: China cinnamon, allspice, nutmeg, ginger, mace and cloves.*

1/4 cup jar (net 1.0 oz.) #15132 \$ 4.09
1/2 cup jar (net 2.0 oz.) #15158 \$ 7.09
4 oz. bag #15145 \$ 7.99
8 oz. bag #15187 \$ 14.69
1 lb. bag #15116 \$ 27.90

Raspberry Enlightenment **SALT FREE**

Like red wine, balsamic or rice vinegar, Raspberry Enlightenment makes sweet tartness happen. But it also does more. Raspberry Enlightenment—sweet and tart with a hint of spice—also adds a delicious fresh-bright-lightness to slow-roasted richness. Anytime you start with longer, slower cooking—spaghetti sauce, stews, barbecue, vegetables, roasts—take the deliciousness over the top with a spoonful of Raspberry Enlightenment. It's just what your dishes—and you—have been waiting for. *Ingredients: raspberries, sugar, water, tapioca starch, spices and citric acid.*

1 cup jar (net 9.5 oz.) #97185 \$ 8.55

Rosemary

Rosemary is the perfect herb for seasoning pork and lamb, from chops to roasts. Try rosemary on chicken and fish with garlic, pepper and salt. Rosemary is often used with oregano in Italian dishes. If you are cooking for children, the powdered rosemary is nice.

Whole Spanish Rosemary Leaves

The size and shape of Christmas tree needles

1/4 cup jar (net .3 oz.) #33039 \$ 2.19
1/2 cup jar (net .8 oz.) #33055 \$ 4.09
1 oz. bag #33068 \$ 2.29
4 oz. bag #33042 \$ 4.79
8 oz. bag #33084 \$ 8.55

Cracked, 10/18 mesh, Spanish Rosemary Leaves

Cracked bits, big enough for flavor, but small enough to not overwhelm

1/4 cup jar (net .5 oz.) #33134 \$ 2.65
1/2 cup jar (net 1.2 oz.) #33150 \$ 4.45
1 oz. bag #33163 \$ 2.49
4 oz. bag #33147 \$ 5.35
8 oz. bag #33189 \$ 9.49

Powdered, -40 mesh, Spanish Rosemary Leaves

Easy to use, but doesn't stay fresh very long

1/4 cup jar (net .4 oz.) #33239 \$ 2.85
1/2 cup jar (net 1.1 oz.) #33255 \$ 4.55
4 oz. bag #33242 \$ 5.35
8 oz. bag #33284 \$ 9.49
1 lb. bag #33213 \$ 17.60

Ruth Ann's Muskego Ave Chicken and Fish Seasoning

Sprinkle on chicken and fish, 1-2 tsp. per pound—pork chops too! Awesome on broccoli, asparagus and green beans, plain salads, breakfast eggs and potatoes. *Hand-mixed from: salt, black pepper, garlic, lemon peel and onion.*

1/4 cup jar (net 1.3 oz.) #24538 \$ 3.89
1/2 cup jar (net 2.9 oz.) #24554 \$ 6.65
4 oz. bag #24541 \$ 5.69
8 oz. bag #24583 \$ 10.25
1 lb. bag #24512 \$ 19.20



Salad Seasonings

Buttermilk Ranch

Ranch-style salad dressing is lower in fat than most, as it uses buttermilk for flavor and body. Also excellent for fresh vegetable dip, or sprinkled on baked chicken or fish, 1-2 tsp. per lb. To make 1 cup dressing, mix 1 TB. seasoning in 1 TB. water, let stand five minutes, then whisk with ½ cup buttermilk and ½ cup mayonnaise. For a lower calorie version use low-fat mayonnaise, or up the proportion of buttermilk, which will make the dressing thinner, but equally tasty. Ranch dressing should be refrigerated, check the freshness date on the buttermilk carton, and write it on the dressing bottle. *Hand-mixed from: salt, bell peppers, garlic, onion, sugar, black pepper, parsley, thyme and basil.*

1/4 cup jar (net 1.1 oz.) #26037 \$ 4.09
1/2 cup jar (net 2.5 oz.) #26053 \$ 7.09
4 oz. bag #26040 \$ 6.29
8 oz. bag #26082 \$ 11.19
1 lb. bag #26011 \$ 20.90

Country French Vinaigrette

A variation of classic French Vinegar and Oil dressing, but lighter, perfect for today's salads. Filled with flavorful French herbs, not too tart, lightly thickened by crushed brown mustard. Basic recipe for 1 cup dressing: Mix 1-2 TB. seasoning in 2 TB. water, let stand 5 minutes. Whisk in ½ cup red wine vinegar and ½ cup olive oil, refrigerate. *Hand-mixed from: sugar, brown mustard, salt, garlic, black pepper, lemon, onion, French tarragon, white pepper, chives, thyme and cracked rosemary.*

1/4 cup jar (net 1.3 oz.) #26132 \$ 4.25
1/2 cup jar (net 2.6 oz.) #26158 \$ 7.19
4 oz. bag #26145 \$ 6.29
8 oz. bag #26187 \$ 11.19
1 lb. bag #26116 \$ 20.90

Creamy Peppercorn

This robust pepper and herb dressing will enhance the heartiest salad. Also great spread on turkey or roast beef sandwiches, or as a dip for fresh garden vegetables. Mix 1 TB. seasoning with 2 TB. water, let stand 5 minutes, then whisk with ½ cup sour cream and ½ cup mayonnaise. Thin with a few tablespoons of vinegar or water. Reduced fat mayo or sour cream can be used, and yogurt works well as a replacement for sour cream. *Hand-mixed from: Tellicherry cracked black pepper, coarse salt, sugar, garlic, thyme and parsley.*

1/4 cup jar (net 1.2 oz.) #26237 \$ 4.09
1/2 cup jar (net 2.5 oz.) #26253 \$ 7.09
4 oz. bag #26240 \$ 6.29
8 oz. bag #26282 \$ 11.19
1 lb. bag #26211 \$ 20.90

Greek Seasoning

A traditional blend of lemon, garlic and oregano. Mix 2 TB. seasoning with 2 TB. water, let stand 5 min. Add ¼ cup olive oil, ¼ cup salad oil, ½ cup red wine vinegar (or ¼ cup balsamic vinegar and 2 TB. water), plus 1 tsp. sugar if desired. Use to dress vegetable salads, chicken and pasta salads, or a plain lettuce salad. For gyros, mix 1 TB. in 1 TB. water. Let stand 5 minutes, add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. with 1 cup yogurt and 2 TB. cucumber for gyro sauce. Also great on grilled, baked or fried fish or chicken, rub on 1 tsp. per lb.

Hand-mixed from: coarse salt, Turkish oregano, garlic, lemon, black pepper and marjoram.

1/4 cup jar (net 1.0 oz.) #21937 \$ 3.89
1/2 cup jar (net 2.3 oz.) #21953 \$ 6.75
4 oz. bag #21940 \$ 6.29
8 oz. bag #21982 \$ 11.19
1 lb. bag #21911 \$ 20.90

Green Goddess **SALT FREE**

Salt-free. An old-fashioned, classical style salad dressing, somewhat like a mild, sweet, herb-filled creamy Italian, heavy on the basil and dill. This base is not only nice for green salads, it is great for fresh vegetable dip or as a light, refreshing alternative to tartar sauce on baked or fried fish. This base is very good without salt, but salt can be added to taste (try ½ tsp. per cup), or a squeeze of lemon juice could be added in place of salt. To make one cup of dressing, mix 1 rounded TB. GREEN GODDESS in 2 TB. water, let stand 5 minutes. Whisk with ⅔ - ¾ cup regular or low-fat mayonnaise and 1 TB. vinegar. This dressing will be thick (nice for dip), thin with 1-2 TB. water if desired. Store in the refrigerator. *Hand-mixed from: green onion, sugar, basil, celery flakes, minced garlic and dill weed.*

1/4 cup jar (net .6 oz.) #16434 \$ 3.45
1/2 cup jar (net 1.4 oz.) #16450 \$ 5.59
4 oz. bag #16447 \$ 7.09
8 oz. bag #16489 \$ 12.99
1 lb. bag #16418 \$ 24.60

Italian Vinegar and Oil

Our most popular salad seasoning. To make 1 cup, a standard dressing bottle full, mix 1 TB. seasoning in 1 TB. water, let stand 5 minutes, then whisk well with ⅔ cup vegetable oil and ⅓ cup vinegar. To reduce the calories, use ⅔ cup of a mild vinegar, such as rice vinegar, and ⅓ cup oil. For creamy Italian dressing, mix 2 TB. seasoning with 2 TB. water, let stand 5 minutes, then whisk with ½ cup sour cream or yogurt and ½ cup mayonnaise, thin with 1-2 TB. of vinegar. To create a salt-free Italian dressing, see Italian Herb Mix. *Hand-mixed from: sugar, salt, garlic, onion, red bell pepper, oregano, basil, marjoram, rosemary and thyme.*

1/4 cup jar (net 1.5 oz.) #26532 \$ 4.35
1/2 cup jar (net 3.1 oz.) #26558 \$ 7.65
4 oz. bag #26545 \$ 5.69
8 oz. bag #26587 \$ 10.25
1 lb. bag #26516 \$ 19.20

Salsa Salad Seasoning

A spicy, Mexican style blend for coating fresh salsa, black bean or green salads. Traditional and best mixed with freshly squeezed lime juice and corn oil. Blend 1-2 TB. in 2 TB. water, let stand 5 minutes. Mix with ½ cup corn oil and ½ cup fresh lime juice (3 medium limes). Whisk briskly and refrigerate. Perfect poured over harvest tomatoes tossed with red onions and goat cheese. *Hand-mixed from: sugar, ancho chili pepper, flake salt, garlic, onion, cumin, black pepper, cayenne, cilantro, Mexican oregano, chives, bay leaf and chipotle pepper.*

1/4 cup jar (net 1.2 oz.) #26637 \$ 3.99
1/2 cup jar (net 2.5 oz.) #26653 \$ 6.75
4 oz. bag #26640 \$ 5.69
8 oz. bag #26682 \$ 10.25
1 lb. bag #26611 \$ 19.20

Sage

Sage is a must for stuffing. The flavor of sage is also perfect for simple baked chicken or pork, just sprinkle with lemon juice or salt, sage and black pepper.

Whole Leaf Albanian Prime Sage

Long, thin silvery-gray leaves
1/4 cup jar (net .2 oz.) #33334 \$ 2.29
1/2 cup jar (net .5 oz.) #33350 \$ 3.79
1 oz. bag #33363 \$ 2.49
4 oz. bag #33347 \$ 5.25
8 oz. bag #33389 \$ 9.15

Rubbed Albanian Prime Sage

Fluffy, coarse gray-green powder
1/4 cup jar (net .4 oz.) #33439 \$ 2.49
1/2 cup jar (net .8 oz.) #33455 \$ 4.55
1 oz. bag #33468 \$ 3.65
4 oz. bag #33442 \$ 7.99
8 oz. bag #33484 \$ 14.85

Grey Sea Salt

From France

Back by popular demand. We discontinued this one for a while, but it made people sad. We don't want to make people sad; we want them to be happy. Has an aroma that some call nice and flowery. Use small amounts towards the end of cooking for fish and seafood. Also nice in fresh baked breads served with unsalted butter.

