MIM’S BROWN BREAD • THE PERFECT MASH • CURRIED CARROT SOUP • PEAR ALMOND TART

LOVE PEOPLE. COOK THEM TASTY FOOD
FALL 2015

Ireland
To: Equality
From: Love

AND MEET OUR NEW CURRY

NEW!

Penzeys Curry
The new Curry
Penzeys Spices

SALTED CARAMEL SQUARES

SHEPHERD’S PIE
Meet Penzeys Curry

The Now Curry

Penzeys Curry
Penzeys Curry—for everything you’re making right Now! Bright, fresh and gingery, perfect for all your curry needs. Penzeys Curry combines fabulous curry flavor with our bright, fresh, vibrant ginger and garlic bits. A touch more cumin, a little less turmeric. Not hot, just a bit of zip.

1/4 cup jar (net .8 oz.) #12931 $3.95
1/2 cup jar (net 1.9 oz.) #12957 $6.95
3/4 cup bag (net 2.9 oz.) #12944 $8.69
1.5 cup bag (net 5.8 oz.) #12986 $12.99
This last May 22nd the people of Ireland did something awesome: they became the first country ever to approve marriage equality by popular election. Early on the outcome was uncertain. But as the campaigns unfolded it became clear that there was no argument against equality that could sway an undecided voter to choose discrimination, at least among the Irish people. By election night as vote totals started to come in, it was clear Equality had won in a landslide. The celebration began.

The cause of that celebration, marriage equality by popular vote, would all by itself be a great theme for a Penzeys Spices Catalog. Anytime the people who make up the majority demand equal rights for those outside the majority it’s absolutely a triumph of the values at the heart of cooking. But what I found when I arrived three weeks later with my daughter Teddi for the last stop of our seven-country trip, was that the Irish people don’t just have marriage equality figured out. In their robust love and compassion, the people of Ireland have found the recipe for how to solve pretty much all the problems our world faces today. It’s this outgoing love around which we’ve tried to build this catalog. I hope you like it.

And thank you for all the responses to our email calling for Irish cooks. In the emails we received were enough great cooks to fill a year’s worth of catalogs. There was one I’m sure I read but can’t find in my inbox at the moment that didn’t recommend a cook, but simply shared the thought, “Isn’t it something that a country that suffered so much for so many centuries is now the one country the whole world is looking to, to lead us into the 21st century?” Yes, exactly, thank you. Somehow through all they’ve faced, the Irish people have arrived at a point where their humanity can’t be stopped. So cool.

If you haven’t signed up on our emailing list, now’s the time. With our emails there are additional coupons but there are also more great stories and recipes as well. With more great Irish cooks than we could fit here, look for another awesome and lively bunch to arrive in your inbox a couple weeks down the road.

And new Penzeys Curry—the Now Curry. For centuries Curry has pretty much been Curry, because there has not been much reason for change. But now there’s a reason. Through the ages Curry Powder was always used with fresh Garlic and fresh Ginger when possible, because the fresh was so much better than the dried. Now, with how remarkable our Ginger and Garlic have become in the last couple years, the day has finally come to bring them all together. Penzeys Curry is pretty tasty. Great for traditional curries, but equally at home on a turkey burger, in a chicken salad sandwich or mixed with the butter/oil for popcorn. Give it a try.

Thanks for reading,
**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 chilli 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 ¼ -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 $3.95
1/2 cup jar (net 2.5 oz.)  #10153 $6.95
3/4 cup bag (net 3.8 oz.) #10143 $8.69
1 1/2 cup bag (net 7.5 oz.) #10185 $12.99

**Ajiwain Seed**

Ajiwain (or Ajojan) is traditional to many Indian and Pakistani dishes. From Pakistan.

1/4 cup jar (net .8 oz.)  #50139 $3.45
1/2 cup jar (net 1.9 oz.)  #50155 $5.95
3/4 cup bag (net 2.9 oz.) #50145 $7.49

**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 6.5 oz.) #50234 $2.95
1/2 cup jar (net 1.5 oz.)  #50250 $4.95
3/4 cup bag (net 2.3 oz.) #50240 $6.29
1 1/2 cup bag (net 4.6 oz.) #50282 $9.49

Ground Honduran Allspice

1/4 cup jar (net 1.0 oz.)  #40231 $3.45
1/2 cup jar (net 2.0 oz.)  #40257 $5.95
3/4 cup bag (net 3.0 oz.) #40247 $7.49

**Anise Seeds**

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

Whole Spanish Anise Seeds

1/4 cup jar (net 9.0 oz.) #50339 $3.45
1/2 cup jar (net 2.2 oz.)  #50355 $5.95
3/4 cup bag (net 3.3 oz.) #50345 $7.49

Cracked Spanish Anise Seeds

1/4 cup jar (net 1.1 oz.)  #40431 $3.45
1/2 cup jar (net 2.2 oz.)  #40457 $5.95
3/4 cup bag (net 3.3 oz.) #40447 $7.49

Ground Spanish Anise Seeds

1/4 cup jar (net .9 oz.)  #40336 $3.45
1/2 cup jar (net 2.2 oz.)  #40352 $5.95
3/4 cup bag (net 3.3 oz.) #40342 $7.49

**Anatto 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.)  #50553 $5.49
3/4 cup bag (net 4.2 oz.) #50545 $6.99

**Apple Pie Spice**

Use 1-2 tsp. for an 8-inch apple pie. Great for muffins, use ½ tsp. per cup of batter. For sugar cookies, add 1-2 tsp. per batch. Sprinkle on traditional 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.)  #10322 $3.95
1/2 cup jar (net 2.2 oz.)  #10328 $6.95
3/4 cup bag (net 3.3 oz.) #10248 $8.69

**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 huevo, 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, jalapeno, cocoa and natural smoke flavoring.

1/4 cup jar (net .9 oz.)  #15837 $3.95
1/2 cup jar (net 2.1 oz.)  #15853 $6.95
3/4 cup bag (net 3.2 oz.) #15843 $8.69
1 1/2 cup bag (net 6.4 oz.) #15885 $12.99

**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 stirring sauces. 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 $2.95
1/2 cup jar (net 2.5 oz.)  #40552 $4.95
3/4 cup bag (net 3.8 oz.) #40542 $6.29
1 1/2 cup bag (net 7.6 oz.) #40584 $9.49
3 cup bag (net 15.2 oz.) #40513 $14.29

**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 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 $3.95
1/2 cup jar (net 1.7 oz.)  #11750 $6.95
3/4 cup bag (net 2.6 oz.) #11740 $8.69
Bangkok Blend **SALT FREE**
For flavorful Thai-style cooking. Nice for seasoned noodles. 
Hand-mixed from: paprika, garlic, ginger, black pepper, galangal, hot peppers, lemon grass, basil and cilantro.

1/4 cup jar (net 1.0 oz.) #10337 $4.45
1/2 cup jar (net 2.4 oz.) #10353 $7.95
3/4 cup bag (net 3.6 oz.) #10343 $9.99

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, citrus acid, garlic powder, ginger, sage, thyme, white pepper, cinnamon and natural smoke flavor.

1/4 cup jar (net 1.2 oz.) #20235 $3.95
1/2 cup jar (net 2.5 oz.) #20251 $7.75
3/4 cup bag (net 3.8 oz.) #20241 $9.69
1 1/2 cup bag (net 7.6 oz.) #20283 $14.49

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 delicious blends 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. BBQ 3001. 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 1.0 oz.) #22239 $4.45
1/2 cup jar (net 2.3 oz.) #22255 $7.95
3/4 cup bag (net 3.5 oz.) #22245 $9.99
1 1/2 cup bag (net 7.0 oz.) #22287 $14.99

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 slow cocooned pork and 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 $4.45
1/2 cup jar (net 2.5 oz.) #23957 $7.95
3/4 cup bag (net 3.8 oz.) #23947 $9.99
1 1/2 cup bag (net 7.6 oz.) #23989 $14.99

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 $2.45
1/2 cup jar (net .4 oz.) #30159 $3.95
3/4 cup bag (net .6 oz.) #30145 $4.99
1 1/2 cup bag (net 1.2 oz.) #30189 $7.49
3 cup bag (net 2.4 oz.) #30111 $11.29

Broken Leaf Sweet French Basil
Milder than California, sweet anisey flavor
1/4 cup jar (net .2 oz.) #30238 $2.45
1/2 cup jar (net .6 oz.) #30254 $3.95
3/4 cup bag (net .9 oz.) #30240 $4.99
1 1/2 cup bag (net 1.8 oz.) #30284 $7.49

Bavarian-Style Seasoning
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 tbsp. 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 $3.95
1 1/2 cup jar (net 1.5 oz.) #10458 $6.95
3/4 cup bag (net 2.3 oz.) #10448 $8.69
1 1/2 cup bag (net 4.6 oz.) #10480 $12.99

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, savoy, basil, marjoram and rosemary.

1/4 cup jar (net 1.1 oz.) #20530 $3.95
1/2 cup jar (net 2.6 oz.) #20555 $6.95
3/4 cup bag (net 3.9 oz.) #20546 $8.69
1 1/2 cup bag (net 7.8 oz.) #20588 $12.99

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.) #32123 $2.95
1/2 cup jar (net .6 oz.) #32153 $4.95
3/4 cup bag (net .9 oz.) #32143 $6.29

Red Bell Pepper Flakes 3/8” Cut Californian
1/4 cup jar (net .5 oz.) #32322 $2.95
1/2 cup jar (net .9 oz.) #32258 $4.95
3/4 cup bag (net 1.4 oz.) #32248 $6.29

Red & Green Bell Pepper Flakes 3/8” Cut Californian
1/4 cup jar (net .4 oz.) #32337 $2.95
1/2 cup jar (net .8 oz.) #32353 $4.95
3/4 cup bag (net 1.2 oz.) #32343 $6.29

Berbere Seasoning
**SALT FREE**
Awesomely hot and spicy East African-style hot pepper blend. No salt, mild paprika, just a lot of Cayenne Red Pepper blended with the rich flavors of fenugreek and cardamom. It’s not just hot, it’s berbere 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 $2.95
1/2 cup jar (net 2.1 oz.) #12852 $4.95
3/4 cup bag (net 3.2 oz.) #12842 $6.29

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, mixed orange peel and coriander.

1/4 cup jar (net 1.3 oz.) #20635 $3.95
1/2 cup jar (net 2.7 oz.) #20651 $6.95
3/4 cup bag (net 4.1 oz.) #20641 $8.69
1 1/2 cup bag (net 8.2 oz.) #20683 $12.99
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 $3.95
1/2 cup jar (net 2.5 oz.) #10553 $6.95
3/4 cup bag (net 3.8 oz.) #10543 $8.69
1 1/2 cup bag (net 7.6 oz.) #10585 $12.99

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 $3.45
1/2 cup jar (net .8 oz.) #10655 $5.95
3/4 cup bag (net 1.2 oz.) #10644 $7.49
1 1/2 cup bag (net 2.4 oz.) #10688 $11.29

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 $2.95
1/2 cup jar (net 3.4 oz.) #28057 $4.95
3/4 cup bag (net 5.1 oz.) #28047 $6.29

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 $2.95
1/2 cup jar (net 3.6 oz.) #28152 $4.95
3/4 cup bag (net 5.4 oz.) #28142 $6.29
1 1/2 cup bag (net 10.8 oz.) #28184 $9.49
3 cup bag (net 21.6 oz.) #28113 $14.24

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 zest. Cajun burgers. Hand-mixed from: paprika, salt, celery, sugar, garlic, black pepper, onion, oregano, red pepper, caraway, dill, turmeric, cumin, bay, mace, cardamon, basil, marjoram, rosemary and thyme.
1/4 cup jar (net .9 oz.) #20835 $3.95
1/2 cup jar (net 2.1 oz.) #20851 $6.95
3/4 cup bag (net 3.2 oz.) #20841 $8.69
1 1/2 cup bag (net 6.4 oz.) #20883 $12.99

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
3/4 cup bag (net 2.9 oz.) #10848 $8.69

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
3/4 cup bag (net 3.5 oz.) #10943 $9.99
1 1/2 cup bag (net 7.0 oz.) #10985 $14.99

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 $2.95
1/2 cup jar (net 2.1 oz.) #51057 $4.79
3/4 cup bag (net 3.2 oz.) #51047 $5.99
1 1/2 cup bag (net 6.4 oz.) #51089 $8.99
3 cup bag (net 12.8 oz.) #51018 $13.49

Ground Dutch Caraway Seed
1/4 cup jar (net 0.8 oz.) #41038 $2.95
1/2 cup jar (net 1.8 oz.) #41054 $4.79
3/4 cup bag (net 2.7 oz.) #41044 $5.99

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 for five years or more. Whole and ground cardamom are used in spice mixes, as well as in confectionery products. 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 for five years or more. Whole and ground cardamom are used in spice mixes, as well as in confectionery products.