Coarse Grind

4 oz. bag #96641 \$ 4.35
1 lb. bag #96612 \$ 13.25

Fine Grind

4 oz. bag #96746 \$ 4.79
1 lb. bag #96717 \$ 14.70

Kosher-Style Flake Salt

If you only buy one salt this year make it this one. Kosher Flake salt has a long history and a great taste. The special shape of the flakes gives this salt the maximum of salt flavor with the minimum of salt used.

1 lb. bag #96025 \$ 2.29

Pacific Sea Salt

Pacific Sea Salt is bright white and produced domestically. The extra coarse is suitable for grinding in salt mills, the coarse sea salt will shake out of our standard jar and the fine variety will work nicely in a home salt shaker.

Extra Coarse Grind, 10/30 mesh

1 lb. bag #96117 \$ 2.99

Coarse Grind, 30/60

1 lb. bag #96212 \$ 2.65

Fine Grind, 40 mesh

1 lb. bag #96317 \$ 2.99



Sandwich Sprinkle

This blend was created for making homemade croutons, but along the way it has become the lunchtime favorite in the Penzeys breakroom for all types of sandwiches, from crusty subs to tuna salad. Just shake on, or mix 1 TB. with 1 TB. water, add to 1/4 cup vinegar and 1/3 cup oil, shake, and drizzle on your favorite sandwich.

To make homemade croutons (great for using up odds and ends of leftover bread): for each 2 cups of cubed bread (4 regular slices), use 1 TB. seasoning. Traditional and very flavorful when sautéed in 1-2 TB. butter or olive oil (toss over medium heat for 3-4 minutes, until golden brown). For crispy, low-fat croutons, coat lightly with a vegetable oil spray, season and bake at 375° until brown (8-15 minutes), turning twice while cooking. *Hand-mixed from: coarse salt, garlic, black pepper, basil, oregano, rosemary, thyme and marjoram.*

1/4 cup jar (net 1.2 oz.) #27539 \$ 3.99
1/2 cup jar (net 2.5 oz.) #27555 \$ 6.75
4 oz. bag #27542 \$ 5.69
8 oz. bag #27584 \$ 10.25
1 lb. bag #27513 \$ 19.20

Savory Leaves

Traditional in bean soup, also nice with grilled chicken, pork chops, and fish. From Albania.

1/4 cup jar (net .3 oz.) #33639 \$ 2.29
1/2 cup jar (net .8 oz.) #33655 \$ 3.99
1 oz. bag #33668 \$ 2.29

Seasoned Salt

Flavorful and economical—a sprinkle of our Seasoned Salt improves the flavor of most every dish. Use in place of regular salt to season burgers and chicken, pork chops and fish, eggs, veggies and salads. *Hand-mixed from: salt, sugar, paprika, onion, turmeric, garlic and spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/4 cup jar (net 2.1 oz.) #29238 \$ 3.45
1/2 cup jar (net 4.2 oz.) #29254 \$ 5.35
4 oz. bag #29241 \$ 2.29
8 oz. bag #29283 \$ 3.45
1 lb. bag #29212 \$ 5.50

Sesame Seeds

White sesame seeds are traditionally used in America for baking and granola making, smaller black sesame are preferred in Japan. To toast sesame seeds, put in a nonstick pan over medium heat and shake the pan until the sesame seeds are browned. No oil necessary.

Whole Hulled Mexican White Sesame Seeds

1/4 cup jar (net 1.1 oz.) #57833 \$ 2.85
1/2 cup jar (net 2.4 oz.) #57859 \$ 4.55
4 oz. bag #57846 \$ 3.19
8 oz. bag #57888 \$ 5.25
1 lb. bag #57817 \$ 8.90

Whole Indian Black Sesame Seeds

1/4 cup jar (net 1.0 oz.) #57938 \$ 3.29
1/2 cup jar (net 2.2 oz.) #57954 \$ 5.49
4 oz. bag #57941 \$ 3.45
8 oz. bag #57983 \$ 5.69
1 lb. bag #57912 \$ 10.10

Shallots

The flavor of shallots is similar to a sweet cross between onions and garlic, but more delicate, rich and complex. Shallots are used in France for poultry, veal, salads, eggs and soups. In Indonesia, shallots are used to add rich, sweet flavor to satay, soup and dipping sauces. If your recipe calls for fresh shallots, use half as much as the recipe calls for. A 1/2 tsp. of freeze-dried shallots equals one clove fresh shallots. From California.

1/4" Chopped Shallots

1/2 cup jar (net .4 oz.) #58056 \$ 6.65
1 cup jar (net .7 oz.) #58085 \$ 11.85
2 cup jar (net 1.4 oz.) #58027 \$ 22.35

Shallot Salt

We took the delicious flavor of shallots—a sweet and delicate cross between onions and garlic—and added it to our sea salt. Think light, bright and full of taste, our new Shallot Salt is wonderful on chicken, soups, salads, vegetables and eggs. *Hand-mixed from: sea salt, shallots and magnesium carbonate.*

1/4 cup jar (net 1.4 oz.) #23131 \$ 5.65
1/2 cup jar (net 3.3 oz.) #23157 \$ 10.09
1 cup jar (net 6.3 oz.) #23186 \$ 18.79

Shrimp & Crab Boil Spices **SALT FREE**

Traditional for boiling shrimp, lobster, crab and fish. *Hand-mixed from: yellow and brown mustard seed, allspice, coriander, cloves, cracked bay leaf, cracked ginger, black Tellicherry peppercorns, chili pepper, dill seed and caraway seed.*

1/4 cup jar (net .7 oz.) #15237 \$ 3.55
1/2 cup jar (net 1.4 oz.) #15253 \$ 5.95
4 oz. bag #15240 \$ 7.99

Singapore Seasoning **SALT FREE**

Great for salt-free cooking—lemon pepper curry flavor—our best blend for Cornish hens. Also great for fish. *Hand-mixed from: black pepper, lemon peel, citric acid, garlic, onion, turmeric, coriander, cumin, ginger, nutmeg, fennel, cinnamon, fenugreek, white pepper, cardamom, cloves and cayenne red pepper.*

1/4 cup jar (net 1.3 oz.) #15332 \$ 4.55
1/2 cup jar (net 2.6 oz.) #15358 \$ 7.99
4 oz. bag #15345 \$ 7.65
8 oz. bag #15387 \$ 13.89
1 lb. bag #15316 \$ 26.60

Southwest Seasoning

Warm chili peppers with onion, garlic, pepper and cilantro, with a smoky hint of chipotle. Sprinkle meat or poultry with lemon or lime juice, then rub on Southwest Seasoning, 1-2 teaspoons per pound. Add to salsa and refried beans. *Hand-mixed from: salt, ancho pepper, onion, garlic, Mexican oregano, black pepper, red pepper, cumin, chipotle and cilantro.*

1/4 cup jar (net 1.2 oz.) #21137 \$ 5.09
1/2 cup jar (net 2.7 oz.) #21153 \$ 8.79
4 oz. bag #21140 \$ 8.45
8 oz. bag #21182 \$ 15.65
1 lb. bag #21111 \$ 29.80

Taco Seasonings

Taco Seasoning

Very similar to seasoning packets sold in grocery stores, but much more flavorful and less expensive. Family-style, not hot. Mix 4 TB. with 6 oz. water, add to 1 lb. browned, drained ground beef or cooked chicken or beans. Simmer 10 min. until thick. Taco Seasoning is also great for dip—mix 2 TB. in 2 TB. water, then blend with 1/2 cup sour cream and 1/2 cup cream cheese. *Hand-mixed from: paprika, salt, onions, lactose, dextrose, corn flour, (corn, lime) tomato powder, cumin, garlic, oregano, black pepper, cocoa powder and allspice.*

1/4 cup jar (net 1.4 oz.) #23531 \$ 4.09
1/2 cup jar (net 2.9 oz.) #23557 \$ 6.95
3/4 cup bag (net 4.4 oz.) #23547 \$ 8.69
1 1/2 cup bag (net 8.7 oz.) #23589 \$ 12.99
3 cup bag (net 17.4 oz.) #23518 \$ 19.49

Bold Taco Seasoning

Quick and easy to make with ground beef or sliced steak—spicier, hotter (not too hot), rich with the flavors of cumin and chilis, garlic and Special Extra Bold Black Pepper—it's just plain good. *Hand-mixed from: kosher salt, onion, Spanish-style paprika, lactose, yellow corn flour (corn, lime), dextrose, tomato powder, crushed red pepper, garlic, cumin, Mexican oregano, cilantro, Tellicherry Special Extra Bold black pepper and natural cocoa.*

1/4 cup jar (net 1.2 oz.) #24338 \$ 3.99
1/2 cup jar (net 2.7 oz.) #24354 \$ 6.85
3/4 cup bag (net 4.1 oz.) #24344 \$ 8.49
1 1/2 cup bag (net 8.1 oz.) #24386 \$ 12.69
3 cup bag (net 16.2 oz.) #24315 \$ 18.99

Chicken Taco Seasoning

Lighten up your tacos with chicken. Flavorful and spicy without being too hot, the perfect way to use boneless/skinless chicken breasts, at least in our opinion. Follow the easy directions, and you'll have a new family favorite—Chicken Tacos. *Hand-mixed from: kosher salt, garlic, Ancho chili pepper, onion, Spanish-style paprika, cumin, cilantro, Tellicherry black pepper, Mexican oregano and jalapeño powder.*

1/4 cup jar (net .9 oz.) #24233 \$ 3.89
1/2 cup jar (net 2.1 oz.) #24259 \$ 6.49
3/4 cup bag (net 3.2 oz.) #24249 \$ 7.99
1 1/2 cup bag (net 6.3 oz.) #24281 \$ 11.99



Soup Bases

Our soup bases are great for broth, soup or gravy, but they also make great seasonings. Try a little in rice, vegetables and casseroles—wherever you need a bit of extra flavor. Refrigeration is recommended, but not necessary.

Beef Soup Base and Seasoning

For rich beef stock use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Beef Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Beef Base has more flavor and less salt. Plain beef broth is wonderful when you're under the weather, or add noodles or vegetables for a quick lunch. To "beef up" the flavor of soup, stew or gravy, add 2-3 tsp. Beef Base. For 2 quarts of soup or stew, add 2-3 tsp. Beef Base. For gravy, add 1 tsp. Beef Base to 2-3 TB. beef drippings to enhance the flavor of 2 cups gravy.

(net 8.0 oz.) #90186 \$ 10.85

Chicken Soup Base and Seasoning

For rich chicken stock use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Chicken Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Chicken Base has more flavor and less salt. Plain broth is great when you're on a diet, or add noodles and vegetables for a quick lunch. When making rice, add 1 tsp. Chicken Base to the water for rich flavor. Chicken base is used to fortify the flavor of soup, stew or gravy. For 2 quarts of soup or stew, add 2-3 tsp. Chicken Base. For gravy, add 1 tsp. Chicken Base to 2-3 TB. chicken drippings to enhance the flavor of 2 cups gravy.

(net 8.0 oz.) #90281 \$ 10.85

Ham Soup Base and Seasoning

Ham Base is traditionally used to add rich, smoky ham flavor to split pea or bean soup. For 2 quarts soup or stew made with a ham bone, add 1 TB. Ham Base. For soup without ham, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Ham Base per cup (8 oz.) water. For ham gravy, add 1 tsp. Ham Base to 2-3 TB. drippings from baked ham to enhance the flavor of 2 cups gravy. Ham Base gives a flavorful boost to plain vegetables or rice, just add a bit to the cooking water.

(net 8.0 oz.) #90586 \$ 10.85

Pork Soup Base and Seasoning

For rich roast pork flavored stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Pork Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Pork Soup Base has more flavor and less salt. Try making pork noodle soup for a nice change of pace, just use pork instead of chicken or beef, and add 1 TB. Pork Soup Base to 2 quarts soup to enhance the flavor. For truly great gravy, add 1 tsp. Pork Base to 2-3 TB. drippings from pork roast or pork chops for 2 cups gravy.

(net 8.0 oz.) #90881 \$ 10.85

Seafood Soup Base and Seasoning

For rich seafood stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Seafood base for each cup (8 oz.) hot water. Seafood stock is a great base for chowder, gumbo or bisque, or to use in place of clam juice. To make quick linguine with clam sauce, cook 1 lb. pasta. While pasta is cooking, heat 2 TB. olive oil in a large pan over medium heat. Add 2-4 minced garlic cloves and 1 can clams, reserving the juice. Saute for 2 minutes, add clam juice, $\frac{1}{2}$ cup water and 1-2 tsp. Seafood Base. Cook over medium heat 3-5 minutes, stirring, until reduced by about half. Serve over cooked, drained pasta.

(net 8.0 oz.) #90986 \$ 10.85

Turkey Soup Base and Seasoning

For rich turkey stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Turkey Base for each cup hot water. This is equivalent to 1 bouillon cube, though Turkey Base has more flavor and less salt. Plain broth is good food for those times you're under the weather, or add vegetables or noodles for a quick lunch. Turkey Base is often used to extend turkey gravy for holiday dinners, or to fortify the flavor of dishes made with turkey leftovers, such as soup, stew or casseroles. For 2 quarts of soup or stew made with leftovers, add 2-3 tsp. Turkey Base. For gravy, add 2 tsp. Turkey Base with 4-5 TB. turkey drippings for 3 cups gravy.

(net 8.0 oz.) #90386 \$ 10.85

Vegetable Soup Base and Seasoning

Richly flavorful and completely meatless. Make your own flavorful broth for soups and stews, just add 1 tsp. to a cup of hot water. Throw a little in the pot to season pasta and rice, great to add a little oomph to vegetable casseroles and plain steamed veggies. Wonderful for poaching fish. Rich roasty carrots form the base of our new Vegetable Soup base, along with powdered onions, potatoes and tomatoes.

(net 8.0 oz.) #90481 \$ 10.85

For Ingredients and nutritional information on all of our soup bases, visit www.penzeys.com, search for soup base and click nutritional information at the product listing.

Star Anise

Whole Star Anise is often used in craftwork. Broken Star Anise pieces are used in pickling. Powdered Star Anise is great for baking.

Select Whole Star Anise

1 oz. bulk bag #58269 \$ 4.89

4 oz. bag #58243 \$ 11.65

Broken Chinese Star Anise Pieces

1 oz. bulk bag #58164 \$ 3.09

4 oz. bag #58148 \$ 6.85

Powdered Chinese Star Anise

1/4 cup jar (net .8 oz.) #48132 \$ 3.99

1/2 cup jar (net 1.9 oz.) #48158 \$ 6.85

4 oz. bag #48145 \$ 7.75

Sumac

Used plain or mixed with thyme and sesame (Zatar), to complement fish, meat and vegetables. *Processed with salt.*

1/4 cup jar (net 1.2 oz.) #48237 \$ 4.55

1/2 cup jar (net 2.5 oz.) #48253 \$ 7.99

4 oz. bag #48240 \$ 7.75

Sunny Paris Seasoning **SALT FREE**

One of our most popular salt-free seasonings. Great for Cornish hens, chicken, vegetables, rice, eggs and veal. Simply sprinkle over salads, potatoes, or rice, or mix 1 TB. with 1 cup yogurt, use as a dip or dressing.

Hand-mixed from: shallots, chives, green peppercorn, dill weed, basil, tarragon, chervil and bay leaf.

1/4 cup jar (net .2 oz.) #15437 \$ 5.59

1/2 cup jar (net .6 oz.) #15453 \$ 10.09

1 cup jar (net 1.0 oz.) #15482 \$ 18.79

2 cup jar (net 2.6 oz.) #15424 \$ 36.35

Sunny Spain Seasoning **SALT FREE**

(Salt-Free Lemon-Pepper)

The bestselling of all our salt-free blends. Perfect for fish and chicken, vegetables and salads. Salt-free blends are strong, start with less. *Hand-mixed from: black pepper, citric acid, lemon peel, garlic and onion.*

1/4 cup jar (net 1.2 oz.) #15532 \$ 4.45

1/2 cup jar (net 2.4 oz.) #15558 \$ 7.75

4 oz. bag #15545 \$ 7.65

8 oz. bag #15587 \$ 13.89

1 lb. bag #15516 \$ 26.50

Tarragon

Tarragon is the most popular of the French herbs—its sweet, rich flavor combines especially well with poultry and fish, vegetables and salad dressing.

Broken Leaf French Tarragon

Large, deep green, flavorful leaves

1/4 cup jar (net .1 oz.) #33734 \$ 2.29

1/2 cup jar (net .3 oz.) #33750 \$ 4.09

1 oz. bag #33763 \$ 5.49

4 oz. bag #33747 \$ 12.55

8 oz. bag #33789 \$ 24.49

Thyme

One of the most fragrant flavors around, our French Thyme is great on just about everything. Particularly good with chicken, fish and chops, salads and vegetables of all varieties. Sprinkle on roughly ½ tsp. per pound. Bake, grill or broil and enjoy.

French Thyme, chopped leaves

- 1/4 cup jar (net .3 oz.) #34036 \$ 2.65
- 1/2 cup jar (net .8 oz.) #34052 \$ 4.79
- 1 oz. bag #34065 \$ 3.65
- 4 oz. bag #34049 \$ 7.99
- 8 oz. bag #34081 \$ 14.85

Trinidad-Style Lemon-Garlic Marinade

For grilled or broiled poultry, fish, pork chops. Rub fish or poultry with a bit of vegetable oil, sprinkle on ½-1 tsp. per pound, grill or broil. Great for boneless/skinless chicken breasts, season and freeze, two in a package, they'll be ready when you are. *Hand-mixed from: salt, lemon peel, garlic, clove and ginger.*

- 1/4 cup jar (net 1.3 oz.) #23636 \$ 4.69
- 1/2 cup jar (net 3.2 oz.) #23652 \$ 8.19
- 1 cup (net 6.0 oz.) #23678 \$ 15.29
- 2 cup (net 12.0 oz.) #23623 \$ 29.30

Tsardust Memories (Russian-Style Seasoning)

Warm and spicy-sweet, this blend is awesome with ground beef—burgers, meatloaf, meatballs, casseroles. Excellent in hearty soups and stews, and one of the best things ever on pork chops—try it on the grill. Whatever you make, serve it with crusty bread. It's all good. *Hand-mixed from: salt, garlic, cinnamon, pepper, nutmeg and marjoram.*

- 1/4 cup jar (net 1.2 oz.) #28536 \$ 3.99
- 1/2 cup jar (net 2.8 oz.) #28552 \$ 6.75
- 4 oz. bag #28549 \$ 5.15
- 8 oz. bag #28581 \$ 8.99
- 1 lb. bag #28510 \$ 16.60

Turkish Seasoning

A traditional and delicious blend for seasoning meats from kabobs to roasts, lamb to beef to chicken. For a tasty vegetable dip, mix 2 tsp. Turkish Seasoning and 1-2 tsp. honey in 1 cup yogurt. *Hand-mixed from: salt, garlic, cumin, Tellicherry black pepper, Turkish oregano, sweet paprika, sumac, cayenne red pepper and cilantro.*

- 1/4 cup jar (net 1.1 oz.) #23836 \$ 4.25
- 1/2 cup jar (net 2.2 oz.) #23852 \$ 7.29
- 3/4 cup bag (net 3.3 oz.) #23842 \$ 8.99
- 1 1/2 cup bag (net 6.6 oz.) #23884 \$ 13.49

Turmeric

What makes mustard yellow? Turmeric. From India.

- 1/4 cup jar (net .9 oz.) #48332 \$ 3.09
- 1/2 cup jar (net 1.9 oz.) #48358 \$ 5.09
- 3/4 cup bag (net 2.9 oz.) #48348 \$ 6.29
- 1 1/2 cup bag (net 5.7 oz.) #48380 \$ 9.49
- 3 cup bag (net 11.4 oz.) #48319 \$ 14.29

Tuscan Sunset **SALT FREE**

Salt-free Italian-style seasoning. Perfect for veggies and pasta, salads, tomato sauce, chicken and fish. The rich sweet flavor of basil and oregano with the added zest of garlic, bell pepper and black pepper. Round it off with a touch of fennel, and who needs salt? Perfect for every vegetable, from asparagus to zucchini. We especially love it sprinkled on fresh tomatoes, corn on the cob, snap peas and green beans. Also makes a great salad dressing for green salads and hearty veggies on the grill, and use it to marinate fish fillets, lean pork, and boneless/skinless chicken as well! *Hand-mixed from: basil, oregano, red bell pepper, garlic, thyme, fennel, black pepper and anise.*

To make oil & vinegar salad dressing: Cover 1 TB. Tuscan Sunset Seasoning with 1 TB. water, let stand a few minutes. Add ⅓ cup olive oil and ¼ cup balsamic vinegar, stir. Add 1-2 tsp. prepared Dijon-style mustard, if desired—it helps vinegar and oil dressings stay together.

To make creamy salad dressing: Mix 1 tsp. Tuscan Sunset Seasoning, ¼ cup mayonnaise, and ¼ cup buttermilk, divide between 2 salads.

- 1/4 cup jar (net .5 oz.) #16539 \$ 3.55
- 1/2 cup jar (net 1.0 oz.) #16555 \$ 6.09
- 4 oz. bag #16542 \$ 11.39

Venison Sausage Seasoning

Also for summer sausage. *Hand-mixed from: salt, black pepper, nutmeg, coriander, paprika and red pepper.*

- 1/4 cup jar (net 1.5 oz.) #28631 \$ 3.55
- 1/2 cup jar (net 3.1 oz.) #28657 \$ 5.95
- 4 oz. bag #28644 \$ 3.65

Wasabi

Adds bright heat and zesty flavor to Japanese dishes, especially sushi.

Natural Wasabi

Blend of horseradish, mustard, tapioca starch and wasabi.

- 1/4 cup jar (net .9 oz.) #48637 \$ 3.09
- 1/2 cup jar (net 1.8 oz.) #48653 \$ 4.89
- 4 oz. bag #48640 \$ 8.79

Zatar (Zahtar)

Popular Middle-Eastern tabletop blend. *Hand-mixed from: sumac, thyme, sesame and salt.*

- 1/4 cup jar (net .8 oz.) #23731 \$ 3.89
- 1/2 cup jar (net 1.7 oz.) #23757 \$ 6.49
- 4 oz. bag #23744 \$ 7.99



Grillian



Italian-Style Beef Sandwiches

These sandwiches from Pat Steffen are great for a shower or party, as they can be made the day ahead. Plus, everyone loves them. To read Pat's story, turn to page 40.