Ground Indian Celery Seed
1/4 cup jar (net .9 oz.) #11132 $2.95
1/2 cup jar (net 1.9 oz.) #11152 $4.55
3/4 cup bag (net 2.9 oz.) #11142 $5.69
1 1/2 cup bag (net 5.8 oz.) #11184 $8.49

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 $2.95
1/2 cup jar (net 4.6 oz.) #20956 $4.95
3/4 cup bag (net 6.9 oz.) #20946 $6.29
1 1/2 cup bag (net 13.8 oz.) #20988 $9.49
3 cup bag (net 27.6 oz.) #20917 $14.29

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
3/4 cup bag (net 2.9 oz.) #51142 $5.69
1 1/2 cup bag (net 5.8 oz.) #51184 $8.49

Chervil
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
3/4 cup bag (net 2.9 oz.) #51247 $5.99

Charshushka (Nigella Sativa)
Black, smoky seeds also known as black caraway or kalonji. From India.
1/4 cup jar (net 1.0 oz.) #30638 $2.95
1/2 cup jar (net .4 oz.) #30654 $4.95
3/4 cup bag (net .6 oz.) #30640 $6.29

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 $2.95
1/2 cup jar (net .4 oz.) #30654 $4.95
3/4 cup bag (net .6 oz.) #30640 $6.29

Chesapeake Bay Seasoning
Traditional East Coast seafood and meat seasoning. Hand-mixed from: salt, paprika, mustard, aracho, celery, black and red pepper, dill, caraway, allspice, ginger, cardamom, thyme, bay, mace, cinnamon, savoy and cloves.
1/4 cup jar (net 1.2 oz.) #21032 $3.95
1/2 cup jar (net 2.7 oz.) #21058 $6.95
3/4 cup bag (net 4.1 oz.) #21048 $8.89
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 $9.95
3/4 cup bag (net 4.2 oz.) #20746 $12.49
1 1/2 cup bag (net 8.4 oz.) #20786 $18.69

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 $ 7.95
3/4 cup bag (net 3.3 oz.) #27145 $ 9.99

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 $ 4.95
1/2 cup jar (net 3.2 oz.) #27050 $ 8.95
3/4 cup bag (net 4.8 oz.) #27040 $ 11.29

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 $ 4.45
1/2 cup jar (net 2.5 oz.) #27250 $ 7.95
3/4 cup bag (net 3.8 oz.) #27240 $ 9.99

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 $ 4.95
1/2 cup jar (net 3.6 oz.) #29959 $ 8.95
3/4 cup bag (net 5.4 oz.) #29949 $11.29
1 1/2 cup bag (net 10.8 oz.) #29981 $16.99
3 cup bag (net 21.6 oz.) #29910 $25.49

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 $ 4.45
1/2 cup jar (net 3.8 oz.) #26758 $ 7.95
3/4 cup bag (net 5.7 oz.) #26748 $ 9.99
1 1/2 cup bag (net 11.4 oz.) #26780 $14.99

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 $ 4.95
1/2 cup jar (net 2.9 oz.) #27355 $ 8.95
3/4 cup bag (net 4.4 oz.) #27345 $ 11.29

Chinese Five Spice Powder

As America redifnes 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 $ 4.45
1/2 cup jar (net 2.1 oz.) #11055 $ 7.99
3/4 cup bag (net 3.2 oz.) #11045 $ 9.99

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
3/4 cup bag (net .2 oz.) #30745 $ 4.29

Cilantro

Cilantro is one of the main, distinctive flavors in Mexican cooking, especially in salsas, 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 $ 2.45
1/2 cup jar (net .3 oz.) #30854 $ 3.95
3/4 cup bag (net .5 oz.) #30840 $ 4.99
1 1/2 cup bag (net 1.0 oz.) #30864 $ 7.49

See SPICE INDEX on page 61
There’s an old saying in Ireland that goes something like this:

*May the blessings of each day be the blessings you need most.*

Colleen Curran can attest to the value of seeing one’s blessings—big and small—in life.

“I love my life in Ireland because I am connected to the simplicity of life,” she says. “We live on a small farm and I like being in touch with the seasons of farming and the ol’ Irish farmers, they are real characters—always stopping to chat and tell a story. I have embraced living in the countryside in Ireland by keeping busy with my kids, businesses and hobbies, including cooking.”

Colleen is originally from the Chicago suburb of Hinsdale, Illinois, and ended up in Ireland because of “a handsome Irish lad,” she says with a laugh. “I met my husband Thomas in California one fateful summer. He works for Intel and we spent some time in Arizona before moving to Ireland.”

At first the transition was difficult, being so far away from family and friends. Colleen found her way through food.

“Basic Irish food is probably fresher and more flavorful than in the States,” she says. “My mom always cooked big dinners with meat and potatoes and we always were together as a large family at my grandparents’ in Chicago,” she says. “When we moved to Ireland, I took it upon myself to cook food I really enjoy. My family has gluten and dairy intolerances so cooking at home suits me because I can substitute things for dairy or gluten in traditional recipes.

“The Irish are really familiar with celiac and gluten intolerances and most restaurants can cater to a special diet, but with young kids, we prefer to cook at home.”

Colleen and her husband are raising four young children together: 2-year-old twins, Norah and Tadhg, Helena (5) and Phelim (7). “Yes, it is insane and I have nearly lost my mind, but we love them,” she laughs. “It is very busy, but fun. They love to cook and bake with me.”

One of the highlights for Colleen is taking a trip to nearby Sheridan’s Cheesemongers in County Meath.

“They are just up the road. We’ll visit Kevin Sheridan and Fanch (Frank) Ar Moënner, who is the manager of the Meath shop. I love trying the different cheeses, especially the Killeen goat cheese with quince paste—my kids love it as well. They mainly sell wholesale but they have a Saturday market with local producers. It is a super treat and I always stop there to buy some things when guests are coming to visit.”

Colleen especially enjoys the kindness of the Irish people.

“I love how the Irish persevere, stop in for a cup of tea and offer advice and help. The Irish always know what’s going on—many stopped in one by one when I had young babies. I think this is lovely. They are never too busy for a chat.

“One thing they really like to talk about is the weather. To me the weather isn’t a concern—the rain pinches of salt and the rosemary, if using. Bring to a gentle boil and let simmer until fork tender, 15-25 minutes or so, depending on the type of potato and how small you cut them. Drain very well and return to the pot. Let dry a bit. Add the butter, cheese, salt, PEPPER and NUTMEG. Mash with the potato masher of your choosing, adding just enough milk to reach your desired consistency. If you’d like, transfer the potatoes to a broiler-safe casserole dish and broil for a bit for a crispy top.

Prep. time: 15 minutes
Cooking time: 15-25 minutes
Serves: 8

**Nutritional Information:** Servings 8; Serving Size 1 cup (276g);
Calories 330; Calories from fat 160; Total fat 18g; Cholesterol 45mg;
Sodium 210mg; Carbohydrate 38g; Dietary Fiber 4g; Sugars 3g;
Protein 8g.
Gluten-Free Chicago-Style Deep Dish Pizza
Deeply delicious!

Crust:
1 tsp. sugar
2 1/4 tsp. (or 1 pkg.) instant or rapid-rise yeast
1 1/4 Cups water, slightly warm to activate yeast (105°)
3 1/4 Cups gluten-free pizza crust mix (Colleen uses Bob’s Red Mill Gluten-Free Pizza Crust Whole Grain Mix)
1/2 Cup fine yellow cornmeal (Colleen uses Bob’s Red Mill Organic) 1 1/2 tsp. salt
6 TB. butter, melted (Colleen uses unsalted)

Sauce:
2 TB. olive oil
1 28-oz. can crushed tomatoes
1 tsp. sugar
Crust:
2 1/2 oz. grated Parmesan cheese
1 pkg. gluten-free sweet Italian sausage, removed from casings and pan-fried until fully cooked (optional—you could also use veggies or pepperoni)
1/2 oz. grated Parmesan cheese

For the crust: In a small bowl, combine the sugar, yeast and warm water and let sit for about 5 minutes until it thickens on top and activating. In the bowl of a stand mixer fitted with a dough hook, combine the pizza crust mix, cornmeal and salt. Mix on low speed until incorporated, about 1 minute. Add the water/yeast mixture and the melted butter and mix on low until fully combined, 1-2 minutes, scraping the sides and bottom of the bowl occasionally. Increase the speed to medium and knead until a smooth ball forms and pulls away from the sides of the bowl, about 3-4 minutes. You may need to add a little more water here; you want the dough to form into a ball. Using an oiled spatula, transfer the dough to a clean bowl. Rub a small amount of olive oil on the dough. Cover tightly with plastic wrap. Let rise at room temperature for about 45-60 minutes. Note: This dough isn’t going to rise as much as a flour-based dough; the yeast will help it rise some and give it the characteristic flavor, so don’t worry if your dough doesn’t double in size.

For the sauce: While the dough rises, heat the butter in a medium saucepan over medium heat until melted. Add the onion, OREGANO/FROZEN PIZZA SEASONING salt, to taste.
2 garlic cloves, minced
1 28-oz. can crushed tomatoes
1/4 tsp. sugar
2 TB. coarsely chopped fresh basil (or 2 tsp. CALIFORNIA BASIL)
1 TB. olive oil
PENZEYS PEPPER, to taste

Toppings:
1 lb. mozzarella cheese, sliced 1/4-inch thick
1 pkg. gluten-free sweet Italian sausage, removed from casings and pan-fried until fully cooked (optional—you could also use veggies or pepperoni)
1/2 oz. grated Parmesan cheese

Preheat oven to 425°. For each pizza, layer the cheese slices evenly over the surface of the dough—this is very important because with deep dish pizza you do not want the sauce to sit right on the dough as it will ruin the texture of the dough before baking. Layer the cooked sausage or veggies of choice on top of the cheese. Spread 1/4 cups of tomato sauce over the cheese and sausage. Sprinkle with Parmesan and bake at 425° until the crust is golden brown, about 20-30 minutes. Remove from the oven and let rest 10 minutes before slicing and serving. It will be a bit “saucy” when it first comes out of the oven, but it firms up as it cools a bit.

Nutritional Information: Servings 16; Serving Size 1 slice (189g); Calories 400; Calories from fat 14%; Total fat 16g; Cholesterol 35mg; Sodium 930mg; Carbohydrate 54g; Dietary Fiber 5g; Sugars 3g; Protein 16g.

Colleen explains, “I wanted my ancestors’ dwellings to come to life. I created my business because of an interest in knowing more about people and how they live, what they eat and to celebrate life.”

“I am not an active farmer so my day is usually not heavy and it doesn’t usually last too long—but then again, I am not an active farmer so my day is not diverted by weather.”

Speaking of farming, it was research into her Irish ancestors—they were flax farmers—that inspired her to create her own business, Dwelling Society. The social media website aggregates and preserves information that relates to dwellings—the backdrop to people’s lives, the places where they live, work and play.

I find slowing down to hang clothes gives me time to ponder, to think of the people that I love. . . almost like a meditation.

“I’ve made genuine and lifelong friends. Living in Ireland is wonderful. It is the land of the saints and scholars. I find the people curious and interesting, and I love curious and interesting people!”

—Andy Jankowski
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 dundicutt 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.

**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 $2.55
- 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 zestier 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
- 3/4 cup bag (net 3.2 oz.) #41844 $6.99
- 1 1/2 cup bag (net 6.4 oz.) #41886 $10.49
- 3 cup bag (net 12.8 oz.) #41815 $15.69

**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 mole 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 $4.95
- 1/2 cup jar (net .9 oz.) #51752 $8.95
- 3/4 cup bag (net 1.4 oz.) #51742 $11.29

**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
- 3/4 cup bag (net 3.6 oz.) #41444 $12.49
- 1 1/2 cup bag (net 6.4 oz.) #41486 $18.69

**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 $14.39
- 8 oz. bag #51486 $27.85
- 1 lb. bag #51415 $54.30
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**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 $2.95
    - 1/2 cup jar (net 1.3 oz.) 41959 $4.95
    - 3/4 cup bag (net 2.0 oz.) 41949 $6.29
    - 1 1/2 cup bag (net 4.0 oz.) 41981 $9.49

- **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
    - 3/4 cup bag (net 2.1 oz.) 42146 $6.49
    - 1 1/2 cup bag (net 4.2 oz.) 42188 $9.69

**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 $2.25
    - 4 oz. bag 52946 $5.95
    - 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 $2.95
    - 1/2 cup jar (net .7 oz.) 41559 $4.95
    - 3/4 cup bag (net 1.1 oz.) 41549 $6.29

**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.

- **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.

- **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

**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 $2.95
    - 1/2 cup jar (net 1.3 oz.) 41959 $4.95
    - 3/4 cup bag (net 2.0 oz.) 41949 $6.29
    - 1 1/2 cup bag (net 4.0 oz.) 41981 $9.49

- **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
    - 3/4 cup bag (net 2.1 oz.) 42146 $6.49
    - 1 1/2 cup bag (net 4.2 oz.) 42188 $9.69

**Dundicut Peppers**
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- **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**
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- **6,000 heat units**
  - Whole Guajillo Pepper
    - 1 oz. bag 52962 $2.25
    - 4 oz. bag 52946 $5.95
    - 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 $2.95
    - 1/2 cup jar (net .7 oz.) 41559 $4.95
    - 3/4 cup bag (net 1.1 oz.) 41549 $6.29
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 3.6 oz.) #11140  $8.49
1 1/2 cup bag (net 7.5 oz.) #11128  $12.69
3 cup bag (net 14.4 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

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 bag (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  $14.49

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 pepper, 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 1.8 oz.) #11439  $3.99
1/2 cup jar (net 3.2 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
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 1.2 oz.) #11921  $4.45
1/2 cup jar (net 2.4 oz.) #11992  $7.65
3/4 cup bag (net 3 oz.) #12007  $14.15
2 cup bag (net 8.8 oz.) #42222  $26.90

Cayenne Chili Powder  SALT FREE
We added this popular chili powder to our line for those who like their chili very hot. From red pepper, cumin, Mexican oregano, and chili powder. Chili pepper consists of dried chili pods. Hand-mixed from Ancho chili pepper, red pepper, cumin, crushed red pepper, garlic and Mexican oregano.
1/4 cup jar (net 1.1 oz.) #11287  $3.45
1/2 cup jar (net 2.4 oz.) #11288  $6.85
3/4 cup bag (net 3.6 oz.) #11289  $8.49
1 1/2 cup bag (net 7.2 oz.) #11290  $12.69

Cayenne Pepper  SALT FREE
The chile 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 Cayenne Pepper 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 1.2 oz.) #11921  $4.45
1/2 cup jar (net 2.4 oz.) #11992  $7.65
3/4 cup bag (net 3 oz.) #12007  $14.15
2 cup bag (net 8.8 oz.) #42222  $26.90

Crumbled 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  $2.95
1/2 cup jar (net 1.5 oz.) #11655  $4.95
3/4 cup bag (net 2.3 oz.) #11645  $6.29