- 3-4 lbs. beef roast (eye of round is great for thin slicing)
- 1-2 tsp. salt, to taste
- 1-2 tsp. PENZEYS FRESHLY GROUND PEPPER, to taste
- ½-1 tsp. GRANULATED GARLIC POWDER, to taste
- ½-1 tsp. ONION SALT or POWDER, to taste
- 2 tsp. ITALIAN HERB MIX
- ¼ Cup MINCED WHITE ONION
- ½ tsp. TOASTED ONION POWDER
- ¼ tsp. GROUND CELERY SEED
- ½ Cup (1 stick) butter
- 1 tsp. BEEF SOUP BASE
- 1 onion, chopped

Preheat oven to 350°. Line a large, lidded Dutch oven or casserole dish with foil. Place the pot roast in the pot. In a small bowl, combine the salt, PEPPER, GARLIC, ONION SALT, ITALIAN HERB MIX, MINCED WHITE ONION, TOASTED ONION POWDER and CELERY SEED. Set aside. In a saucepan, melt the butter. Stir in the BEEF SOUP BASE. Pour the butter mix over the pot roast. Sprinkle with the spice mix and turn the roast to coat. Sprinkle with the onion. Cover and cook at 350° for 3½ hours. Refrigerate overnight. The next day, slice the beef thinly across the grain and heat, if desired. Serve on buns with sautéed green peppers. If you want the traditionally brothy, Chicago-style Italian beef, save the drippings in the foil and scrape them into a small pot. Add 1-2 cups of beef stock (1-2 cups water plus ½-1 tsp. BEEF SOUP BASE) and toss in the thinly sliced beef. A sprinkle of crushed red pepper is a nice optional addition. Once it has cooked for 30 minutes or so, serve the beef on the buns topped with a few tablespoons of broth, with extra broth on the side for dunking.

Prep. time: 30 minutes plus overnight resting

Cooking time: 4 hours

Serves: 6-8

Nutritional Information: Servings 6-8; Serving Size 4 oz. beef (191g); Calories 380; Calories from fat 170; Total fat 19g; Cholesterol 120mg; Sodium 740mg; Carbohydrate 6g; Dietary Fiber 1g; Sugars 2g; Protein 43g.

HappyBottoms

Liz Sutherlin & Jeana Van Sickle

Life, Liberty and Diapers!

Let's get right to the bottom of the issue ...

"The moms we serve try to provide for their children, but it isn't easy if you have limited financial resources," says Liz Sutherlin, executive director and community volunteer at HappyBottoms.

Working through partner agencies, the nonprofit provides diapers to needy children in the Kansas City area. Together with her sister-in-law, Pam, and the rest of the staff and volunteers, Liz has worked to increase awareness for this overlooked necessity. Now in a typical month they provide much-needed diapers to more than 1,800 dry and happy children and their very grateful parents.

"I am very fortunate to have had a successful professional career that allows me to do this in my 'second half,'" says Liz. "I loved my previous jobs, but this brings a whole new sense of reward!"

Although many people might think otherwise, diapers are not covered by any safety net program such as WIC or SNAP. Thus families are grateful for something as simple as a diaper to help keep their child clean and healthy. Many of the moms also volunteer their time and help out at the warehouse.

"We really do provide happy bottoms," says Liz.

Jeana Van Sickle, development director for HappyBottoms, is involved in all the fundraising efforts and awareness raising. They have fundraising events throughout the year, such as Attitude with Gratitude Thanks Giving in November and a

Mother's Day diaper drive.

With two young children, 6-year-old Harper and 18-month-old Simon, Jeana has a lot of personal experience with diapers.

"Between my husband Josh and I, we have changed almost 10,000 diapers. So I can definitely see a real need. We all want our children to be happy, healthy and have access to basic needs like education and diapers."

Some people have questioned why HappyBottoms doesn't provide cloth diapers to families. "We don't distribute cloth diapers because homeless and low-income families do not always have access to a washer and dryer," Jeana explains. "You are not allowed to wash dirty cloth diapers at the laundromat, anyway."

When it comes to cooking, for Jeana it's all about being able to spend quality family time around the dinner table.

"I'm a simple type of cook. Quick and healthy is what I like. We try to have something where we can sit down as a family and spend time together," says Jeana.

One of her favorite recipes is a homemade macaroni and cheese (visit penzeys.com for the recipe).

"I've made it for families who are grieving, families who've just had a baby ... And it's my standard for potluck parties because it feeds so many."

Plus, it happens to be her daughter Harper's favorite!

Dietary restrictions have caused Liz to adjust the cooking she does for her family, but there's no shortage of love involved.

"Most nights it is just the three



(L-R) Pam, Tess, Jeana with Tess's son Elliot and Liz. The ladies have seen HappyBottoms grow to help so many moms each month.

of us—my hubby, my daughter and me. I think I do a little of everything when it comes to cooking. A few years ago I learned I needed to be gluten-free and so did my son and daughter. That took us to a new level of searching for gluten-free recipes and changing up our old recipes," explains Liz.

Once a week she tries to have her stepson's family over for a big dinner.

"I usually make big batches of homemade meatballs and spaghetti squash noodles plus a huge green salad," she says.

Liz and the rest of the HappyBottoms staff enjoy meals together as well. They are a close-knit group and someone brings in a slow cooker of something good to the building fairly often.

"The team likes cooking and eating, too," Liz says. "We have a get-together of our staff and board each year. Now the number of volunteers is so large we would need a week to cook all the food. By the way, that is a great problem to have!"

—Andy Jankowski

For more information please visit www.happybottoms.org and www.nationaldiaperbanknetwork.org

Roasted Garlic Tomato Sauce with Basil over Spaghetti Squash

It takes a bit of timing, but if you get the sauce going while the squash cooks, everything should be ready at about the same time.

- 2 heads garlic
- 4 TB. olive oil, divided
- 2 spaghetti squash (about 5 lbs. total)
- 1 yellow onion, chopped (about 1 Cup)
- 2 15-oz. cans crushed tomatoes or pureed tomatoes
- ¼-1 tsp. salt, to taste
- ¼-½ tsp. PENZEYS FRESHLY GROUND PEPPER, to taste
- 8-10 fresh basil leaves, chopped or 2 tsp. CALIFORNIA BASIL
- 1 tsp. TUSCAN SUNSET, ITALIAN HERB, PASTA SPRINKLE or FROZEN PIZZA SEASONING, optional

Preheat oven to 350°. Take the garlic heads and cut off the sprout end about ⅓ of the way down the bulb. Place on a large sheet of aluminum foil. Drizzle with 2 tsp. of the olive oil. Wrap tightly in the foil. Roast for about 30 minutes. Let cool. Squeeze the garlic cloves into a bowl, discarding the stem and papery bits, and set aside. Raise the oven temperature to 400° for the spaghetti squash.

Cut the spaghetti squash in half and scrape out the inner pulp and seeds. Add ¼-½ inch of water to a 9x13 baking dish. Place the squash cut-side down in the baking dish. Bake at 400° for 30-40 minutes and test for tenderness with a fork. The squash is done when a fork easily pierces the skin. Remove from the oven and let cool for 5 minutes so the squash can be handled with an oven mitt. Using a fork, scrape long strands of squash "noodles" out into a bowl. Discard the skin.

While the squash bakes, in a deep skillet, heat the remaining olive oil over medium heat. Add the onions and cook, stirring frequently, until translucent, about 5-6 minutes. Add the tomatoes, stir and bring to a simmer. Reduce the heat to low and cook, stirring occasionally, until the sauce thickens slightly, about 20 minutes. Stir in the roasted garlic (plus any dried BASIL or SEASONING) and cook for 20 minutes more (if serving with meatballs, add them with the garlic). Add salt and PEPPER to taste. Add the fresh basil and cook for 2-3 more minutes. Serve over the squash "noodles."

Prep. time: 30 minutes

Cooking time: 40 minutes or so

Serves: 6

Nutritional Information: Servings 6; Serving Size 1 cup squash, ¾ cup sauce (493g); Calories 250; Calories from fat 100; Total fat 12g; Cholesterol 0mg; Sodium 340mg; Carbohydrate 38g; Dietary Fiber 3g; Sugars 1g; Protein 5g.



The warehouse is full of diapers and HappyBottoms is never short of mothers in need of its services.



Homemade Meatballs

To make these meatballs gluten- and dairy-free, substitute almond milk for regular milk and omit the cheese.

- ⅓ Cup milk (if not using bread crumbs, reduce milk to 3 TB.)
- 1 Cup gluten-free bread crumbs, optional
- 1 lb. ground pork
- 1 lb. ground veal
- 1 lb. ground turkey
- ⅓ Cup finely chopped fresh parsley (Liz uses flat leaf)
- 3 eggs, slightly beaten
- 3 cloves garlic, finely chopped (or ¾ tsp. PENZEYS MINCED GARLIC)
- 1¾ tsp. salt
- ½ tsp. PENZEYS FRESHLY GROUND PEPPER
- ½ Cup grated Parmesan cheese

Preheat oven to 400°. In a large bowl, combine the milk and bread crumbs (if using). Add the ground meats, parsley, eggs, garlic, salt, PEPPER and cheese. Mix thoroughly with your hands. Form into 2-inch balls. Place the meatballs on a baking sheet. You may use a rack to keep them above any drained off fat if you prefer. Bake for 15 minutes and check the center of a meatball to ensure they are done. Cook for a few more minutes if needed. Add the meatballs to your favorite sauce and cook over medium-low heat, covered, for 20-30 minutes.

Prep. time: 30 minutes

Cooking time: 35 minutes

Yield: 18

Nutritional Information: Servings 9; Serving Size 2 meatballs (182g); Calories 330; Calories from fat 190; Total fat 21g; Cholesterol 190mg; Sodium 660mg; Carbohydrate 1g; Dietary Fiber 0g; Sugars 0g; Protein 31g.



Vanilla

The rich flavor of pure vanilla is like no other. It just wouldn't be dessert without vanilla. Vanilla Beans from Madagascar and Mexico, where there is a long history of growing vanilla, have wonderful, strong flavor, and are best used in ice cream and custard, beverages and cheesecake, where the liquid in the dish helps extract the flavor of the bean. Given that one whole vanilla bean is usually used per recipe, it is easy to see why Pure Vanilla Extract is the more popular and economical choice—if one can use economical and vanilla in the same sentence. Using 1 teaspoon per dessert, a 4-fluid ounce bottle of extract will yield 24 desserts—more or less anyway, given that most of us add a bigger splash than the recipe calls for. Even our Single Strength Vanilla Extract is 10% stronger than the grocery store variety, and our Double Strength Vanilla will give you twice as much vanilla flavor. Vanilla Sugar is a favorite here at Penzeys, but has also been made and used for years and years by grandmas everywhere. It is made simply by splitting a vanilla bean and placing it in sugar until it becomes rich with vanilla flavor, then removing the bean and using the sugar in baking (replace 1 TB of the regular sugar in the recipe with 1 TB of Vanilla Sugar). We also love tossing Vanilla Sugar with fresh fruit like strawberries—after a few minutes even kids think it is as good as a cookie.

Madagascar Vanilla Beans

Regarded as the world's best, Madagascar beans set the standard for prime vanilla flavor.

3 beans #58430 \$ 9.35
15 beans #58456 \$ 36.89

Mexican Vanilla Beans

Mexican beans, while similar to Madagascar, have a darker flavor that is perfect for vanilla liqueur and coffee drinks.