Cream of Tartar  SALT FREE
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  $3.45
1/2 cup jar (net 3.6 oz.) #42651  $5.95
3/4 cup bag (net 5.4 oz.) #42641  $7.49
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 $ 2.95
1/2 cup jar (net 2.1 oz.) #52759 $ 4.95
3/4 cup bag (net 3.2 oz.) #52749 $ 6.29
1 1/2 cup salad (net 6.4 oz.) #52781 $ 9.49
3 cup bag (net 12.8 oz.) #52710 $14.29
Ground 40 Mesh Indian Cumin Seeds

1/4 cup jar (net .9 oz.) #42750 $3.45
1/2 cup jar (net 2.2 oz.) #42766 $5.95
3/4 cup bag (net 3.3 oz.) #42746 $7.49
1 1/2 cup bag (net 6.6 oz.) #42768 $11.29
3 cup bag (net 13.2 oz.) #42717 $16.99

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 $3.95
1/2 cup jar (net 2.3 oz.) #21458 $6.95
3/4 cup bag (net 3.5 oz.) #21448 $8.69
1 1/2 cup bag (net 7.0 oz.) #21480 $12.99
3 cup bag (net 14.0 oz.) #21419 $19.49

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
3/4 cup bag (net 2.7 oz.) #52844 $5.99

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.) #45032 $2.85
1/2 cup jar (net 1.9 oz.) #45056 $4.55
3/4 cup bag (net 2.9 oz.) #45048 $5.69
1 1/2 cup bag (net 5.8 oz.) #54080 $8.49
3 cup bag (net 11.6 oz.) #54019 $12.69
Ground Indian Fennel Seeds

1/4 cup jar (net .8 oz.) #44039 $2.95
1/2 cup jar (net 1.9 oz.) #44055 $4.95
3/4 cup bag (net 2.9 oz.) #44045 $6.29

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
3/4 cup bag (net 4.5 oz.) #44140 $7.99

Fines Herbes

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

1/4 cup jar (net .2 oz.) #13033 $2.95
1/2 cup jar (net .4 oz.) #13059 $4.95
3/4 cup bag (net .6 oz.) #13045 $6.29
1 1/2 cup jar (net 1.2 oz.) #13089 $9.49

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
3/4 cup bag (net 1.1 oz.) #31047 $6.99
1 1/2 cup bag (net 2.2 oz.) #31081 $10.49

Florida Seasoned Pepper

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 $4.45
1/2 cup jar (net 2.6 oz.) #13154 $7.95
3/4 cup bag (net 3.9 oz.) #13144 $9.99
1 1/2 cup bag (net 7.8 oz.) #13186 $14.99

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 $2.95
1/2 cup jar (net .7 oz.) #30959 $4.95
3/4 cup bag (net 1.1 oz.) #30945 $6.29
1 1/2 cup bag (net 2.2 oz.) #30989 $9.49

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

1/4 cup jar (net .9 oz.) #42730 $3.45
1/2 cup jar (net 2.2 oz.) #42756 $5.95
3/4 cup bag (net 3.3 oz.) #42746 $7.49
1 1/2 cup bag (net 6.6 oz.) #42768 $11.29
3 cup bag (net 13.2 oz.) #42717 $16.99

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.) #42230 $2.95
1/2 cup jar (net 2.1 oz.) #42256 $4.95
3/4 cup bag (net 3.2 oz.) #42346 $6.29
1 1/2 cup bag (net 6.4 oz.) #42388 $9.49
3 cup bag (net 12.8 oz.) #42317 $14.29

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 1.0 oz.) #42435 $2.95
1/2 cup jar (net 2.1 oz.) #42451 $4.95
3/4 cup bag (net 3.2 oz.) #42441 $6.29
1 1/2 cup bag (net 6.4 oz.) #42483 $9.49
3 cup bag (net 12.8 oz.) #42412 $14.29

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 $3.95
2 cup jar (net 13.4 oz.) #15729 $9.95
1 lb. stand up bag (net 16.0 oz.) #15716 $10.55

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 1/2 cup coffee with 1/2 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 $3.45
2 cup jar (net 13.4 oz.) #15624 $8.95
1 lb. stand up bag (net 16.0 oz.) #15611 $9.45
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 $ 2.95
1/2 cup jar (net 1.7 oz.) #43153 $ 4.40
3/4 cup bag (net 2.6 oz.) #43143 $ 5.49
1 1/2 cup bag (net 5.2 oz.) #43185 $ 8.29
3 cup bag (net 10.4 oz.) #43114 $12.49

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 tossed with raisins.

1/4 cup jar (net 1.0) #43032 $ 3.45
1/2 cup jar (net 2.2) #43058 $ 5.95
3/4 cup bag (net 3.3 oz.) #43048 $ 7.49
1 1/2 cup bag (net 6.6 oz.) #43080 $11.29
3 cup bag (net 13.2 oz.) #43019 $16.99

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 cinnamon, ground, from Sri Lanka.

1/4 cup jar (net 7.0 oz.) #43432 $ 4.45
1/2 cup jar (net 1.6 oz.) #43458 $ 7.95
3/4 cup bag (net 2.4 oz.) #43448 $ 9.99
1 1/2 cup bag (net 4.8 oz.) #43480 $14.99
3 cup bag (net 9.6 oz.) #43419 $22.49

Vietnamese Cinnamon
Vietnamese cinnamon is the strongest, richest, and sweetest cinnamon around. For traditional cinnamon recipes such as gooey 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 7.0 oz.) #43232 $ 3.95
1/2 cup jar (net 1.7 oz.) #43258 $ 6.95
3/4 cup bag (net 2.6 oz.) #43248 $ 8.69
1 1/2 cup bag (net 5.2 oz.) #43280 $12.99
3 cup bag (net 10.4 oz.) #43219 $19.49

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 $ 2.95
4 oz. bag #53448 $ 4.95
8 oz. bag #53480 $ 9.49
1 lb. bag #53419 $ 14.80

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 #53169 $ 2.49
4 oz. bag #53143 $ 4.95
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 $ 2.95
4 oz. bag #43845 $ 6.95
8 oz. bag #43887 $12.65
1 lb. bag #43816 $ 24.10

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 $ 3.95
1/2 cup jar (net 3.8 oz.) #11855 $ 6.95
3/4 cup bag (net 5.7 oz.) #11845 $ 8.69
1 1/2 cup bag (net 11.4 oz.) #11887 $12.99
3 cup bag (net 22.8 oz.) #11816 $19.49

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Bernie Weeks

Bernie Weeks knows that you can go home again—and it’s all the better if you take your friends and make new ones, too.

It’s better yet if you coddle them a bit.

The coddle part is a bit of a pun. Coddle is comfort food—potatoes and onions, pork sausages and rashers—and it’s become Bernie’s specialty on those trips back home to Ireland.

“Well, the story is this,” declares Bernie, now of Alexandria, Virginia. “Here we are almost 30 years later, still singing, still renting more and more houses as our group has expanded, along with our waistlines. We graduated from a tiny pot to one that holds gallons.

“It is such a big pot that we have pictures of me inside the same pot being held up by all the lads,” she says. “And pictures of me standing on a kitchen chair in order to reach into the pot to stir the coddle.”

They borrow the pot from Patrick Sexton, owner of O’Connor’s pub in Doolin in County Clare.

“I’m an Irish traditional singer. Doolin, it’s a tiny little place, right

Story continues on page 16

Pear Mad Almond Tart
The prettiest tart in town.

- 2 9-inch pie crusts (see below for our favorite recipe)
- 1 8-oz. can almond paste (available in the baking aisle)
- 5 Cups peeled, sliced pears (about 7 medium pears)
- ¼ cup sugar

Preheat oven to 375°. Pat the bottom crust into a 9-inch pie plate. Flatten/roll the almond paste into a circle and place in the bottom of the pie plate. Note: if you’ve never used almond paste we found it quite easy to roll into a big enough circle that it went all the way up the sides! It is also very strongly flavored, so if you’ve never used it you might want to start with half the package, which would still easily roll out into a circle to cover the bottom of the crust. In a bowl, combine the pears, sugar, flour, CINNAMON, NUTMEG and lemon juice. Stir to combine. Spoon into the pie crust. Top with the second pie crust. Brush the top with the egg and sprinkle with the almonds and sugar or VANILLA SUGAR. Bake at 375° for 55 minutes.

Crust for 2 9-inch pies or 1 double crust pie:

- 1 ½ sticks butter (¼ cup)
- 1 ½ Cups flour
- 1 tsp. sugar
- ½ tsp. salt
- 3-5 TB. milk

To prepare the crust, cut the butter into small pieces; it doesn’t have to be cold, but it should not be warm to the point of melting. Add the flour, salt, and sugar to the butter and rub by hand to combine. Switch to a spoon and add the milk in a thin stream, mixing until it just holds together. You may not need all the milk. Form into a disc, cover in plastic wrap and chill for half an hour. Sprinkle table and top of dough with flour, roll gently from the center to the edges until it is large enough, turning it over a few times so it doesn’t stick. Lift gently into pan, shape edge as desired. Prick the crust all over with a fork. Fill and bake.

If baking before filling, bake at 350° for 10-15 minutes, until lightly browned. Repeat with the second disc of dough.

Nutritional Information: Servings 8; Serving Size 1 slice (268g); Calories 600; Calories from fat 300; Total fat 33g; Cholesterol 85mg; Sodium 350mg; Carbohydrate 71g; Dietary Fiber 6g; Sugars 34g; Protein 9g.
Shepherd’s Pie

Bernie’s Shepherd’s Pie is incredibly versatile. You can make it a Curried Shepherd’s Pie and serve it with your favorite chutney and naan, and you can switch up the vegetables to take advantage of whatever is looking good at the farmers market or in your own garden.

2 lbs. ground meat (beef, lamb or a mixture—vegetarian crumbles/seitan would be great, too)
2 TB. olive oil
2 large onions, chopped
1 large carrot, finely chopped
4 cloves garlic, chopped (or 1 tsp. PENZEYS MINCED GARLIC)
2 TB. Worcestershire sauce
½ Cup red wine (omit if you’re making Curried Shepherd’s Pie)
1 TB. fresh rosemary (or 1 tsp. CRACKED ROSEMARY)
1 tsp. PARSLEY
1 TB. TURKISH OREGANO
2 TB. ketchup
1 1-lb. bag frozen mixed vegetables
4 Cups leftover mashed potatoes (more or less—you need enough to spread a layer fully across your chosen pan; it can be as thick as you’d like) mixed with 1 tsp. PENZEYS CURRY POWDER, if desired (we made one with CURRY for the cover and one without for the inside of the catalog)
½ Cup shredded cheese (Bernie uses a mix of Romano and Parmesan)

Optional:
1 tsp. PENZEYS CURRY POWDER
1 tsp. GARAM MASALA
1 tsp. GROUND CUMIN
½ tsp. CRUSHED RED PEPPER FLAKES

Preheat oven to 350°. Spoon the meat mixture into a lightly greased 9x13 pan. Spoon the mashed potatoes and spread evenly over the meat mixture. Sprinkle with cheese. Bake at 350° for about 20-30 minutes, depending on if the potatoes were warm or cold. If you assembled the whole pie ahead of time and popped it in the fridge it will take 45-60 minutes to fully cook.

Prep. time: 30 minutes
Cooking time: 20-30 minutes
Serves: 9

Nutritional Information: Servings 9; Serving Size 1 slice (318g);
Calories 350; Calories from fat 140; Total fat 16g; Cholesterol 70mg; Sodium 460mg; Carbohydrate 24g; Dietary Fiber 4g; Sugars 5g; Protein 26g.
Bernie’s Doolin Coddle

Bernie claims, “This will cure anything!”

1 lb. bacon, cut into 1-inch pieces (Irish bacon is closest to our Canadian bacon)
1 lb. Irish pork sausages, cut in half (these are a mild white sausage; breakfast Pork links would taste great in this dish if you can’t find Irish sausage)
6 large russet potatoes, cut in half, peel as desired
1 cup chopped celery (2 ribs)
1 cup chopped onion (1 medium onion)
1 cup sliced carrot (2-3 carrots)
1 tsp. THYME
1 tsp. PARSLEY
1/4-1 tsp. salt, to taste
1/4-1 tsp. PENZEYS PEPPER, to taste
1-2 tsp. CHICKEN or VEGETABLE SOUP BASE

In a large stock pot, combine all of the ingredients. Add just enough water to cover everything—start with 4 cups. Bring to a boil and then reduce heat to a simmer for 45 minutes or until the potatoes start falling apart. If you’d prefer a thicker coddle, use a big fork to mash some of the potatoes against the side of the pot.

Prep. time: 20 minutes
Cooking time: 45 minutes
Serves: 9

Nutritional Information: Servings 9; Serving Size 2 cups (380g); Calories 380; Calories from fat 110; Total fat 12g; Cholesterol 60mg; Sodium 930mg; Carbohydrate 48g; Dietary Fiber 4g; Sugars 4g; Protein 21g.
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.) $1.95
1/2 cup jar (net 1.9 oz.) $3.95
3/4 cup bag (net 3.6 oz.) $7.95
1 1/2 cup bag (net 7.0 oz.) $12.99

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.) $2.29
1/2 cup jar (net 4.0 oz.) $4.45
1 cup jar (net 8.0 oz.) $5.59

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 frostings. 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 $4.95
4 fluid ounce bottle #93158 $8.95
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 $4.95
4 fluid ounce bottle #93253 $8.95
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 $4.95
4 fluid ounce bottle #93358 $8.95
8 fluid ounce bottle #93387 $16.99
16 fluid ounce bottle #93316 $30.99

VANILLA EXTRACT ON PAGE 50.

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 .7 oz.) $2.53
1/2 cup jar (net 1.6 oz.) $5.45
1 cup jar (net 3.2 oz.) $10.85
2 cup jar (net 6.4 oz.) $21.52
4 cup jar (net 12.8 oz.) $42.24

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 $4.45
1/2 cup jar (net 2.4 oz.) #13259 $7.95
3/4 cup bag (net 3.6 oz.) #13249 $9.99

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 breadcrumb pork chops and chicken breasts.

Hand-mixed from: fennel, Turkish oregano, California basil and garlic.