3 beans #58630 \$ 9.35
15 beans #58656 \$ 36.89

Vanilla Sugar

Wash and cut fruit, leaving slightly damp, then toss with Vanilla Sugar (1-2 TB. per quart of strawberries, for example) and let stand for a few minutes, then serve plain or as a topper for cereal or ice cream. Vanilla Sugar is an old-fashioned mix of real Vanilla Beans aged in pure sugar, that was used in the old days before Vanilla Extract. We've been blending and using Vanilla Sugar in our coffee for a long time, and it tastes great. Vanilla Sugar can be used in baking and candy-making, and is particularly nice where the flavor of the vanilla bean should shine through, such as in ice-cream. Vanilla sugar is also the perfect sprinkle for coffee and hot chocolate. *Madagascar and Mexican Vanilla Beans chopped, mixed and aged with white sugar.*

1/2 cup jar (net 3.4 oz.) #92351 \$ 7.99
1 cup jar (net 6.8 oz.) #92380 \$ 14.69
2 cup jar (net 13.6 oz.) #92322 \$ 28.29

Single-Strength Vanilla

35% alcohol. Pure extract from the highest quality 100% premium Madagascar "Bourbon Islands" vanilla beans. These beans have a rich and complex, smooth, true flavor. The cool-perking process retains the bean's full flavor, along with all of the desirable vanilla side notes. With over 400 flavor components in every high-quality vanilla bean, artificial vanilla (which contains only one-synthetic vanillin) will never come close to matching the wonderful richness of pure vanilla extract. This extract is 10% stronger than the pure vanilla extract sold in supermarkets, and has the great Madagascar flavor. *Ingredients: water, alcohol, sugar and vanilla bean extractives.*

2 fluid ounce bottle #92135 \$ 7.75
4 fluid ounce bottle #92151 \$ 13.99
8 fluid ounce bottle #92180 \$ 24.39
16 fluid ounce bottle #92119 \$ 40.99

Double-Strength Vanilla

35% alcohol. Pure double-strength vanilla extract made from the highest quality Madagascar "Bourbon Islands" vanilla beans. Compared to the single-strength, twice as many beans are used to make each gallon of extract (about 200 beans). "Two-fold" vanilla extract has been the secret ingredient of professional bakers for years. For the amount of vanilla flavor specified in a recipe, use half as much. When used this way, double-strength vanilla makes economic sense, as there is the equivalent of twice as much vanilla per bottle. For unbeatably rich vanilla flavor in baked goods and desserts, use the same amount the recipe calls for. *Ingredients: water, alcohol, sugar and vanilla bean extractives.*

2 fluid ounce bottle #92230 \$ 10.95
4 fluid ounce bottle #92256 \$ 20.55
8 fluid ounce bottle #92285 \$ 35.59
16 fluid ounce bottle #92214 \$ 59.99



Amy & Rita

Grandmothers Beyond Borders

Amy Peterson never envisioned starting a cross-continent charity, but good ideas are often borne of humble intentions.

“The idea for it came during my drive home from work several years back. NPR was on the radio and they were talking about the terrible effect AIDS has had on Uganda. An 80-year-old woman was mentioned. Mary had buried over a dozen of her kids and was now raising 10 little grandchildren at the age of 80,” Amy tells us. “I am a grandma myself and the thought of her doing this without any help—they don’t have Social Security—my heart broke for her. I wanted to help.”

In Uganda, many grandmothers (and grandfathers) are becoming parents again. AIDS has claimed their own children and left behind young orphans. These women and men are raising their grandchildren with all of the love and devotion they gave their children, but without as many resources.

Amy founded Grandmothers Beyond Borders (GBB) as an all-volunteer organization operating in Milwaukee that raises funds for grassroots community programs.

Rita (left) and a few local Ugandan women get ready for Milwaukee’s A Taste of Uganda fundraising dinner.



The micro-lending programs help the grandmothers feed their grandchildren.

“I’ve seen the devastating effects of the AIDS epidemic in Uganda firsthand,” says Amy. “We try to offer a window into the grandmothers’ lives and highlight their courage and resilience.”

With some help from friends and other contacts, a call went out for volunteers to help get the organization off the ground.

“After an initial volunteer meeting, we sat down to figure out how we could help. We didn’t know much about this whole process, but it weighed on our hearts. When my daughter and I visited Uganda, we came to realize there were thousands of ‘Marys.’ I remember seeing a little house with 14 graves behind it,” Amy says.

GBB initially partnered with the Catholic archdiocese near the Ugandan capital of Kampala. Over time, they have become independent and now work directly with the grandmothers themselves to develop their own community programs.

“The things we help fund contribute directly to improving the quality of life for these wonderful grandmas and their grandkids,” Amy explains.

She says it really is about empowering women. Seeing these grandmas start their own businesses and teach their granddaughters how to sew or cook or plant vegetables is humanity-affirming. The food they cultivate and the recipes they pass down to their grandchildren keeps the cycle of cooking with love going. They have so much to offer the world and have become pillars in



Peterson Danish Puff

Simply delicious.

Pastry:

- 1 Cup sifted flour
- ½ Cup (1 stick) butter
- 2 Tb. water

Filling:

- ½ Cup (1 stick) butter
- 1 Cup water
- 1 tsp. PURE ALMOND EXTRACT
- 1 tsp. PURE VANILLA EXTRACT
- 1 Cup sifted flour
- 3 eggs

Preheat oven to 350°. For the pastry, cut the butter into the flour. Sprinkle with water and mix with a fork. Round the dough into a ball. Divide in half and pat each into a long strip (12x3) on an ungreased baking sheet. Chilling for a few minutes helps keep the dough together when you pat it out.

For the filling, melt butter and water and bring to a rolling boil over medium heat. Add the EXTRACTS and remove from heat. Immediately stir in the flour, stirring/whisking vigorously until smooth and thick. When smooth and thick, add the eggs one at a time, beating on low with a hand mixer after each until smooth. Divide the mixture in half and spread evenly over each strip of pastry on the baking sheet. Bake at 350° for 50-60 minutes. The filling will be puffy and golden, but fall a bit while it cools, especially in the center. Let cool a bit and frost each strip with your favorite butter cream or cream cheese frosting. See page 13 for our favorite cream cheese frosting.

Prep. time: 40 minutes
Baking time: 50-60 minutes
Serves: 22-24

Nutritional Information: Servings 24; Serving Size 1 slice (pastry only, no frosting) (36g); Calories 150; Calories from fat 80; Total fat 9g; Cholesterol 50mg; Sodium 80mg; Carbohydrate 13g; Dietary Fiber 0g; Sugars 0g; Protein 3g.

Story continues on page 52

their own communities.

“Every year we meet with the leaders of the programs, the grandmothers, and ask how their lives have changed. One that really sticks out is when they talk about the community gardens they have started. Women from nearby villages walk for miles to these gardens and make friends across tribes and religion.

“Catholic and Muslim becoming friends...” Amy says with a sigh. “The region has seen so much war and devastation. The kindness these courageous women show each other is amazing. We could all learn a lot about life and love from them.”

Rita Luswata-Muwonge is from Uganda and now volunteers her time with GBB as one of the board members. She is the director of the Educational Opportunity Center at UW-Milwaukee, where she educates low-income, first-generation students about college.

One of her biggest roles within GBB is to coordinate the annual fundraiser, A Taste of Uganda, where a group of local women cook an authentic Ugandan meal.

“This is our major fundraiser during the year, held every October. I am



A Ugandan grandmother, now raising her grandchildren by herself.

blessed to work with a wonderful group of Ugandan women from Milwaukee. This makes me think of my grandmother, who always made sure I was well fed. Grandmothers Beyond Borders brought me back to those memories.”

Food is an important part of Ugandan culture.

“It is a tropical region. We have yams, bananas, beans, green vegetables like kale and spinach,” explains Rita. “Spices from India made their way here. We make masalas using a variety of spices. There is also a big Indian influence

from when the railway was built by laborers brought in by the British Empire.”

To understand how AIDS rose to have such a devastating impact in Uganda, it’s important to understand the background of a country that lived through a terrible dictator (Idi Amin) and saw its infrastructure collapse during the wars. AIDS spread especially quickly in areas hit hard by the war and without education on the spread of the disease.

“There was the assumption that if you died of AIDS that meant you were promiscuous, but that is not the case. Women often contracted it from their husbands, who might have had multiple partners or wives, and suffered. Eventually we became aware of the disease and how to prevent it from spreading. But the system broke down completely. Grandmothers were left destitute, without hope. Your family, your neighbor is your security and in the villages with the wars and disease claiming lives, your support



Kachumbari

If vegetables had a party, it would look like this beautiful dish from Rita.

- 1 lime or lemon, juiced
- 1/4 Cup olive oil
- 3 TB. balsamic vinegar
- 1/2 red onion, chopped
- 1 tsp. minced fresh garlic (or 1/2 tsp. PENZEYS MINCED GARLIC)
- 2 TB. minced fresh ginger (or 2-3 tsp. PENZEYS MINCED GINGER)
- 1 small red or green chili pepper, de-seeded and diced
- 1/4 Cup chopped fresh chives (or 2 TB. PENZEYS CHIVES)
- 1/4-1 tsp. salt, to taste
- 1/4-1 tsp. PENZEYS FRESHLY GROUND PEPPER, to taste
- 6 large cabbage leaves, rolled and cut into thin slivers
- 6 small sweet bell peppers, diced
- 1 green bell pepper, cut in thin strips
- 1 medium cucumber, diced

- 1 large ripe avocado, diced
 - 1/2 Cup finely chopped fresh cilantro
 - 2 Cups cherry tomatoes, quartered
 - 1 large carrot, peeled and diced
- Optional:
- 1/2 Cup dried cranberries (or any mixture of dried fruit)
 - 1/2 Cup walnuts, pecans, almonds or a mixture of nuts

In a large serving bowl, whisk together the lime/lemon juice, olive oil and balsamic vinegar. Add the onions, garlic, ginger, chili pepper, chives, salt and pepper. Mix well. Add the remaining ingredients and mix gently. Garnish with any optional ingredients you desire.

Prep. time: 40 minutes
Cooking time: none
Serves: 12

Nutritional Information: Servings 12; Serving Size 1 cup (151g); Calories 100; Calories from fat 70; Total fat 7g; Cholesterol 0mg; Sodium 110mg; Carbohydrate 9g; Dietary Fiber 3g; Sugars 5g; Protein 2g.

system is gone.”

But despite the impact the disease has had on the country and the countless lives lost to it, the women GBB helps have turned their situations around and are making positive impacts.

“That’s what makes the grandmothers such an inspiration. The women are able to run their own businesses. They are honest and have a mission ... they are improving the quality of their lives and for their grandchildren,” says Rita.

While diseases like Ebola garner current headlines, AIDS still lingers.

“For quite a while, the numbers of people with the disease dropped due to the efforts of educators. The problem right now is complacency,” says Rita. “We are back to being irresponsible because ‘you can take medication.’ But Uganda has a great education and prevention program so there is hope.”

And hope is personified in these women. Grandmothers really do make the world a better place one smile, one hug and one meal at a time.

—Andy Jankowski

To learn more about GBB, please visit www.grandmothersbeyond.org

Amy (center) visits with women in Uganda where she listens to the grandmothers explain what they need to support themselves and their grandchildren.