1/4 cup jar (net 3.0 oz.) #16634 $2.95
1/2 cup jar (net 6.0 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
- 3/4 cup bag (net 2.4 oz.) #44245 $ 9.69

**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 2.3 oz.) #16050 $ 6.85
- 3/4 cup bag (net 3.5 oz.) #16040 $ 8.49

**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. Add a little more halfway through cooking. 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 $ 2.95
- 1/2 cup jar (net 3.2 oz.) #21658 $ 4.95
- 3/4 cup bag (net 4.8 oz.) #21649 $ 6.29
- 1 1/2 cup bag (net 9.6 oz.) #21680 $ 9.49
- 3 cup bag (net 19.2 oz.) #21619 $ 14.29

**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.) #44339 $ 3.45
- 1/2 cup jar (net 2.9 oz.) #44455 $ 5.95
- 3/4 cup bag (net 4.4 oz.) #44445 $ 7.49
- 1 1/2 cup bag (net 8.8 oz.) #44487 $ 11.29
- 3 cup bag (net 17.6 oz.) #44416 $ 16.99

**Minced Garlic**
- 1/4 cup jar (net 1.2 oz.) #44534 $ 3.95
- 1/2 cup jar (net 2.6 oz.) #44550 $ 6.95
- 3/4 cup bag (net 3.9 oz.) #44540 $ 8.69
- 1 1/2 cup bag (net 7.8 oz.) #44582 $ 12.99
- 3 cup bag (net 15.6 oz.) #44511 $ 19.49

**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 1/2 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 375º for 10 minutes.
- 1/4 cup jar (net .4 oz.) #44334 $ 2.45
- 1/2 cup jar (net 1.0 oz.) #44350 $ 3.95
- 1 cup jar (net 1.8 oz.) #44389 $ 5.69
- 2 cup jar (net 3.8 oz.) #44321 $ 10.15

**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 $ 2.95
- 1/2 cup jar (net 3.3 oz.) #21858 $ 4.95
- 3/4 cup bag (net 5 oz.) #21848 $ 6.29
- 1 1/5 cup bag (net 10 oz.) #21880 $ 9.49
- 3 cup bag (net 20 oz.) #21819 $ 14.29

**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, 1/2 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 $ 3.95
- 1/2 cup jar (net 2.3 oz.) #21953 $ 6.95
- 3/4 cup bag (net 3.5 oz.) #21943 $ 8.69
- 1 1/2 cup bag (net 7.0 oz.) #21985 $ 12.99
- 3 cup bag (net 14.0 oz.) #21914 $ 19.49

**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
- 3/4 cup bag (net 2.6 oz.) #31146 $ 6.99

**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
- 3/4 cup bag (net 4.1 oz.) #43943 $ 8.69
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.)  #12635  $9.95
1/2 cup jar (net 2.3 oz.)  #12652  $17.95
1 cup jar (net 4.5 oz.)  #12681  $29.95

Penzeys Curry  **SALT FREE**

Penzeys Curry—for everything you’re making right now! Bright, fresh and gingery, perfect for all your curry needs. Penzeys Curry combines fabulous curry flavor with our bright, fresh, vibrant ginger and garlic bits. A touch more cumin, a little less turmeric. Hot not, just a bit of zip. Great for traditional curries, and so much more! Try on chicken wings, saté on the grill, potato salad, fried rice. SO GOOD! **Hand-mixed from:** turmeric, coriander, cumin, garlic, black pepper, fenugreek, cinnamon, fennel, nutmeg, white pepper, cayenne red pepper, cilantro, cloves, cardamom and ginger.

1/4 cup jar (net 0.8 oz.)  #12931  $5.95
1/2 cup jar (net 1.9 oz.)  #12957  $6.95
3/4 cup bag (net 2.9 oz.)  #12944  $8.69
1 1/2 cup bag (net 5.8 oz.)  #12986  $12.99

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  $4.45
1/2 cup jar (net 2.5 oz.)  #12757  $7.95
3/4 cup bag (net 3.8 oz.)  #12747  $9.99

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 Punjabni 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  $4.45
1/2 cup jar (net 2.1 oz.)  #12452  $7.95
3/4 cup bag (net 3.2 oz.)  #12442  $9.99
1 1/2 cup bag (net 6.4 oz.)  #12484  $14.99

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.)  #12232  $4.45
1/2 cup jar (net 2.4 oz.)  #12258  $7.95
3/4 cup bag (net 3.6 oz.)  #12248  $9.99

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  $3.95
1/2 cup jar (net 2.2 oz.)  #12052  $6.95
3/4 cup bag (net 3.3 oz.)  #12042  $8.69
1 1/2 cup bag (net 6.6 oz.)  #12084  $12.99

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  $4.95
1/2 cup jar (net 2.2 oz.)  #12157  $8.95
3/4 cup bag (net 3.3 oz.)  #12147  $11.29

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 11/2 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  $7.95
3/4 cup bag (net 3.3 oz.)  #12547  $9.99
Rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking.
Farming is in her blood. The lessons Christina Keane of Williamstown, County Galway, Ireland, learned as a child growing up on the farm remain a large part of who she is.

“I was raised in a small farming village in the ’50s and ’60s,” she says. “I was the oldest of five children and grew up with a great knowledge of farming. On the farm, we had milk-producing cows and were able to churn our own butter from the cream we would skim from the top of the milk. After the butter formed on top we would remove it and put it in a special bowl where we would beat it. Sometimes, when special visitors were expected we would reshape the butter into decorative swans with a pair of hand-held wooden paddles.”

Self-sufficiency was necessary on the family farm. “We had pigs, sheep and cattle on our small farm. We killed our own meat, usually lambs and pigs. Before refrigeration, the pork was salted and stored in a tea chest. Generally, this would be shared with neighbors and they, in turn, would do the same with theirs. Hens, ducks and geese were in every farmyard—roasted chicken was a favorite Sunday dinner—and our vegetable garden supplied an abundance of potatoes, cabbage, carrots, parsnips, turnips, onions and peas. We picked them fresh from the ground just before cooking.”

Everyone worked hard on the farm in those days. Fields were tilled by horse and cart and for the big jobs like threshing the oats, every man in the village would be helping the man with the thresher.

“We cut our own turf—peat from the bog which was hand cut by a slane. We spread it out to dry, then put it into clamps for later transport by a donkey and cart. The bogs were filled with the scent of the heather that grew in abundance. We would bring sandwiches and bottles of tea for lunch. There was no going home from the bog until a long, hard day’s work was done. This was our fuel for the year,” she says.

“My happiest memories were sitting around a blazing fire in the dark, listening to my grandfather tell us ghost stories and playing cards.

“We also had our own spring well and would fetch the pure water from the well in pails each day. We made bread on an open fire. . . We were taught a love of and respect for the land.”

Someone who loves the land is an apt description of Christina.

“Living in Ireland is wonderful. Its landscape is magical,” she says. “You can see the 40 shades of green that Johnny Cash wrote about, our castles and our lakes and the breathtaking natural beauty. The weather is totally unpredictable—we get lots of rain,

Lamb Curry

If you are fortunate enough to have leftover leg of lamb, make sure to try this curry.

In a medium pan, combine the cooked lamb and vegetable stock. Heat over medium-low for about 10 minutes. While the lamb heats, heat the oil and butter in a large skillet. Add the onion, carrot, mushrooms and pineapple. Stir-fry for about 5 minutes over medium heat. Add the CURRY, GINGER and GARLIC. Stir-fry for another 5 minutes. Remove the lamb from the stock and add to the skillet. Add salt and PEPPER. Add the cream and mix well. Heat for a few minutes. Add the mint leaves and serve.

Prep. time: 15 minutes
Cooking time: 30 minutes
Serves: 8

Nutritional Information: Servings 8; Serving Size 1 cup (198g); Calories 350; Calories from fat 240; Total fat 27g; Cholesterol 105mg; Sodium 140mg; Carbohydrate 8g; Dietary Fiber 1g; Sugars 4g; Protein 19g.
thus our green fields.”

Christina emigrated from home when she was young. She lived in New York, married and had a family. She and her partner Tom raised four children, two of whom live in the U.S. and two in Ireland. “Tom and I always look forward to their visits—and I make sure to get to New York once a year—and welcome the opportunity to entertain our six grandchildren and cook their favorite meals.”

Later in life, she returned home and settled back into life in her rural village. She cared for her dad for several years prior to his passing and is currently caring for her mother. When she is not cooking, Christina restores furniture and runs her own business from her home producing custom wedding invitations.

“We all miss my dad very much. He was blessed with a wonderful sense of humor,” Christina says. “I’m so blessed to have Tom always by my side, offering me help and support.”

An old friend, Diana Goulet, speaks highly of Christina: “She is both a marvelous cook and an outstanding human being . . . spontaneous, fun loving and above all, loving.

“Chris is one of those cooks who can prepare a meal for anyone who shows up, with whatever food she has in the house, and do it all without any preplanning whatsoever. Her meals are delicious and beautifully served. I’ve spent many happy evenings sitting around their turf fire eating some of Chris’s wonderful Irish concoctions, sharing stories of the old days having good craic!”

Christina makes it a point to always make sure people feel welcome. “I love to cook and entertain in my home. The more the merrier! When my family visits they enjoy the aroma in the kitchen of freshly baked bread and homemade soup, especially in the winter. A favorite of ours is a roasted leg of lamb with carrots and potatoes, which come in all shapes and sizes.

“The best option is to buy directly from a local farmer and support the people that grow food with love and lots of hard work. Scrub your vegetables rather than peeling. The goodness is in the skin,” she says. The lessons learned growing up on that rural farm run deep. Christina holds the beauty of the land and kindness of the Irish people close and enjoys sharing stories of the old days on the farm.

“Irish people are storytellers, poets, comedians and great human beings. I am proud to be Irish.”

–Andy Jankowski

Roast Leg of Lamb with Potatoes and Vegetables

A truly delicious meal that is perfect for Sunday dinner.

1 5-7-lb. leg of lamb
1 tsp. GRANULATED GARLIC POWDER
1 tsp. PENZEYS PEPPER
1 tsp. SEA SALT
3 sprigs fresh mint
3 sprigs fresh rosemary
2-3 lbs. new potatoes, cleaned and halved/quartered
1 lb. carrots, cleaned and cut
3 garlic cloves, peeled and slivered, optional
3 small new onions, peeled and quartered, optional
1 Cup vegetable stock (or 1 Cup water mixed with 1⁄2 tsp. VEGETABLE SOUP BASE)
1 TB. ARROWROOT mixed with 3 TB. water

Mint Sauce (prepare 1 day before cooking lamb):
1 1⁄2 Cups (2 handfuls) fresh mint, finely minced
6 TB. boiling water
2 TB. superfine sugar (also known as baking sugar)
pinch salt
6 TB. white wine vinegar

Preheat oven to 180°. Season leg of lamb with GARLIC, PEPPER and SALT. Rub the seasonings into the skin. Place in a roasting pan. Pierce the meat many times with a sharp knife. Fill the slits with fresh mint and rosemary and garlic slivers (if using). Arrange the potatoes, carrots and onions (if using) around the roast. Pour the stock into the roasting pan (not over the meat). Cover with foil and roast at 180° for 1 hour per pound of meat. Remove from the oven. Make gravy by carefully pouring the pan juices into a small saucepan. Heat over medium heat. Stir in the ARROWROOT mixture to thicken. Return the lamb to the oven, uncovered, at 400° for 20 minutes to brown and crisp the skin. Let rest 20 minutes before carving. Serve with mint sauce.

For Mint Sauce: Put the mint in a jar with a lid. Add the water, sugar and salt. Close tightly and shake to combine. Remove the lid and let cool. Add the vinegar and stir. Replace the lid. Refrigerate overnight at least, remove from fridge and bring to room temperature 1 hour before serving the lamb. The sauce never gets really thick or gelled but is very delicious and fresh tasting!

Prep. time: 30 minutes
Cooking time: 1 hour per pound plus 20 minutes browning time
Serves: 8

Nutritional Information: Servings 8; Serving Size (346g); Calories 580; Calories from fat 320; Total fat 35g; Cholesterol 185mg; Sodium 480mg; Carbohydrate 17g; Dietary Fiber 3g; Sugars 6g; Protein 47g.
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).

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Herbes de Provence  SALT FREE
Herbes de Provence combines sweet French herbs and flowery lavender with Italian herbs and fenel. Excellent for roasting chicken or Cornish hens, beef or pork tenderloin, rub on ½ - 1 tsp. per pound. Hand-mixed from: rosemary, cracked fenel, thyme, savory, basil, French tarragon, dill weed, Turkish oregano, lavender, chervil and marjoram.

1/4 cup jar (net 4 oz.) #13338 $ 3.95
1/2 cup jar (net 8 oz.) #13354 $ 6.95
3/4 cup bag (net 1.2 oz.) #13340 $ 8.69
1 1/2 cup bag (net 2.4 oz.) #13384 $12.99
3 cup bag (net 4.8 oz.) #13316 $19.49

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 ½ cup sour cream and ½ 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 3 oz.) #22039 $ 3.99
1/2 cup jar (net 2 oz.) #22055 $ 6.95
3/4 cup bag (net 3 oz.) #22045 $ 8.69

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 oz.) #44950 $ 5.69
3/4 cup bag (net 3 oz.) #44940 $ 6.99

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 ½-3/4 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
3/4 cup bag (net 1.1 oz.) #13445 $ 5.99
1 1/2 cup bag (net 2.2 oz.) #13483 $ 8.99
3 cup bag (net 4.4 oz.) #13411 $13.49

Italian Sausage Seasoning
Spicy, not hot. Great for meatball sandwiches. For Hot Italians: add 1/4 - 1/2 tsp. cracked red pepper and 1 tsp. red wine vinegar per lb. Hand-mixed from: salt, cracked ground fenel, black pepper and sugar.