Grandmothers Beyond Borders Taste of Uganda Chicken Curry

A truly wonderful celebration of flavors.

- | | | | |
|-----|--|-------------------|--|
| 2 | lbs. boneless, skinless chicken breasts, cut into bite-sized pieces | 3 | TB. coconut butter or 1 TB. coconut oil (coconut butter is denser and less fatty and sometimes hard to find; it would be by the almond and sunflower butter) |
| 1 | lemon, cut in pieces | 1 | large carrot, diced |
| 1-2 | tsp. salt (recipe calls for 2) | ½ | Cup green peas (fresh or frozen) |
| 2 | TB. minced fresh ginger (or 1 TB. PENZEYS MINCED GINGER) | Spice Mix: | |
| 2 | TB. olive or vegetable oil | ½ | tsp. THYME |
| 3 | medium yellow onions, finely chopped | 1 | TB. SWEET CURRY POWDER |
| 1-2 | garlic cloves, minced or pressed (or ½-1 tsp. PENZEYS MINCED GARLIC) | 1 | tsp. TURMERIC |
| 2 | TB. chopped fresh cilantro | ½ | tsp. GARAM MASALA |
| 1 | tsp. cornstarch | ½ | tsp. GROUND CUMIN |
| 1 | Cup water | ½ | tsp. GROUND BLACK PEPPER |
| 1 | 8-oz. can tomato sauce | ½ | tsp. GROUND WHITE PEPPER |
| 1 | blade fresh lemon grass, gently crushed so it stays in one piece or ½ tsp. LEMON GRASS | ½ | tsp. salt |
| | | ½ | tsp. CAYENNE PEPPER |

Rub the chicken with the lemon pieces. Place the chicken in a large bowl and sprinkle with salt and ginger. Cover and place in the refrigerator for 15-20 minutes. In a small bowl, combine all of the ingredients for the Spice Mix. Stir to combine and set aside.

Preheat oven to 300°. Heat the oil in a skillet over medium-high heat. Add the onions and cook until slightly brown and transparent. Reduce the heat to low and add the garlic and cilantro. Mix the cornstarch with the water and tomato sauce. Add to the skillet along with the Spice Mix. Let simmer for 20 minutes over medium-low heat. Place the chicken in a casserole dish. Add the coconut butter/oil, lemon grass, carrots and peas. Pour the curry sauce over the chicken. Bake at 300° for 30 minutes. Reduce the heat to 250° for another 45 minutes or until the chicken is cooked through and very tender. Serve with boiled potatoes or basmati rice.

Prep. time: 30 minutes

Cooking time: 1 hour 45 minutes

Serves: 6

Nutritional Information: Servings 6; Serving Size 1 cup (250g); Calories 260; Calories from fat 90; Total fat 10g; Cholesterol 75mg; Sodium 810mg; Carbohydrate 11g; Dietary Fiber 3g; Sugars 5g; Protein 30g.

4 JAR BOXES

Baker's Assortment Gift Box

This gift box contains the ingredients any baker will love—the most popular spices for fresh, homemade baked goods.

BOX CONTAINS: China Cinnamon, Natural High Fat Cocoa, Baking Spice, Double Strength Madagascar Pure Vanilla Extract.

#81748 \$38.75

Baking Mini Gift Box

Share the very best with all the bakers who have over the years made your life a little bit sweeter. The Baking Mini also is the gift of confidence that everything you bake will come out tasting its best.

BOX CONTAINS: ¼ cup jar each of our Powdered China Ginger, East Indian Ground Nutmeg, Ground China Cinnamon and our Ceylon Cinnamon. Also includes cards with handy tips for each spice.

#82437 \$15.95

Cheese Seasonings Gift Box

Rich with cheese, spices, poppy and sesame seeds. Delicious mixed with yogurt or mayo for dressing salads and pasta, or as a dip. Also good sprinkled on chicken or fish, steamed vegetables, eggs, baked potatoes or popcorn.

BOX CONTAINS: Salad Elegant, Rocky Mountain Seasoning, Garden Salad, Sicilian Salad.

#85746 \$33.99

Cocoa Lover's Gift Box

This gift contains all the spices needed to make delicious, homemade cocoa. Also perfect for coffee lovers.

BOX CONTAINS: Natural High Fat Cocoa, China Cinnamon, Regular Hot Chocolate Mix, Hot Chocolate Mix with a Hint of Mint.

#80846 \$18.25

Ethnic Milwaukee Gift Box

Easy to use spice mixes based on the rich cultural heritage of Milwaukee.

BOX CONTAINS: Old World Seasoning, Brady Street Cheese Sprinkle, Galena St. Rub, Fox Point Seasoning.

#85546 \$33.99

Extracts Gift Box

We've combined all of our popular extracts into one gift. Perfect for baking or adding flavor to pancake or waffle batter, cake mixes, coffee, tea or hot chocolate. Extracts are really flavorful, and a little goes a long way, so this is a gift that will last.

BOX CONTAINS: Double Strength Vanilla Extract, Almond Extract, Orange Extract, Lemon Extract.

#81843 \$49.99

Grill & Broil Gift Box

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular seasonings for summertime grilling to winter broiling.

BOX CONTAINS: Northwoods Seasoning, BBQ 3000, Galena Street Rib Rub, Jerk Chicken/Fish Seasoning.

#86743 \$30.75

Grill & Broil Mini Gift Box

Our best selling gift box now in an easy to give size. Makes great taste simple. From the lifetime griller to the first time cook this mini is the perfect way to give the gift of delicious flavor.

BOX CONTAINS: ¼ cup jar each of our Cajun Seasoning, BBQ 3000, Galena Street Rub and our 4/5 Special Seasoned Salt. Also includes cards with handy tips for each spice.

#82424 \$15.95

Herb Gift Box

One of our most popular gifts. There is no better or easier way to add flavor to everyday meals than with the use of herbs and herb blends.

BOX CONTAINS: Pasta Sprinkle, Bouquet Garni, Bavarian Rub, Parisien Bonnes Herbes.

#81043 \$20.49

Indian Curry Gift Box

Our most popular curry seasonings, a perfect set for creating Indian cuisine bursting with vibrant spicy flavor.

BOX CONTAINS: Maharajah Curry Powder, Garam Masala (Punjabi Style), Tandoori Seasoning, Balti Seasoning.

#80741 \$45.55

International Salt Free Gift Box

No salt, sugar or MSG. Just fresh and aromatic spices and herbs, all excellent for flavorful fish, chicken and vegetables.

BOX CONTAINS: Mural of Flavor, Bavarian Seasoning, Sunny Spain Seasoning, Tuscan Sunset.

#80646 \$28.49

Kind Heart Gift Box

Spread kindness. Show someone you care with this gift of four versatile seasonings that are all free of salt yet full of flavor.

BOX CONTAINS: 33rd & Galena, Arizona Dreaming, Mural of Flavor, and Penzeys Forward!

#82440 \$14.79

Mill Owner's Gift Box

A thoughtful gift for those who already have a peppermill (or two).

BOX CONTAINS: Tellicherry Black Peppercorns, White Peppercorns, Green Peppercorns, Four Peppercorn Blend.

#81243 \$32.99

Original Mini Gift Box

Penzeys original Mini Gift Box makes giving a gift of great flavor to everyone you love both possible and reasonable. These four universally-appealing spices instantly bring deliciousness.

BOX CONTAINS: ¼ cup jar each of our Penzeys Cinnamon, Penzeys Freshly Ground Pepper, Penzeys Garlic Powder and our salt-free Mural of Flavor Seasoning. Also includes cards with handy tips for each spice.

#82419 \$15.95

Pepper Lover's Gift Box

The Pepper Lover's Gift Box is perfect for the pepper lover in your life.

6" BOX CONTAINS: 6" peppermill, Tellicherry Black Peppercorns, White Peppercorns, Green Peppercorns.

#81148 \$52.45

Salad Lover's Gift Box

Tasty, versatile blends for making fresh, flavorful, homemade salad dressings.

BOX CONTAINS: Italian Vinegar & Oil, Buttermilk Ranch, Green Goddess and Creamy Peppercorn

#85641 \$28.45

Some Like It Hot Gift Box

The perfect gift for that special someone who can never have it hot enough.

BOX CONTAINS: HOT Chili Powder, Spicy 4/5, HOT Curry Powder, Northwoods Fire.

#80941 \$27.35

Taco Seasonings Gift Box

All of our Taco Seasonings in one box. Tacos are so tasty, quick and easy, is it any wonder one of the most popular flavors in America is Mexican?

BOX CONTAINS: Original Taco, Bold Taco, Chicken Taco, Rojo Taco Seasoning.

#81948 \$45.55

Welcome SEASONINGS

BOX CONTAINS: ¼ cup jar each of our Bangkok Blend, Frozen Pizza Seasoning, Cajun Style Seasoning, Ruth Ann's Muskego Ave Seasoning, a Heal the World magnet, a Heal the World dish towel, and handy tip cards.

#82624 \$19.95

Welcome SPICES

BOX CONTAINS: ¼ cup jar each of our French Thyme, Ground Red Chipotle Pepper, Vietnamese Cinnamon, Hungarian Sweet Paprika, a Heal the World magnet, a Love People dish towel, and a set of handy tip cards.

#82611 \$19.95

Do-It-Yourself Gift Box Kit

Here's how easy it is to create a distinct gift for that unique individual: purchase any 4 jars of seasonings separately, order this kit and pack the separately purchased jars at home for that personalized touch.

KIT CONTAINS: 1 box, 1½ oz. of cinnamon sticks, ½ oz. of whole Grenada nutmegs and ½ oz. of select Turkish bay leaves, a brochure with recipes on how to use the cinnamon sticks, nutmeg and bay leaves.

4 jar kit #89744 \$4.55



WELCOME SPICES
#82611 \$19.95



INTERNATIONAL SALT FREE
#80646 \$28.49

GIFT BOXES | 4 JAR



GRILL & BROIL GIFT BOX
#86743 \$30.75



KIND HEART GIFT BOX
#82440 \$14.79

8 JAR BOXES

American Kitchen Gift Boxes

Traditional spice mixes for the modern kitchen, a place where good sense combines with great taste. A gift for the family that's just starting out, for older folks trying to eat more healthy, or even for yourself.

8 JAR BOX CONTAINS: Cajun Seasoning, Fox Point Seasoning, Singapore Seasoning, Buttermilk Ranch Dressing Base, China Ginger Powder, Sweet Curry Powder, Chinese Five Spice, Italian Herb Seasoning.

#85483 \$59.29

Baker's Assortment Gift Box

This gift box contains the ingredients any baker will love—the most popular spices for fresh, homemade baked goods.

BOX CONTAINS: Half cup jars of: Sweet China Cassia Cinnamon, Natural High Fat Cocoa, Double Strength Madagascar Pure Vanilla Extract, Ceylon True Cinnamon, Dutch Blue Poppy Seeds, China Ginger Powder, Minced Lemon Peel. Quarter cup jars of: Powdered Cloves, Ground Cardamom.

#81580 \$69.99

Flavors of Asia Gift Box

Asian cooking in American kitchens has been popular for some time. Whether you are a fledgling Asian cook or an iron chef, this gift box has all the basic tools for a delicious Asian meal at home.

BOX CONTAINS: Garlic, Cilantro, White Pepper, China Ginger Powder, Bangkok Blend, Chinese Five Spice, Singapore Seasoning, Indonesian Saté.