1/4 cup jar (net 1.6 oz.) #28231 $ 2.95
1/2 cup jar (net 3.7 oz.) #28257 $ 4.95
3/4 cup bag (net 5.6 oz.) #28247 $ 6.29
1 1/2 cup bag (net 11.2 oz.) #28289 $9.49
3 cup bag (net 22.4 oz.) #28282 $14.24

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 $ 3.95
1/2 cup jar (net 2.5 oz.) #13659 $ 7.95
3/4 cup bag (net 3.8 oz.) #13649 $ 9.99
1 1/2 cup bag (net 7.6 oz.) #13681 $14.99

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 $ 3.95
1/2 cup jar (net 2.5 oz.) #13554 $ 7.95
3/4 cup bag (net 3.8 oz.) #13544 $ 9.99

Juniper Berries
Used 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
3/4 cup bag (net 2.0 oz.) #54943 $ 5.69

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
3/4 cup bag (net 2.6 oz.) #55045 $ 8.99

Krabok 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 $ 3.95
1/2 cup jar (net 3.4 oz.) #28457 $ 6.95
3/4 cup bag (net 5.1 oz.) #28447 $ 8.69

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 $ 3.95
1/2 cup jar (net 1.5 oz.) #13754 $ 6.95
3/4 cup bag (net 2.3 oz.) #13744 $ 8.69

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

1/4 cup jar (net .3 oz.) #31235 $ 2.45
1/2 cup jar (net .5 oz.) #31251 $ 3.95
3/4 cup bag (net .8 oz.) #31247 $ 4.99
1 1/2 cup bag (net 1.6 oz.) #31281 $ 7.49
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 1/2 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 $4.45
1/2 cup jar (net 2.0 oz.) #48453 $7.95
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
3/4 cup bag (net 2.9 oz.) #45147 $13.69

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 $2.45
1/2 cup jar (net .4 oz.) #31356 $3.95
3/4 cup bag (net .6 oz.) #31342 $4.99
1 1/2 cup bag (net 1.2 oz.) #31386 $7.49

Mint
Spearmint has a cool mint flavor and is the traditional cooking mint, used in the Middle East for salads, tabbouli 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
4 oz. bag #31648 $3.19

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 aslispce.

1/4 cup jar (net 1.4 oz.) #29838 $4.95
1/2 cup jar (net 3.0 oz.) #29854 $8.95
3/4 cup bag (net 4.5 oz.) #29844 $11.29

Mulling Spices
To make our favorite mulled cider, mix 12 cups of apple juice with 6 cups cranberry juice, add 1/2 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 quart. Must be transferred to a non-metal container while hot.

Mural of Flavor
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 $3.95
1/2 cup jar (net 1.3 oz.) #14056 $6.95
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 1/2 cup regular mustard powder, 1/4 cup vinegar, 1/4 cup cool water, 1/4 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
3/4 cup bag (net 2.9 oz.) #45242 $5.49
1 1/2 cup bag (net 5.8 oz.) #45284 $8.29
3 cup bag (net 11.6 oz.) #45213 $12.49

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
3/4 cup bag (net 2.7 oz.) #45442 $5.49
1 1/2 cup bag (net 5.4 oz.) #45484 $8.29
3 cup bag (net 10.8 oz.) #45413 $12.49

Crushed Brown Canadian Mustard Seeds
1/4 cup jar (net .7 oz.) #45531 $2.75
1/2 cup jar (net 1.9 oz.) #45577 $4.35
3/4 cup bag (net 2.9 oz.) #45547 $5.49

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
3/4 cup bag (net 4.4 oz.) #55340 $5.99
1 1/2 cup bag (net 8.8 oz.) #55382 $8.99
3 cup bag (net 17.6 oz.) #55311 $13.49

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
3/4 cup bag (net 3.8 oz.) #55540 $5.99
1 1/2 cup bag (net 7.6 oz.) #55538 $8.89
3 cup bag (net 15.2 oz.) #55511 $13.49

See SPICE INDEX on page 61

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**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.

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**Penzeys Pepper**

A simple shake brings life to salads, sandwiches, pasta, meat, potatoes, soup and eggs. Delicious every time.

1/4 cup (net 1.0 oz.) #46138 $3.95
1/2 cup (net 2.3 oz.) #46154 $6.95
3/4 cup bag (net 3.5 oz.) #46141 $8.69

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**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 $3.95
1/2 cup jar (net 2.1 oz.) #56852 $6.95
3/4 cup bag (net 3.2 oz.) #56842 $8.69
1 1/2 cup bag (net 6.4 oz.) #56884 $12.99
3 cup bag (net 12.8 oz.) #56813 $19.49

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**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 $3.95
1/2 cup jar (net 2.4 oz.) #56758 $6.95
3/4 cup bag (net 3.6 oz.) #56747 $8.69
1 1/2 cup bag (net 7.2 oz.) #56782 $12.99

**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
3/4 cup bag (net 3.8 oz.) #56242 $8.49

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**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 $3.45
1/2 cup jar (net 2.2 oz.) #56052 $5.95
3/4 cup bag (net 3.3 oz.) #56042 $7.49
1 1/2 cup bag (net 6.6 oz.) #56084 $11.29
3 cup bag (net 13.2 oz.) #56013 $16.99

**Whole Malabar Indian Black Peppercorns**

1/4 cup jar (net 1.1 oz.) #56131 $2.95
1/2 cup jar (net 2.5 oz.) #56157 $4.95
3/4 cup bag (net 3.8 oz.) #56147 $6.29
1 1/2 cup bag (net 7.6 oz.) #56189 $9.49
3 cup bag (net 15.2 oz.) #56118 $14.29

**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 4.0 oz.) #56331 $4.25
1/2 cup jar (net 7.0 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 peppercorns 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 $5.45
1/2 cup jar (net 1.1 oz.) #56452 $9.95
1 cup jar (net 2.2 oz.) #56481 $17.95
2 cup jar (net 4.4 oz.) #56423 $32.95
Mary Margaret Ni Chonghaile (Uí Ghionnàin) of Connemara, Ireland, as her name reads in her corner of the world, says, “My English is not very up to standard compare to ye over there!” So together, Mary Margaret and her cousin, Amy Zastrow, of Madison, Wisconsin, bring you her story.

Amy tells us, “A few years ago, my husband and I connected with his Irish grandmother and grandfather, both from the wild, wild west of Connemara. We fell in love with the people and the land,” she says. “Soon we bought an old family homestead, with a clear view of the Atlantic, where we visit and eat quite frequently with his family. The best of those who cook is Mary Margaret!”

Imagine taking the coastal road to the Gaeltacht region of Ireland. Connemara, which means Land of the Sea, is on the far west side of Ireland. To get to Mary Margaret’s home you travel west out of Galway, past Spiddal and Rosseveal where the road and coastline turn north.

You will come upon a single lane, old stone bridge. Cross it carefully to the next island. Then cross another bridge and island . . . another bridge and island and you’ll find the village Mary Margaret, her husband, Beachla (or Bartley in English), and their four boys call home. “Maumeen Lettermore, County Galway, is a very quiet, lovely place,” says Mary Margaret.

Mary Margaret’s father, Sonnai Choilm Learrai ò Conghaile, lives on the next island past yet another old stone bridge.

Mary Margaret laughs, “There is a phrase we use for ourselves, ‘where there is one Connolly, there we all are!’ Our family is very close. We spend a lot of time together.”

All but one of Sonnai’s five children, Lawrence, lives on the islands. He lives in London. Having eleven grandchildren, the families travel back and forth from house to house, always bringing good food and desserts with them.

Mary Margaret’s family has been living in Connemara ever since records were kept. Here the signs are in Irish and the conversation at the grocery store is in Irish. If it’s potatoes you are looking for, you will ask for *fatas*.

You can call the toll-free number to order Penzeys Spices from your local Penzeys in the United States or order online at www.penzeys.com.

Mary Margaret sings, dances and cooks . . . and she’s a pretty good mom, too!

Mary Margaret Connolly (Gannon)

Homemade Vegetable Soup

This soup is great for getting picky eaters to eat a healthy dose of vegetables.

- 2 TB. butter
- 8 carrots, peeled and thinly sliced (about 1 lb.)
- 3 medium onions, finely chopped
- 5 potatoes, any variety, peeled and cut into small pieces
- ½ clove garlic, minced (or ¼ tsp. PENZEYS MINCED GARLIC)
- ½ tsp. SWEET CURRY POWDER
- 6 cups water mixed with 1 TB. VEGETABLE SOUP BASE
- ¼ tsp. salt
- ¼ tsp. PENZEYS PAPER
- 1 tsp. PARSLEY, optional

In a stock pot, melt the butter. Add the carrots, onion, potatoes, garlic and CURRY POWDER. Cook, stirring occasionally, for about 13 minutes. Add the water mixed with SOUP BASE. Bring to a boil and then reduce to a simmer. Cook for 30 minutes or until the vegetables are fully cooked and soft. Season with salt and PEPPER. Remove from the heat and let cool a bit. Use a regular or immersion blender to blend the soup to your desired consistency. Sprinkle with PARSLEY, if desired.

**Prep. time:** 20 minutes
**Cooking time:** 45 minutes
**Serves:** 12

**Nutritional Information:** Servings: 12; Serving Size 1 cup (280g); Calories 120; Calories from fat 20; Total fat 2g; Cholesterol 5mg; Sodium 310mg; Carbohydrate 23g; Dietary Fiber 4g; Sugars 4g; Protein 3g.

Mary Margaret sings, dances and cooks . . . and she’s a pretty good mom, too!

Story continues on page 30
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 meats, 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

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 $ 3.95
- 1/2 cup jar (net 2.3 oz.) #14151 $ 6.95
- 3/4 cup bag (net 3.5 oz.) #14141 $ 8.69
- 1 1/2 cup bag (net 7.0 oz.) #14183 $ 12.99

Shallot-Pepper Seasoning

Bursting with the flavor of rich shallots and flavorful French tarragon. Excellent on fish, vegetables, sautéed boneless chicken breast and pork or veal cutlets. Just sprinkle on ½ - 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 1.6 oz.) #22750 $ 6.95
- 1/2 cup jar (net 2.4 oz.) #22740 $ 8.69
- 1 1/2 cup bag (net 4.8 oz.) #22782 $ 12.99

Four Peppercorn Blend

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 $ 6.45
- 1/2 cup jar (net 2.1 oz.) #14456 $ 12.95
- 2 cup jar (net 7.7 oz.) #14427 $39.95

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 $ 3.95
- 1/2 cup jar (net 2.8 oz.) #22550 $ 6.95
- 3/4 cup bag (net 4.2 oz.) #22540 $ 8.69
- 1 1/2 cup bag (net 8.4 oz.) #22582 $ 12.99

Mignonette Pepper

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 $ 7.95
- 3/4 cup bag (net 3.5 oz.) #13849 $ 9.99

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
- 3/4 cup bag (net 1.5 oz.) #56547 $ 8.49

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 $ 4.45
- 1/2 Cup jar (net 3.0 oz.) #22655 $ 7.95
- 3/4 cup bag (net 4.5 oz.) #22645 $ 9.99

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 $ 3.95
  - 1/2 cup jar (net 2.4 oz.) #46459 $ 6.95
  - 3/4 cup bag (net 3.6 oz.) #46449 $ 8.69
  - 1 1/2 cup bag (net 7.2 oz.) #46481 $ 12.99

- Coarse, 20/30 mesh, Muntok Indonesian
  - 1/4 cup jar (net 1.2 oz.) #46538 $ 3.95
  - 1/2 cup jar (net 2.5 oz.) #46554 $ 6.95
  - 3/4 cup bag (net 3.8 oz.) #46544 $ 8.69

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 $ 2.95
  - 1/2 cup jar (net 2.2 oz.) #45757 $ 4.95
  - 3/4 cup bag (net 3.3 oz.) #45747 $ 6.29
  - 1 1/2 cup bag (net 6.6 oz.) #45789 $ 9.49
  - 3 cup bag (net 13.2 oz.) #45718 $ 14.29

- Shaker Grind, 30/60 mesh
  - Powdered fines sifted out
  - 1/4 cup jar (net 1.1 oz.) #45836 $ 3.45
  - 1/2 cup jar (net 2.1 oz.) #45852 $ 5.95
  - 3/4 cup bag (net 3.2 oz.) #45842 $ 7.49
  - 1 1/2 cup bag (net 6.4 oz.) #45884 $ 11.29
  - 3 cup bag (net 12.8 oz.) #45813 $ 16.99

- Coarse Grind, 20/30 mesh
  - Powdered, not too large
  - 1/4 cup jar (net 1.1 oz.) #46033 $ 3.45
  - 1/2 cup jar (net 2.2 oz.) #46059 $ 5.95
  - 3/4 cup bag (net 3.3 oz.) #46049 $ 7.49
  - 1 1/2 cup bag (net 6.6 oz.) #46081 $ 11.29
  - 3 cup bag (net 13.2 oz.) #46010 $ 16.99

- 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
  - 3/4 cup bag (net 3.5 oz.) #46249 $ 7.49
  - 1 1/2 cup bag (net 7.0 oz.) #46281 $ 11.29
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 $29.95
- 6" Peppermill (Natural Finish) #91143 $29.95
- 8" Peppermill (Dark Finish) #91459 $44.95
- 8" Peppermill (Natural Finish) #91446 $44.95

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 $10.99
- 8" Salt Shaker (Natural Finish) #91462 $10.99

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

- 6" Peppermill & Salt Shaker Set (Dark Finish) #91196 $34.95
- 6" Peppermill & Salt Shaker Set (Natural Finish) #91183 $34.95
- 8" Peppermill & Salt Shaker Set (Dark Finish) #91491 $49.95
- 8" Peppermill & Salt Shaker Set (Natural Finish) #91488 $49.95

Note: Local sales taxes apply.
The winds from the Atlantic are invigorating, but direct and demanding. It’s a tough place to live and raise a family. Predominantly a rocky landscape, it’s work to grow a plot of grass fast enough for chicken, geese, cattle and sheep to continually graze upon.

Some islanders turn to fishing and music to supplement their income. Many of the youth leave to find work in England, Australia and the U.S. and then make their way back home as they can.