#82282 \$55.85

Grill & Broil Gift Box

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling.

BOX CONTAINS: Northwoods Seasoning, BBQ 3000, Galena Street Rub, Jerk Chicken/Fish Seasoning, Cajun Seasoning, Lemon Pepper, 4/5, Bicentennial Rub.

#86480 \$56.95

Salt Free Grill & Broil Gift Box

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling.

BOX CONTAINS: Sunny Spain, California Seasoned Pepper, Singapore Seasoning, Mural of Flavor, Jerk Chicken/Fish, Black/Red, Tuscan Sunset, Florida Seasoned Pepper.

#86988 \$61.55

Herb Gift Box

One of our most popular gifts. There is no better or easier way to add flavor to everyday meals than with the use of herbs and herb blends.

BOX CONTAINS: Cracked Rosemary, Thyme, Rubbed Sage, French Tarragon, Turkish Oregano, California Basil, Herbes de Provence, Pasta Sprinkle.

#80383 \$36.99

Indian Curry Gift Box

Our most popular curry seasonings, a perfect set for creating Indian cuisine bursting with vibrant spicy flavor.

BOX CONTAINS: Sweet Curry Powder, Hot Curry Powder, Maharajah Curry Powder, Tandoori Seasoning, Rogan Josh, Balti Seasoning, Garam Masala (Punjabi Style), Vindaloo Seasoning.

#80488 \$75.95

International Salt Free Gift Box

No salt, sugar or MSG. Just fresh and aromatic spices and herbs, all excellent for flavorful fish, chicken and vegetables.

BOX CONTAINS: Mural of Flavor, Bavarian Seasoning, Sunny Spain Seasoning, Tuscan Sunset, Adobo Seasoning, Jerk Chicken/Fish, Pasta Sprinkle, Regular Chili Powder.

#82387 \$55.85

Kind Heart 8 Jar Seasonings

Blends are the easiest way to add flavor to foods—simply sprinkle and enjoy!

BOX CONTAINS: Brady Street, Taco Seasoning, Regular Chili Powder, Forward!, Cinnamon Sugar, Sandwich Sprinkle, Pasta Sprinkle, Chip & Dip, Heal the World dish towel, Kind Heart lapel pin, Kind Heart refrigerator magnet.

#82529 \$39.95

Kind Heart 8 Jar Spices

Fresh, vibrant, versatile spices that will bring a burst of life to everything you cook.

BOX CONTAINS: Turkish Oregano, Penzeys Cinnamon, Dill Weed, Smoked Spanish Paprika, California Basil, Granulated Garlic, China Powdered Ginger, Freshly Ground Pepper, Heal the World dish towel, Kind Heart lapel pin, Kind Heart refrigerator magnet.

#82516 \$34.95

Salad Lover's Gift Box

Tasty, versatile blends for making fresh, flavorful, homemade salad dressings. At Penzeys, we use freshly ground, top quality spices, giving superior flavor. If you can't decide which dressing base to try, this might even be a good gift for yourself.

BOX CONTAINS: Italian Vinegar & Oil, Buttermilk Ranch, Creamy Peppercorn, Green Goddess, Country French Vinaigrette, Garden Salad, Sandwich Sprinkle, Salad Elegant.

#85188 \$59.25

Some Like It Hot Gift Box

The perfect gift for that special someone who can never have it hot enough.

BOX CONTAINS: HOT Chili Powder, Spicy 4/5, HOT Curry Powder, Northwoods Fire, Vindaloo Seasoning, Ground Chipotle Pepper, Crushed Indian Style Red Pepper, Galena Street Rub.

#85388 \$56.95

Steak Seasonings Gift Box

America's love affair with steak is alive and well. These seasonings are blended using robust spices and coarser grinds to stand up to your favorite steak.

BOX CONTAINS: Cajun Seasoning, Chicago Steak Seasoning, English Prime Rib Rub, Bicentennial Rub, Singapore Seasoning, Northwoods Seasoning, Mignonette Pepper, Saté Seasoning.

#86680 \$64.95

Taste Of Mexico Gift Box

A great blend of fragrant herbs and spices—vital for authentic and flavorful Mexican cooking.

BOX CONTAINS: Epazote, Ground Ancho Chili Pepper, Ground Cumin, Mexican Oregano, Cilantro, Ground Chipotle Pepper, Adobo Seasoning, Ceylon Cinnamon.

#81685 \$51.29

Do-It-Yourself Gift Box Kit

Here's how easy it is to create a distinct gift for that unique individual: purchase any 8 jars of seasonings separately, order this kit and pack the separately purchased jars at home for that personalized touch.

KIT CONTAINS: 1 box, 1½ oz. of cinnamon sticks, ½ oz. of whole Grenada nutmegs and ½ oz. of select Turkish bay leaves, a brochure with recipes on how to use the cinnamon sticks, nutmeg and bay leaves.

8 jar kit #89881 \$5.35



Mail order item only (catalog or online), not available in stores.

STEAK SEASONINGS GIFT BOX
 #86680 \$64.95



KIND HEART 8 JAR SEASONINGS GIFT BOX
 #82529 \$39.95



GIFT BOXES | 8 JAR

HERB GIFT BOX
 #80383 \$36.99



SALT FREE GRILL & BROIL
 #86988 \$61.55



GIFTS THAT SAY SO MUCH

GIFTS THAT SAY SO MUCH

Baker's Gift Crate

From apple bread to blueberry pie to cookies, this gift fits the bill for every baking recipe. Our Baker's Crate has it all—it might even be the perfect addition to your own kitchen or a thoughtful wedding gift.

BOX CONTAINS: Vietnamese Cassia Cinnamon, Ceylon Cinnamon, Cinnamon Sugar, Baking Spice, Ground Cloves, Ground Ginger, Minced Lemon Peel, Dutch Blue Poppy Seed, Mulling Spices, Ground Allspice, Ground West Indies Nutmeg, Ground Cardamom, Ground Anise, Cream of Tartar, Vanilla Sugar, Dutch Cocoa, Natural Cocoa, Madagascar "Bourbon Islands" Vanilla Beans, Pure Vanilla Extract, Pure Almond Extract.

#83539 **\$169.95**

Cooking Gift Box

There's no better way to show someone you care than by cooking for them—or by giving them our new Cooking Gift Box. Cheery and bright, it's full of delicious spices and seasonings for every style of cooking. Also included are a colorful Kind Heart pin, our new "Love People. Cook them tasty food" dish towel, and a 24-page booklet full of stories and recipes. It's a great gift and a great way to share the happiness Cooking brings to your life with everyone on your gift-giving list.

BOX CONTAINS: 1/2 Cup jar of Penzeys Cinnamon, 1/2 Cup jar of Mural of Flavor Salt Free Seasoning, 1/4 cup jar of Penzeys Minced Garlic, 1/4 cup jar of Pasta Sprinkle, 2 oz. bottle of Penzeys Pure Vanilla Extract, a Kind Heart Pin, a "Love People. Cook Them Tasty Food" dish towel and a 24-page booklet of stories and recipes.

#83021 **\$37.95**

Grill & Broil Gift Crate

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. These bestselling boxes combine our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling. Perfect for all cuts of beef, pork, chicken and seafood, just rub on to taste, starting with 1 tsp. per pound.

BOX CONTAINS: BBQ 3000, 4/5, Mural of Flavor, Cajun Seasoning, Galena Street Rub, Bicentennial Rub, Singapore Seasoning, Jerk Chicken/Fish Seasoning, Northwoods Seasoning, Lemon-Pepper, Saté Seasoning, Pork Chop Seasoning, Trinidad Lemon Garlic Marinade, Black & Red Spice, Florida Seasoned Pepper, Southwest Seasoning, Bavarian Rub.

#85838 **\$128.79**

Hot Chocolate Gift Set

Our Hot Chocolate Set comes in a charming snowflake covered box with both our regular and mint Penzeys Hot Chocolate Mix, plus two Penzeys Kind Heart mugs.

GIFT SET CONTAINS: One 2-cup jar Regular Hot Chocolate mix, One 2-cup jar Hot Chocolate mix with a Hint of Mint and 2 Penzeys Kind Heart Mugs.

#87737 **\$37.59**

Pasta & Salad Seasonings

Everyone wants to eat healthy, but no one wants to feel deprived. With this crate, you can have the best of both worlds—delicious, flavorful food that won't take a toll on your waistline.

BOX CONTAINS: Creamy Peppercorn Dressing Base, Buttermilk Ranch Dressing Base, Parisien Bonnes Herbes, Garden Salad Seasoning, Brady Street Cheese Sprinkle, Sicilian Salad Seasoning, Greek Seasoning, Country French Vinaigrette Dressing Base, Salsa Salad Seasoning, Green Goddess Dressing Base, Rocky Mountain Salad Seasoning, Salad Elegant, Sweet California Basil, Italian Herb Mix, Turkish Oregano, Coarse Grind Tellicherry Black Pepper, Italian Vinegar and Oil, Granulated Garlic, Sandwich Sprinkle, Pasta Sprinkle.

#87337 **\$152.75**

The Spice Replacement

There are certain times in life when a person needs to completely replace their selection of spices and seasonings—whatever the reason, this is a wonderful assortment of the spices commonly called for in recipes. This gift also includes popular, versatile and traditional blends to round out your spice cupboard.

BOX CONTAINS: Old World Seasoning, Brady Street, Galena Street Rib Rub, Fox Point Seasoning, Tellicherry Black Peppercorns, Four Peppercorn Blend, Granulated Garlic, Medium Hot Chili Powder, Italian Herb Mix, Cake Spice, Sweet Curry Powder, Hungarian Sweet Paprika, Cayenne Pepper, China Cassia Cinnamon, Sunny Spain Seasoning, Taco Seasoning, 6" Peppermill, 6" Salt shaker.

#86172 **\$157.89**

Teacher's Gift Box

Let the teachers in your life know how much you appreciate them. At Penzeys we believe that education is the future of everything, so we put together this gift box as a way of showing our admiration and gratitude for everything teachers do.

BOX CONTAINS: 1/4 Cup jar of Smoked Spanish-Style Paprika, 1/2 Cup jar of Penzeys Forward! Salt Free Seasoning, a Teachers Care bumper sticker, a Teach! pin, and a 24-page booklet of stories and recipes.

#83018 **\$9.95**

Two Hearts Gift Crate

All dressed up and ready to go—this crate looks so great it doesn't even need wrapping. Plus, it has everything the happy couple could need to create wonderful meals and memories.

BOX CONTAINS: Black & Red, Regular Chili Powder, Herbes de Provence, Italian Herb Mix, Pasta Sprinkle, Poultry Seasoning, Hot Chocolate Mix, Lemon Pepper, Taco Seasoning, Chip & Dip Seasoning, Sandwich Sprinkle, 4/5 Seasoned Salt, Dill Weed, Parsley, China Cinnamon, Granulated Garlic, Hungarian Sweet Paprika, 8" Peppermill with Tellicherry Peppercorns, 8" Salt shaker, Double Strength Vanilla, Four Peppercorn Blend, Spanish Coupe Saffron and wedding charms.

#87537 **\$204.99**

Wedding 9 Jar

Help the happy couple cook up some memories. **BOX CONTAINS:** 1/4 cup jar each of English Prime Rib Rub, Mural of Flavor, Smoked Spanish Paprika, Ruth Ann's Muskego Ave, Sandwich Sprinkle, Thyme, Penzeys Cinnamon, 1/2 cup jar each of Cajun Seasoning, and Penzeys Frozen Pizza Seasoning, a Heal the World magnet, a Heal the World dish towel.

#88839 **\$39.95**

Wedding 15 Jar

All you need is love (a little spice never hurts). **BOX CONTAINS:** 1/4 cup jar each of Sandwich Sprinkle, Mural of Flavor, Smoked Spanish Paprika, Turkish Oregano, Penzeys Roasted Garlic, Arizona Dreaming, Forward!, Northwoods, Penzeys Frozen Pizza Seasoning, Cajun, Ruth Ann's Muskego Ave, Fox Point, 1/2 cup jar each of Penzeys Cinnamon and Penzeys Freshly Ground Pepper, a 2-ounce bottle of Double Strength Vanilla and a Heal the World magnet.

#88868 **\$69.95**

Wedding Crate

The perfect gift for making tasty meals and lasting memories in the kitchen.

BOX CONTAINS: 1/4 cup jar each of Sandwich Sprinkle, Mural of Flavor, Smoked Spanish Paprika, Turkish Oregano, Penzeys Roasted Garlic, Arizona Dreaming, Forward!, Northwoods, Penzeys Cinnamon, Ruth Ann's Muskego Ave Seasoning, Granulated Garlic, Sweet Curry, Galena St., Turkish Seasoning, Thyme, English Prime Rib Rub, California Basil, Tuscan Sunset, Singapore Seasoning, Fox Point, 1/2 cup jar each of Penzeys Frozen Pizza Seasoning, Cajun, Penzeys Freshly Ground Pepper, Regular Chili Powder and Original Taco Seasoning, a 2-ounce bottle of Double Strength Vanilla, a 6-inch peppermill in dark finish, a 6-inch salt shaker in dark finish, a Heal the World magnet and a Heal the World dish towel.

#88871 **\$149.95**

Penzeys Mug

A friendly way to share the values of love and cooking. Dishwasher safe! 12 fl. oz.

#94047 **\$8.50**

Heal the World Mug

Our new purple mug is just the perfect size, and it looks really happy sitting on a table or desk. Dishwasher safe! 12 fl. oz.

#94049 **\$8.50**

Heal the World Towel

As warm and soft as the Love it comes from. Actual size of towel is 28" by 28."

#88121 **\$7.95**

*\$6.95 each with the purchase of any gift box.

Love People Dish Towel

... Says it all. Actual size of towel is 20" by 28."

#88118 **\$5.95**

*\$4.95 each with the purchase of any gift box.

Heal the World Magnet

#78008 **\$3.95**

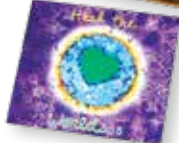


HEAL THE WORLD MUG
#94049 \$ 8.50

WEDDING CRATE
#88871 \$149.95



COOKING GIFT BOX
#83021 \$37.95



WEDDING 15 Jar
#88868 \$69.95

WEDDING 9 Jar
#88839 \$39.95





Heather couldn't be more proud of her boys, Jordan (left) and Austin (right). She's thrilled that they've both become great cooks!



Spicy Sausage Pasta

An easy, one-skillet meal that will delight the whole family.

- | | |
|--|--|
| 1 TB. olive oil | ½ Cup heavy cream |
| 1 lb. smoked sausage, sliced (we used kielbasa, smoked polish sausage) | 8 oz. uncooked penne pasta |
| 1½ Cups diced onion (2 medium) | ½ tsp. salt |
| 2 garlic cloves, minced (or ½ tsp. PENZEYS MINCED GARLIC) | ½ tsp. PENZEYS FRESHLY GROUND PEPPER |
| 2 Cups chicken broth (or 2 Cups water mixed with 1 tsp. CHICKEN SOUP BASE) | 1 Cup shredded Monterey Jack cheese |
| 1 10-oz. can mild Ro-Tel (diced tomatoes with green chilies) | ⅓ Cup thinly sliced green onions (1 bunch, ends removed) |

In an oven-safe skillet, heat the olive oil over medium-high heat until very hot. Add the sausage and onions and cook until lightly browned, about 4 minutes, stirring regularly. Add the garlic and cook about 30 seconds. Add the broth, Ro-Tel, cream, pasta, salt and PEPPER. Stir. Bring to a boil, cover and reduce heat to medium-low. Simmer until the pasta is tender and most liquid is absorbed, about 15 minutes. Remove from the heat and stir in half of the cheese. Top with the remaining cheese and sprinkle with the green onions. Place under the broiler for a few minutes until the cheese is melted, browned and bubbly.

Prep. time: 15 minutes
Cooking time: 25 minutes
Serves: 6-8

Nutritional Information: Servings 7; Serving Size 1 generous cup (282g); Calories 440; Calories from fat 230; Total fat 26g; Cholesterol 85mg; Sodium 1270mg; Carbohydrate 33g; Dietary Fiber 1g; Sugars 4g; Protein 19g.

dinner table together is invaluable.

“We take our time when we eat, because we have all that talking and all that laughing and all that fun and catching up. Which is why I think it’s important that we try to all eat together. You don’t get those conversations in the drive-through.

“I have lots of good memories with food,” says Heather. “My mom always had homemade snacks for us when we got home from school whether it was cookies or cinnamon rolls. We always had a full meal at dinner time. The table was always set by us kids and we all sat down together. Eating and cooking were such a big part of growing up in my family.

“To this day when my mom invites us to dinner, it’s still that whole four-course meal and dessert. She still hasn’t lost that love of cooking good stuff for her family, and she’s such a good cook.”

Heather recalls a recent family gathering at her house, when she did all the cooking.

“I had worked so hard to make something nice and my mom said to everyone at dinner, ‘The one thing Heather is so much better at than me is cooking.’ I thought, that’s so not true, but thanks for thinking that and encouraging me. It was such a special moment for me.”

As they prepare to celebrate Mother’s Day, Heather reflects on the past two decades.

“It makes me so proud to know that all the tough times, all the sacrifices have really been worth something.

“So many people come up to me and tell me how awesome my boys are, and how nice they are, and how smart and amazing they are, and that makes a single parent feel so good, because you are so worried as a single person that you’re never going to be enough. It’s not the same as if you had two people doing that job, so that’s such a huge compliment.”

–Traci Parker

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One for a Better Road

In many ways Penzeys Spices is what it is because of a long line of great moms. I'm sure the line goes back well before my time, but just the ones I've seen, my mother Ruth and her mom, my grandmother Eva, my sister Pam, and now my wife Jeri are all amazing people. And certainly love is very much at the heart of who each one of them is or was but what really amazes me is their perception. On my best days I see what is happening and react to it. All these women don't just see what's happening, they see why it is happening. They don't just react to problems, they act to heal the causes that are setting those problems in motion.

So much progress has been made in so many fields, but all too often in cooking, at least in the media, it is still angry males with over-sized egos covering up unresolved personal issues that get the label of great cook. From where I sit that is not even a possibility. Cooking is perception, cooking is love, cooking is healing. You don't have to be a great mom to be a great cook, but you do have to have their skills.

I know at times through the examples of the cooks we feature it must seem that we are asking a lot of you. Really we are just doing our best to showcase cooks whose lives make the values of cooking something everyone can see. In reality I think that for big chunks of our lives the very best and most valuable volunteering we can do is right in our own homes.

Our twin boys are going to be 5 this summer. They, too, are amazing. A big part of why is because of the time we've been able to spend with them. And it's not just Jeri and me. Jeri's mom Ethel and my mom Ruth are there for them pretty much every day, and with us most every dinner. The difference they make in all our lives is huge.

But if you get to the point where you are not so needed at home, the Grandmothers Beyond Borders on page 51 certainly are inspiring. They are superheroes. Their story shows that sometimes the best volunteering you can do is on the opposite side of the planet. It also shows the things that work around the world truly are the very same things that work around your kitchen table. Perception, love and healing really are the answer everywhere. Don't let anyone tell you otherwise.

Heal the World,

Bill

bill@penzeys.com



My Uncle Tom's Shish Kabob Marinade

Amy Peterson of Grandmothers Beyond Borders shares the story behind this great marinade: "My grandmother had three sons, including my dad. When her two older sons and their children came home to visit, we often set up croquet in my grandmother's backyard. Over the years when I was growing up, we went to visit my Uncle Tom in Ann Arbor, Michigan. He would set up the croquet set in his really beautiful yard, adjacent to an urban forest, and we would play and have a cookout. This recipe was one that the men of the family adopted and used during our family visits. After enjoying a game of croquet and eating the shish kabob, my dad and his brothers always sat in lawn chairs, smoking cigars and catching up."

- 1/2 Cup honey
- 1/3 Cup reduced sodium soy sauce
- 1/4 Cup dry sherry
- 1 tsp. POWDERED GINGER
- 2 cloves garlic, quartered (or 1/2 tsp. PENZEYS MINCED GARLIC)
- 1/4 tsp. PENZEYS FRESHLY GROUND PEPPER
- 1 tsp. lemon juice
- 3 TB. oil

In a medium bowl, combine all of the ingredients. Mix well. Pour into a 9x13 pan or a large zip-top bag. Add 2 lbs. or so of your favorite chunks of meat/poultry/seafood and stir to coat. Cover and marinate all day or overnight in the refrigerator (if using shrimp, marinate for a few hours), stirring/turning occasionally. Remove the meat from the marinade, discard the marinade, thread on skewers with your favorite vegetables. Grill over medium-high to high heat, a few minutes per side for beef/lamb, a bit longer for chicken/seafood, until browned and veggies are tender.

Prep. time: 5 minutes for the marinade, 20 minutes for skewer threading
Marinating time: a few hours to overnight

Serves: 10

Nutritional Information for marinade only: Servings 10; Serving Size 2 TB. (41g); Calories 110; Calories from fat 40; Total fat 4.5g; Cholesterol 0mg; Sodium 320mg; Carbohydrate 17g; Dietary Fiber 0g; Sugars 15g; Protein 1g.

Penzeys Spices

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Wedding 15 Jar

BOX CONTAINS: 1/4 cup jar each of Sandwich Sprinkle, Mural of Flavor, Smoked Spanish Paprika, Turkish Oregano, Penzeys Roasted Garlic, Arizona Dreaming, Fox Point, Forward!, Northwoods, Penzeys Frozen Pizza Seasoning, Cajun, Ruth Ann's Muskego Ave Seasoning, 1/2 cup jar each of Penzeys Cinnamon, and Penzeys Freshly Ground Pepper, a 2-ounce bottle of Double Strength Vanilla and a Heal the World magnet.

#88868 \$69.95



Wedding Crate

All dressed up and ready to go—this crate looks so great it doesn't even need wrapping. Plus, it has everything the happy couple could need to create wonderful meals and memories.

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#88871 \$149.95



Wedding 9 Jar

BOX CONTAINS: 1/4 cup jar each of English Prime Rib Rub, Mural of Flavor, Smoked Spanish Paprika, Ruth Ann's Muskego Ave, Sandwich Sprinkle, French Thyme, Penzeys Cinnamon, 1/2 cup jar each of Cajun Seasoning and Penzeys Frozen Pizza Seasoning, a Heal the World magnet, a Heal the World dish towel.

#88839 \$39.95