Through the generations, Sonnai and his father were Atlantic lobster and mackerel fishermen. Sonnai will tell you, “She’s (the Atlantic) the boss!” Even at 70 years old, he passes a swimming test every few years to keep his fishing license for the sea, though today, he fishes mostly for pleasure.

On shore, Sonnai took his young children to amble along the shoreline at low tide to dig for clams and “winkles” or snails as the translation goes. They boiled them up to eat the seafood and drink the broth. Seaweed is abundant and back in the day was sold to the factory as a source of income.

Sonnai caught the mackerel and his wife, Nora John Michaellin Maolain, or Nora John Michael Mullen in English, decided on a way of storing them. Just as she learned from her father, she froze them as fillets, salted them or even sold them on occasion. “It was a hard job,” says Mary Margaret.

“When the fishing days were good, my dad would have 250 fish coming in from a hard day’s work.” This was an excellent source of food for their family during the long, cold months of winter.

“When death came unexpectedly to Nora John, in February of 2013, none of us had ever learned how to take care of the fish. It’s a pity. "Nora John loved cooking," her daughter says. “I learned from her. Cooking with her was adorable! She never had measurement, only a bit of this and bit of that. If you’d ask her how much of this, she’d say, ‘don’t know, just a bit.’ She loved to have a house full of food and made tea for everyone. She taught us to feed a village.

“My parents got on well . . . they were always happy. I think myself this is because of the musical talent in our house—music always makes you happy.

“We miss our mom in every way. She was friendly and great fun. We have fond memories of her,” says Mary Margaret.

“Just like her mom, there is always more than you can eat at Mary Margaret’s home,” Amy tells us. “There is more than one type of potato, with bread on the side, and all the tea you can drink. And then she’ll ask you about dessert, which may be an apple tart, cookies or dried fruit bread, called brack. And if someone stops in, somehow, there is always enough food for one more at the table.”

Mary Margaret’s husband works for a construction firm, where he operates huge equipment for new development and road repair. It’s a long day for Beachla, as he often works in Galway, a winding 50 miles away.

To bring in additional income for her family, Mary Margaret welcomes 15 students into her home for three weeks each summer. Love from around the world comes to Connemara to learn the Irish language from an area teacher.

Mary Margaret cooks three meals each day for the students in addition to her own family of four growing boys, or a football team as she likes to say, and her hard-working husband. She feels lucky to have been able to build this house to welcome these students.

Mary Margaret’s boys pitch in to help out, too. As Mary Margaret says, “Many hands make light work.” Aonghus, the oldest at 16, and Éanna, 8, help out in the kitchen making toast or tea in the morning or mashing potatoes and pouring drinks for the students in the evening.
Each and every Connolly has at least one musical talent and most of them play, dance AND sing.

Mary Margaret’s grandparents, parents, siblings and children have always loved and enjoy playing Sean-nos music or “old-style” traditional song and dance music. It is a rhythmic dance for all ages, similar to tap, which originated in the Connemara region of Ireland.

Sean-nos dance is a very impromptu, rhythmic and low key accompaniment to a lively traditional Irish band. The footwork (‘battering’) is great to watch and listen to. These dances are typically done as a solo performer or in very small groups, and are well suited to all ages. “Often the best Sean-nos dancers are the old timers in the dark corners of the pub!” Mary Margaret says with a wink.

“Mary Margaret was quite a dancer in her younger days and will still join in at weddings and other family events,” Amy says. “She also has a lovely voice and sang Caledonia Acapella at our 50th birthday party last year in front of 100 people.”

Mary Margaret’s boys have a love of music and dance. Aonghus has been playing accordion since he was 3, and plays with his grandfather and uncles, and has recently started a band with two of his classmates. Their band, Glor na dTonn, means Sounds of Waves.

Èanna competes in Sean-nos dancing and is learning accordion and banjo. Oisin, 4, is learning to dance and Ciaran, 5 months, will be following in his brothers’ footsteps before you know it.

So, the Connolly family tradition of music and dance continues . . . on the other side of the pond, just over the old stone bridge!

—Lani Haag

Chili Potatoes
This side dish from Mary Margaret is a great blend of sweet and spicy. And potato-y.

2 lbs. red potatoes (Mary Margaret uses rooster potatoes), peeled and sliced

Sweet Chili Sauce:
3 garlic cloves, minced
3/4-1 tsp. CRUSHED RED PEPPER
1/2 Cup sugar
1/4 Cup water
1/4 Cup vinegar
1/2 tsp. SEA SALT
1 TB. corn starch

Preheat oven to 350°. Spread the potatoes in an even layer on a rimmed baking sheet lined with foil to keep from sticking. You can also brush a bit of oil on the pan. Bake for 20 minutes, turning once. While the potatoes cook, prepare the Sweet Chili Sauce. Combine all of the ingredients in a small saucepan. Cook over medium heat, stirring until nicely thickened, 7 minutes or so. Remove from the heat. Pour the sauce over the potatoes and stir to coat. Return to the oven and bake for 10 minutes or until the sauce pretty much sticks to the potatoes, turning once or twice.

Prep. time: 15 minutes
Cooking time: 30 minutes
Serves: 5

Nutritional Information: Servings 5; Serving Size 1 cup (253g); Calories 210; Calories from fat 0; Total fat 0g; Cholesterol 0mg; Sodium 240mg; Carbohydrate 51g; Dietary Fiber 3g; Sugars 22g; Protein 4g.
Store Listings
Eating food right off the farm is nothing new in Ireland. “We used to get eggs from my grandmother,” says Kieran Furlong. “We’d tend to buy potatoes straight from the farmers. They’d set up stalls on the side of the road, like farm stalls, or a flatbed trailer on the side of the road.”

Stephanie, Kieran’s wife, says, “We’ve been going to Ireland at least once a year for the past nine years and we’ve gone in different seasons. Ireland’s people are very proud of when something comes from the island. It’s very hard to get things to the island.”

It makes sense that a lot of the food on Irish dinner tables comes from a farmer or grower that a customer knows. “When we go there and eat at his mom’s house, it’s local, it’s Irish meat,” says Stephanie. “They take pride in that. They go to the butcher shop to get the specific Irish meat where they know the animals are grazing in the same counties that they live in.”

Stephanie and Kieran, who was born in Wexford, in the southeast of Ireland, live in San Diego. “We try to really incorporate the Irish side because we have two daughters and we want them to understand their daddy’s upbringing,” says Stephanie. “We are very close to Kieran’s family in Ireland, and it’s nice to keep that going.”

Stephanie grew up in New Jersey. “We ate processed food. Things were microwaved,” she says. She introduced Kieran to some new foods, “lots of Italian-American type stuff,” according to him. And she believes that Kieran influenced the kinds of food she feeds her family today.

“From my side, I used to make lots of soups,” says Kieran. “Winter in Ireland is long and dark so there tends to be lots of hearty soups, carrot soups, stuff like that.

“When I was growing up, we had terms for two different things. My mother baked, and we’d have homemade bread. And then ‘shop bread’ was the sliced loaf in the supermarket. There was ‘food’ and then ‘shop food’ was anything that

### Cheese Straws/Crackers

*If you’re feeling creative, use your favorite small cookie cutters to turn these crackers into fun shapes. These are a family holiday tradition in Kieran’s family.*

- ¾ Cup flour
- ¼ tsp. REGULAR MUSTARD POWDER
- ¼ tsp. salt
- ¼ tsp. CAYENNE PEPPER or PENZEYS PEPPER
- 4 TB. butter, cold, cut in small chunks
- ½ Cup fine shredded cheddar cheese
- 1 egg yolk
- 1 TB. cold water
- ¼ tsp. salt, PAPRIKA or CAYENNE PEPPER to sprinkle on top, optional

Preheat oven to 450°. In a large bowl, sift together the flour, MUSTARD POWDER, salt and PEPPER. Add the butter and mix with forks or a pastry cutter until the mixture resembles bread crumbs. Add the cheese and toss/mix well. Add the egg yolk and water and mix with a large fork until a soft dough forms. You can make them to this point, then pat into a disc, wrap with plastic wrap and refrigerate for a bit if you don’t want to do it all at once. Also makes rolling easier, just remove from fridge 20 minutes before rolling and baking.

Roll out gently, on a flour-dusted surface, to ¼ inch thick and cut into ½-inch-wide by 2-inch-long portions for crackers, longer and thinner for straws. Sprinkle with salt or SEASONING if desired, place on parchment paper-lined cookie sheets and bake at 450° for 10 minutes or until golden and a bit puffy.

**Prep. time:** 20 minutes  
**Baking time:** 10 minutes  
**Yield:** 24 straws

**Nutritional Information:** Servings 8; Serving Size 3 straws (39g); Calories 130; Calories from fat 80; Total fat 9g; Cholesterol 50mg; Sodium 170mg; Carbohydrate 9g; Dietary Fiber 0g; Sugars 0g; Protein 3g.
Kieran has a book of family recipes handwritten by his mother and grandmother, including one for a traditional Irish pudding with dried fruit that he describes as “a very involved process—you mix all the fruit together in October sometime. It keeps until Christmas.”

Stephanie says cooking in Ireland “tends to be pretty straightforward.” They take Penzeys spices with them on family trips to Ireland, and Kieran’s family picks them up here when they visit. “The quality of the powdered product just really helps with cooking and baking in Ireland, because fresh garlic, particularly, is hard to come by,” says Stephanie.

Some other things aren’t always locally available either. “I’m not saying there isn’t anything imported,” says Kieran. “You’ll see things like strawberries from Cyprus.”

But people generally prefer the personal touch of the farmer.

“Nobody wants to eat new potatoes if they’re imported and show up in the supermarket in May. They want to wait for the new Irish potatoes coming on in July and August. They celebrate the arrival of that. And they’re delicious! It’s definitely an approach to being very local and that comes from a lot of attention to the quality of the ingredients.”

Even with more and more people moving into the cities, Kieran says, “It’s still a very rural country. The people who live in town still have a connection to the country through their family, their cousins or parents, for example. Ireland is still a very traditional country. For the most part people are still conservative and religious.

“A lot of very conservative rules and laws in Ireland were inspired by the country gaining independence, when there was the heavy hand of the church in the writing of the rulebook, so to speak.”

Stephanie has fallen for her husband’s home country. “People are progressive and it’s a modern society in a lot of aspects, but Ireland is usually more conservative. When you go there, you’re kind of thrown back in time.”

Yet on May 22, the country’s citizens voted in an extraordinary measure legalizing gay marriage. “All in all in Ireland, there’s kind of a ‘live and let live’ approach,” is how Kieran sees it. “Even when people may not necessarily personally agree with things, they’re not going to voice that to others. I think that’s one of the things that came out in this particular referendum.”

This big change is now being woven into the social fabric of life in Ireland. The everyday encounters with neighboring farmers and growers are part of what makes that fabric resilient.

“It isn’t in any sense artificial, or a renaissance of ‘connecting to the growers,’ ” says Kieran. “It was just how it was and how it remains.

“People are more connected.”

—Natalie Wysong

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Curried Carrot Soup

Get a healthy serving of veg with this recipe from the Furlongs.

2 TB. butter or oil
4-5 Cups peeled, roughly chopped carrots (about 1 lb. carrots)
1 onion, roughly chopped
4-5 potatoes, peeled and roughly chopped
1 garlic clove, chopped (or 1⁄4 tsp. GRANULATED GARLIC POWDER)
5 Cups chicken or vegetable stock (or 5 Cups water mixed with 2½ tsp. CHICKEN or VEGETABLE SOUP BASE)
1⁄4-2 tsp. salt, to taste
1⁄4-1 tsp. PENZEYS PEPPER, to taste

Heat the butter or oil in a large stockpot over low heat. Add the carrots, onions and potatoes. Cover and cook the vegetables for 5-10 minutes, until softened but not browned. If using fresh garlic, add it to the pot and cook for 2-3 minutes. Then add the GRANULATED GARLIC, CURRY POWDER, stock, salt and PEPPER. Bring to a boil, reduce heat to medium and simmer for 45-60 minutes. Remove from the heat and use an immersion blender or regular blender to make the soup your desired consistency. Return to the heat to warm through. Taste and add more CURRY, salt and/or PEPPER if desired.

Prep. time: 20 minutes
Cooking time: about 1 hour 15 minutes
Serves: 10

Nutritional Information: Servings 10; Serving Size 1 cup (255g); Calories 120; Calories from fat 20; Total fat 2.5g; Cholesterol 5mg; Sodium 380mg; Carbohydrate 23g; Dietary Fiber 4g; Sugars 5g; Protein 3g.
Asian Chicken and Corn Soup
Johnny shares, “This is a staple on Chinese restaurant menus in Ireland. The closest I’ve seen here in the U.S. is egg drop soup, but this is much heartier and tastier, to me anyway.”

For Johnny Holden, the Yes Equality vote in Ireland was about more than marriage equality.

“It was a referendum on how Ireland would be perceived in the world and how we would perceive ourselves,” he says.

“It was amazing. There was a huge group of those who grew up in Ireland and who had migrated because of the recession. They returned home from the U.S. and the U.K. and Australia to vote. It became a referendum for young people to move on and go forward.”

It didn’t work out for Johnny to go home again to vote, but he cheered from Texas, where he lives with husband Mackenzy Cade. He wrote about all that in a special pre-referendum piece for The Irish Times, saying he was homesick because of what was happening in Ireland.

“Following the healthy same-sex marriage debate at home online, and seeing the good vibes being spread by the Yes Equality campaign, have brought more than one tear to my eye. . . As Ireland is the only country to put this issue to a public vote, the referendum on May 22nd has global significance,” he wrote.

“I was watching it all from afar,” says Johnny, a freelance writer who more often covers science and technology. “My editor asked me to write. That was a hard one . . . I probably rewrote it 50 times before I sent it.”

The successful “Yes” vote did something else even more important than create civil marriage equality.

“It sends a message to younger people who are gay—to those growing up LGBT—that they are normal. It’s a wonderful thing.”

Then only weeks after the Irish vote, the U.S. Supreme Court ruled 5-4 for same-sex marriage equality.

“What it means is that our New York marriage is recognized here,” he says. “That marriage has to be recognized anywhere.”

“Now that it’s legal both in Ireland and the U.S., it’s kind of surreal,” Mackenzy says. “Nothing in our relationship has changed, but it kind of feels easier now. . . People can see we’re just the same.”

They met by chance in Oxford, Mississippi.

“In a previous life, I was in a band touring Mississippi,” says Johnny. “That was back in 2010. He was doing theater at Ole Miss. He happened to be in the tavern when we were playing.”

“It was kismet,” Mackenzy says. “They were there playing and the rest is history.”

They ended up living in Dublin for more than three years, celebrating a civil partnership there in 2012.

“That was what we consider our anniversary,” Johnny now says. “That

Nutritional Information: Servings: 10; Serving Size 1 cup (165g);
Calories 130; Calories from fat 45; Total fat 5g; Cholesterol 50mg;
Sodium 340mg; Carbohydrate 13g; Dietary Fiber 1g; Sugars 4g;
Protein 8g.
was our wedding.”

He brings a bit of humor to their next chapter.

“As an unsuccessful musician and actor couple, we both had designs on another city to get rejected by,” Johnny quipped in his piece for The Irish Times. So it was on to New York, where Mackenzy had a theater job.

They married in New York in 2013.

“But then his mom, Kimberly, was diagnosed with cancer,” he wrote.

“Her son and son-in-law were her only close family. We were moving to Texas.

“This was not an easy time for any of us. The same idea kept rattling around in my head: if opponents of gay marriage could see how difficult our lives can be—which is to say just like everyone else’s—they might be more sympathetic. Sure, there may be occasional banana daiquiris and questionable house music, but there are also sick mothers-in-law, worries about money, and social insecurities.

“Mackenzy’s mom passed away in February. With only ourselves and an aunt to offer support, her death was painfully uneventful. It made us a stronger couple, however. Neither of us could have made it through the ordeal without the support of the other.”

They moved from San Angelo to Austin, but Texas is still home.

“They call Austin the blueberry in the tomato soup,” Johnny says of American blue-red politics.

“It’s also where they make dinner and new friends.

“Both of us love to cook, but I probably cook more,” says Johnny. “I work at home, so it makes sense. I like to experiment. When I was growing up, my mom loved to experiment.”

Mackenzy’s mom was a cook, too.

“Probably my favorite thing about my mom was that she was the most amazing cook,” he says. “That’s where my mom was happy, too, cooking for people. There was always a party here, even when it was just the three of us in the kitchen.”

Austin is where they’ll likely plan their next and last wedding party.

“We’ll probably do another one here with his friends and family,” Johnny says.

“Maybe some barbecue and troughs of bottled beer,” his husband says, “and some corn on the cob and a lot of potato salad or mashed potatoes. Probably some Mexican food thrown in, because that’s my favorite.”

“It’s a great time to be alive,” says Johnny. “There’s a lot of change in the world.”

“Things are definitely getting better,” agrees Mackenzy. “Every day is getting better. We’re getting to start our lives.”

—Amy Silvers

### Trout with Tapenade and Sweet Potato Mash

**Dinner for two is served!**

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<tr>
<td>2</td>
<td>rainbow trout fillets</td>
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<tr>
<td>1</td>
<td>tsp. SEASONING of choice (LEMON-PEPPER or RUTH ANN’S MUSKEGO AVE would be great)</td>
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<tr>
<td>½</td>
<td>Cup arugula</td>
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#### Tapenade:

|  |  |
| 2 | TB. sundried tomatoes in oil |
| 2 | tsp. capers |
| ½ | Cup fresh basil |
| ½ | jar kalamata olives (about ½ Cup) |
| 1 | clove garlic, finely chopped (or ¼ tsp. PENZEYS MINCED GARLIC) |
| 1 | tsp. lemon juice |
| ¼-½ | tsp. salt, to taste |
| ¼-½ | tsp. PENZEYS PEPPER, to taste |
| 1-3 | TB. olive oil |

#### Sweet Potato Mash:

|  |  |
| 2 | large sweet potatoes, peeled |
| 2 | TB. butter (Johnny uses Kerrygold Irish Butter) |
| 1-2 | TB. milk |
| ¼-½ | tsp. salt, to taste |
| ¼-¼ | tsp. PENZEYS PEPPER, to taste |

For the tapenade, combine the sundried tomatoes, capers, basil, olives, garlic, lemon juice, salt and PEPPER in a blender. Pulse. Add a bit of oil as you go until the tapenade is your desired consistency. Let stand for 15 minutes or so.

Preheat the oven to 400° while the potatoes are cooking. Boil or steam the sweet potatoes until soft. Mash together with the butter, milk, salt and PEPPER. While the potatoes cook, brush the trout on both sides with olive oil. Place on a baking sheet (Johnny cooks them skin side up) and bake at 400° for 12-15 minutes.

To serve, divide the sweet potatoes between two plates. Top with arugula and then the fish. Spread a thin layer of tapenade over the fish and serve. You will probably have leftover tapenade. It’s great with French bread or crackers.

**Prep. time:** 20 minutes

**Cooking time:** 20 for potatoes, 12 for trout

**Serves:** 2

#### Nutritional Information for fish and sweet potato:

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<tr>
<td>1 fillet, 1 potato (376g)</td>
<td>Calories 460; Calories from fat 17g; Total fat 24g; Cholesterol 125mg; Sodium 900mg; Carbohydrate 39g; Dietary Fiber 6g; Sugars 13g; Protein 37g</td>
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#### Nutritional Information for tapenade:

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<tr>
<td>2 TB. (31g)</td>
<td>Calories 100; Calories from fat 9g; Total fat 1g; Cholesterol 0mg; Sodium 740mg; Carbohydrate 4g; Dietary Fiber 0g; Sugars 1g; Protein 0g</td>
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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 $ 3.95
1/2 cup jar (net 2.2 oz.) #22150 $ 6.95
3/4 cup bag (net 3.6 oz.) #22140 $ 8.69
1 1/2 cup bag (net 7.2 oz.) #22182 $ 12.99
3 cup bag (net 14.4 oz.) #22111 $ 19.49

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 $ 4.45
1/2 cup jar (net 2.5 oz.) #24059 $ 7.95
3/4 cup bag (net 3.8 oz.) #24049 $ 9.99
1 1/2 cup bag (net 7.6 oz.) #24081 $ 14.99

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 1/2 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 $ 3.95
1/2 cup jar (net 2.2 oz.) #45652 $ 6.95
3/4 cup bag (net 3.3 oz.) #45642 $ 8.69

Fine Ground West Indian Nutmeg
1/4 cup jar (net 1.0 oz.) #48532 $ 4.45
1/2 cup jar (net 2.4 oz.) #48558 $ 7.95
3/4 cup bag (net 3.6 oz.) #48548 $ 9.99

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 sautéed 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 $ 3.95
1/2 cup jar (net 2.5 oz.) #22350 $ 6.95
3/4 cup bag (net 3.8 oz.) #22340 $ 8.69

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 $ 2.95
1/2 cup jar (net 2.4 oz.) #47151 $ 4.95
3/4 cup bag (net 3.6 oz.) #47141 $ 6.29
1 1/2 cup bag (net 7.2 oz.) #47183 $ 9.49
3 cup bag (net 14.4 oz.) #47112 $ 14.29

California 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
3/4 cup bag (net 3.8 oz.) #47246 $ 6.99
1 1/2 cup bag (net 7.6 oz.) #47288 $ 10.49

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 7.0 oz.) #46633 $ 2.95
1/2 cup jar (net 1.8 oz.) #46659 $ 4.95
3/4 cup bag (net 2.7 oz.) #46649 $ 6.29
1 1/2 cup bag (net 5.4 oz.) #46681 $ 9.49
3 cup bag (net 10.8 oz.) #46610 $ 14.29

Minced (1/8” bits) California Toasted Onions
1/4 cup jar (net 8.0 oz.) #46938 $ 3.25
1/2 cup jar (net 1.7 oz.) #46954 $ 5.45
3/4 cup bag (net 2.6 oz.) #46944 $ 6.69
1 1/2 cup bag (net 5.2 oz.) #46966 $ 9.99
3 cup bag (net 10.4 oz.) #46915 $ 14.99

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 8.0 oz.) #47430 $ 3.95
1/2 cup jar (net 1.9 oz.) #47456 $ 6.95
1 cup jar (net 3.8 oz.) #47472 $ 10.95
2 cup jar (net 7.7 oz.) #47427 $ 19.95

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 1⁄2 tsp. each black pepper and garlic, add to 1⁄2 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.

Broken Leaf Turkish Oregano
1/4 cup jar (net .2 oz.) #31730 $ 2.95
1/2 cup jar (net .5 oz.) #31756 $ 4.95
3/4 cup bag (net .8 oz.) #31742 $ 6.29
1 1/2 cup bag (net 1.6 oz.) #31786 $ 9.49
3 cup bag (net 3.2 oz.) #31718 $ 14.29

Broken Leaf Mexican Oregano
1/4 cup jar (net .2 oz.) #31835 $ 2.45
1/2 cup jar (net .4 oz.) #31851 $ 3.95
3/4 cup bag (net .6 oz.) #31847 $ 4.99
1 1/2 cup bag (net 1.2 oz.) #31861 $ 7.49

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 sauté 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 $ 4.45
1/2 cup jar (net 3.5 oz.) #24154 $ 7.95
3/4 cup bag (net 5.3 oz.) #24144 $ 9.99
On a trip to Ireland years ago, the local folk knew that Mike Lyons was one of them. The announcement at the Blarney Castle Pub was to the point.

“I was introduced as ‘the Yank with the Cork name,’ ” Mike recalls. The Lyons family roots go deep in San Francisco, too. They are Irish-Americans.

“Being Irish made you special, people who underwent a lot of challenges and persevered,” he says, “and tried to enjoy life despite the challenges.”

The family’s ancestors came for different reasons and at different times, including the Great Famine.

“My mother’s mother’s family was here before the Gold Rush,” he says. “Most of my ancestors were laborers for generations.”

Their dad, Tommy Lyons, was a San Francisco firefighter. Their mother,

Story continues on page 40

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### Barbecued Ribs

*Both the rub and sauce recipes from Don are very versatile. Try them on chicken, pork chops and brisket.*

2½-3 lbs. baby back pork ribs

**Rub:**

2 TB. WHOLE CUMIN SEEDS

6 WHOLE GUAJILLO CHILI PEPPERS

2 WHOLE ANCHO CHILI PEPPERS

1 TB. MEXICAN OREGANO

2 tsp. CHICAGO STEAK SEASONING

1 tsp. CAYENNE PEPPER or CRUSHED RED PEPPER FLAKES

1 tsp. PARSLEY

1 tsp. CILANTRO

Toast the CUMIN SEEDS in a small frying pan over medium heat for 6-8 minutes, shaking the pan often, until they start to darken and you can really smell the cumin fragrance. Remove from heat. Cut up the chili peppers by removing and discarding the stem, cutting in half (a scissors is easiest), shaking out and discarding the seeds, then cutting into small (about ¼-inch) pieces.

Place the cut chili peppers, toasted CUMIN, MEXICAN OREGANO and CHICAGO STEAK SEASONING in a blender or small grinder. Pulse on low until everything starts to break up and mix together, then switch to medium speed. Stop frequently to mix/shake the blend. Pour into a small bowl and mix in the PEPPER and SALT. Rub the mixture into the ribs. We used about 2 tsp. per pound—pretty heavy. Store the extra seasoning in a tightly capped jar. Refrigerate the ribs for at least 30 minutes while you get the grill going. Smoke or grill the ribs over indirect heat for a couple hours, or just roast in the oven for 2-3 hours at 325°, depending on how meaty the ribs are.

Serve with Barbecue Sauce on the side for dipping.

To make the sauce: heat the oil in a saucepan. Add the shallot and cook for about 2 minutes. Reduce the heat to medium-low and add the remaining ingredients. Cook over low heat for about 20 minutes, stirring occasionally to prevent the sugar from scorching.

**Prep. time:** 30 minutes

**Cooking time:** 2 hours for ribs, 30 minutes for sauce

Serves: 4

**Nutritional Information for ribs:** Servings 4; Serving Size 5-6 ribs (145g); Calories 410; Calories from fat 300; Total fat 33g; Cholesterol 115mg; Sodium 200mg; Carbohydrate 2g; Dietary Fiber <1g; Sugars 0g; Protein 23g.

**Nutritional Information for sauce:** Servings 12; Serving Size 2 TB. (56g); Calories 80; Calories from fat 10; Total fat 1g; Cholesterol 0mg; Sodium 350mg; Carbohydrate 19g; Dietary Fiber 0g; Sugars 17g; Protein 1g.
Bev Bei, now 86, is the matriarch in the family. “Our dad passed away at 44,” says Mike, the oldest son. “I was 17 and she was 38 with four boys. He passed away in the middle of the night at the firehouse.”

Bev later remarried and Rino Bei became their stepdad. Family—taking care of each other—remained the constant. Cooking is a big part of that. “Food is a way to keep family together,” says their mom. “Their dad was a captain with the fire department, and he cooked there, too.”

“Our mom is our hero,” says brother Don.

Other early influences include the newly immigrated Irish family in the neighborhood when the Lyons boys were growing up. Then there’s more firehouse cooking—and professional baseball.

“I learned a lot about cooking when I was in the minor league with the California Angels from 1976 to 1978,” says Don. “I played with Joe Maddon, now manager with the Chicago Cubs, and he could cook. He would give us a list and we would go shopping. I would watch Joe and learn his recipes.”

Then Don followed in his father’s footsteps. “I was a firefighter and I had to cook for the firehouse,” he says. “I was the new guy and it had to be good. I learned from baseball players and firefighters and my family. “I was a firefighter in San Francisco for a lot of years. I kept falling out of buildings and hurting my knees,” Don says.

The knee issue, in fact, brought back an old family tradition. “It started in 2000 when Don had to retire because of a knee injury,” says Jerry, the baby brother who’s now a San Francisco police officer. “We went camping up at Yosemite as kids, and I said, let’s go camping again.”

Pretty soon vehicles were filled with brothers and kids and camping gear. “Now it’s kind of a moving circus,” Mike says. “You never know who’s going to show up that week.”

Jerry is the point-man on coordinating meals, including all kinds of family favorites. “We bring Spam, because you got to have Spam,” declares Jerry. One new addition is a propane-fired fryer, good for onion rings and sweet potato fries.

**Double-Dipped Baked Lemon-Pepper Chicken**

*This recipe from Mike is the perfect combination of juicy and crispy.*

1½ lbs. boneless, skinless chicken thighs
3 Cups Panko bread crumbs
½ Cup grated Parmesan cheese
2 tsp. GRANULATED GARLIC POWDER
1 tsp. PENZEYS PEPPER
1 tsp. POWDERED LEMON PEEL (or, you can substitute the PENZEYS PEPPER, POWDERED LEMON PEEL and SALT with LEMON-PEPPER)
½ tsp. KOSHER FLAKE SALT
2 eggs
½ Cup milk
2 TB. lemon juice (juice of ½ lemon)

Preheat oven to 400°. In a wide, shallow bowl, combine the bread crumbs, cheese, GARLIC, PEPPER, LEMON PEEL (or LEMON-PEPPER) and SALT. In a second wide, shallow bowl, combine the eggs, milk and lemon juice. Mix well. Dip each chicken piece first in the crumbs, then in the egg mix and back in the crumbs. Place the chicken on a greased cookie sheet and bake at 400° for 45-60 minutes, depending on size, turning the pieces halfway through. Check one of the pieces to make sure the chicken is cooked through.

**Prep. time:** 15 minutes  
**Cooking time:** 45-60 minutes  
**Serves:** 6

**Nutritional Information:** Servings 6; Serving Size 1 thigh (183g); Calories 440; Calories from fat 140; Total fat 15g; Cholesterol 150mg; Sodium 690mg; Carbohydrate 42g; Dietary Fiber 3g; Sugars 5g; Protein 33g.

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Mike is at home in the kitchen.
Bev is proud of her Lyons “boys,” (from left) Don, Jerry, Mike and Dennis. The feeling is very mutual. “Our mom is our hero,” says Don.

and fried pickles.

“It’s a hard life,” he quips. “It’s not roughing it like in the old days.”

Ask about who has what specialties and the teasing starts.

“Mike pretty much just eats,” Jerry says. “Though he does bring his garden stuff and pickles and peppers.”

And while they do other things, good food is the main event.

“When I asked Michael what they do up there, he said, ‘We cook dinner, then we eat it,’ ” says Leslie McLean, his wife.

These days, Mike is retired from his longtime job as an English teacher. Don—the former ball player and firefighter, if you’re trying to keep track—is now a high school English teacher and baseball coach.

Their brother Dennis is a guitarist with a band in Eugene, Oregon, interested in hiking and other hobbies. He doesn’t cook as much as the other brothers, though he reportedly makes a very good grilled cheese sandwich.

With the news that the Irish people voted in marriage equality, the Lyons brothers are even prouder of their Irish connections.

“A lot of my feelings come from being a teacher for so many years,” Mike says. “It comes from working with young people. To be told a certain identity is wrong, that kind of stuff is so destructive. Young people need to know that who they are is important.”

“I’m not terribly religious, but I do believe in the Golden Rule,” says Don. “You don’t have to be religious to treat other people with respect. Are you having a good day? Are you not ruining mine? Then it is a good day.

“The Irish culture is really very much a recipe. It’s music, it’s language, it’s attitude, it’s family. That’s huge. I know it sounds cliché, but we were blessed.”

—Amy Silvers

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**Tri-Tip Salad**

Switch up the flavors in this delightful salad from Jerry by varying your steak seasoning and salad dressing.

1½ lbs. tri-tip beef (or bottom or regular round or sirloin)

NORTHWOODS, CHICAGO STEAK, BBQ 3000, ARIZONA DREAMING, to taste

4 oz. kalamata olives, sliced in half

15 cherry tomatoes, sliced in half

1 cucumber, sliced into half moons

1 Cup fresh basil leaves, sliced

2 heads Romaine lettuce, torn into bite-sized pieces

4 oz. blue cheese, crumbled salad dressing of choice (we made ITALIAN DRESSING: 2 TB. ITALIAN DRESSING SEASONING, 1⁄3 Cup red wine vinegar, 1⁄4 cup olive oil, 1⁄4 Cup canola oil)

Croutons (optional):

3 Cups French bread cubes

1⁄4 Cup olive oil (Don uses extra virgin)

1⁄2 tsp. THYME

1⁄2 tsp. BASIL

1⁄2 tsp. TURKISH OREGANO

1⁄2 tsp. salt

1⁄4-1 tsp. PENZEYS PEPPER

Season the tri-tip with your SEASONING of choice and grill (or pan sear) to your desired level of doneness over medium-high heat, turning once, usually 12-18 minutes or so. Let rest for 10 minutes before slicing into bite-sized pieces. While you cook the meat, in a large bowl combine the olives, tomatoes, cucumber, basil and lettuce. Toss to combine. Drizzle with salad dressing and toss to combine. Top the salad with the blue cheese and steak slices and serve. Top with croutons, if desired.

To make croutons, preheat oven to 325°. In a large bowl, combine the bread, olive oil and SEASONINGS. Stir to thoroughly coat the bread. Spread in an even layer on a cookie sheet and bake at 325° for 10 minutes. Let cool before serving.

**Prep. time:** 20 minutes

**Cooking time:** 12-18 for steak, 10 for croutons

**Serves:** 6

**Nutritional Information for steak and salad:** Servings 6; Serving Size 1 salad (416g); Calories 350; Calories from fat 170; Total fat 18g; Cholesterol 85mg; Sodium 1040mg; Carbohydrate 12g; Dietary Fiber 5g; Sugars 4g; Protein 33g.

**Nutritional Information for croutons:** Servings 8; Serving Size 1/3 cup (21g); Calories 100; Calories from fat 70; Total fat 7g; Cholesterol 0mg; Sodium 160mg; Carbohydrate 7g; Dietary Fiber 0g; Sugars 1g; 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 stigmas—but only in the saffron crocus are these stigmas 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.

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

More of a bite than sweet paprika—it use sparingly or combined with Sweet Paprika

 Hungarian-Style Half-Sharp Paprika

A fragrant all-purpose herbal blend from one of the cooking capitals of the world. Hand-mixed from: thyme and minced garlic.

Pasta Sprinkle

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; ½ 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.

Pickling Spice

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.

Californian-Style Sweet Paprika

Californian paprika is deep red, mild and sweet, nice for chicken but browns with long cooking

Smokey 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.

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.

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 $10.95
Net 1 gram $23.95
Net per 1/4 oz. $40.45

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 $8.95
Net 1 gram $17.95
Net per 1/4 oz. $34.95

Parisien Bonnes Herbes

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.

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

Classic Saffron Rice

Place butter and minced onion in a heavy quart saucepan. Sauté 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

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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
3/4 cup bag (net 3.8 oz.) $23242 $ 8.49
1 1/2 cup bag (net 7.6 oz.) $23284 $ 12.69

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 $ 2.95
1/2 cup jar (net 2.6 oz.) #57554 $ 4.95
3/4 cup bag (net 3.9 oz.) #57544 $ 6.29
1 1/2 cup bag (net 7.8 oz.) #57586 $ 9.49
3 cup bag (net 15.6 oz.) #57515 $ 14.29

Whole White Indian Poppy Seed
1/4 cup jar (net .7 oz.) #57433 $ 3.45
1/2 cup jar (net 2.0 oz.) #57459 $ 5.59
3/4 cup bag (net 3.0 oz.) #57449 $ 6.99

Pork Chop Seasoning
Pork Chop Seasoning has a wondrous 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 $ 4.45
1/2 cup jar (net 3.3 oz.) #23357 $ 7.95
3/4 cup bag (net 5.0 oz.) #23347 $ 9.99
1 1/2 cup bag (net 10.0 oz.) #23389 $ 14.99

Poultry Seasoning
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 $ 3.45
1/2 cup jar (net 1.2 oz.) #15053 $ 5.95
3/4 cup bag (net 1.8 oz.) #15043 $ 7.49
1 1/2 cup bag (net 3.6 oz.) #15080 $ 11.29

Pizza Seasoning
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 ½ tsp. per cup batter. Hand-mixed from: China cinnamon, allspice, nutmeg, ginger, mace and cloves.

1/4 cup jar (net 1.0 oz.) #15132 $ 3.95
1/2 cup jar (net 2.0 oz.) #15156 $ 6.95
3/4 cup bag (net 3.0 oz.) #15148 $ 8.69

Raspberry Enlightenment
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 $ 7.95

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 $ 2.45
1/2 cup jar (net .5 oz.) #33350 $ 3.95
3/4 cup bag (net .8 oz.) #33346 $ 4.99
1 1/2 cup bag (net 1.6 oz.) #33380 $ 7.49
Rubbed Albanian Prime Sage
Fluffy, coarse gray-green powder
1/4 cup jar (net .4 oz.) #33439 $ 2.95
1/2 cup jar (net .8 oz.) #33455 $ 4.95
3/4 cup bag (net 1.2 oz.) #33441 $ 6.29
1 1/2 cup bag (net 2.4 oz.) #33485 $ 9.49

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 $13.95
Fine Grind
4 oz. bag #96746 $ 4.79
1 lb. bag #96717 $ 14.95

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 $ 2.49

Pacific Sea Salt
Pacific Sea Salt is bright white and produced domestically. The extra coarse is suitable for gradding 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 $3.95
Coarse Grind, 30/60
1 lb. bag #96212 $3.95
Fine Grind, 40 mesh
1 lb. bag #96317 $3.95

See SPICE INDEX on page 61
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 1/2 tsp. per lb. To make 1 cup dressing, mix 1 TB. seasoning in 1 TB. water. Let stand 5 minutes, then whisk with 1/3 cup buttermilk and 1/2 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 oz.) $2.95
1/2 cup jar (net 2.5 oz.) $4.95
3/4 cup bag (net 3.8 oz.) $5.69
1 1/2 cup bag (net 7.6 oz.) $12.99
3 cup bag (net 15.2 oz.) $19.49

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 1-1/2 TB. seasoning in 2 TB. water, let stand 5 minutes. Whisk in 1/2 cup red wine vinegar and 1/2 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.) $2.63
1/2 cup jar (net 2.6 oz.) $4.85
3/4 cup bag (net 3.9 oz.) $5.69
1 1/2 cup bag (net 7.8 oz.) $12.99

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 1/2 cup sour cream and 1/2 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.) $2.63
1/2 cup jar (net 2.5 oz.) $4.85
3/4 cup bag (net 3.8 oz.) $5.69
1 1/2 cup bag (net 7.6 oz.) $12.99

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 1/2 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 1/2 - 1/4 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.) $1.63
1/2 cup jar (net 1.4 oz.) $3.45
3/4 cup bag (net 2.1 oz.) $6.40
1 1/2 cup bag (net 4.2 oz.) $11.29

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 1/2 cup vegetable oil and 1/2 cup vinegar. To reduce the calories, use 1/2 cup of a mild vinegar, such as rice vinegar, and 1/2 cup oil. For creamy Italian dressing, mix 2 TB. seasoning with 2 TB. water, let stand 5 minutes, then whisk with 1/2 cup sour cream or yogurt and 1/2 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.) $2.63
1/2 cup jar (net 3.1 oz.) $4.85
3/4 cup bag (net 4.7 oz.) $6.89
1 1/2 cup bag (net 9.4 oz.) $12.99
3 cup bag (net 18.8 oz.) $19.49

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 1/2 cup corn oil and 1/2 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.) $2.63
1/2 cup jar (net 2.5 oz.) $4.85
3/4 cup bag (net 3.8 oz.) $6.89

Making your own salad dressing is easy and inexpensive, and the finished product is far better than those sold at the supermarket. Each dressing can be tailored to your individual tastes and the fat and calorie content are yours to control. Feel free to experiment—make the Italian dressing as a vinaigrette or a creamy style, add a teaspoon of Dijon mustard or a handful of chopped chives, whatever you’d like. These dressings are also great for fresh vegetable or chip dip or as flavorful sandwich spreads; just use the creamy styles, such as Buttermilk Ranch, Creamy Peppercorn or Green Goddess. All of the dressings are delicious on pasta or potato salad and make nice marinades for chicken or fish. Dressings can be made ahead of time and stored in the refrigerator—so they can be ready when your salad is, without having to be mixed each time.
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 sub to tuna salad. Just shake on, or mix 1 TB. with 1 TB. water, add to ¼ cup vinegar and ⅓ 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.) $2.95
1/2 cup jar (net 2.5 oz.) $5.95
3/4 cup bag (net 3.8 oz.) $7.95
1 1/2 cup bag (net 7.6 oz.) $12.99
3 cup bag (net 15.2 oz.) $27.51

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 ½ tsp. of freeze-dried shallots equals one clove fresh shallots. From California.

1/4” Chopped Shallots
1/2 cup jar (net 4 oz.) $3.06 $6.95
1 cup jar (net 7.7 oz.) $5.08 $11.95
2 cup jar (net 14 oz.) $8.07 $22.95

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.) $1.31 $5.45
1/2 cup jar (net 3.3 oz.) $2.35 $9.95
1 cup jar (net 6.3 oz.) $4.38 $18.95

Shrimp & Crab Boil Spices
Traditional for boiling shrimp, lobster, crab and fish. Hand-mixed from: yellow and brown mustard seed, allspice, coriander, cloves, cardamom, cumin, cinnamon, dill, garlic, onion, turmeric, coriander, cumin, ginger, black pepper, cayenne pepper, cumin, fennel, garlic, onion, paprika, pepper, black pepper, red pepper, cumin, celery seed and caraway seed.

1/4 cup jar (net 1 oz.) $1.15 $3.95
1/2 cup jar (net 2.1 oz.) $2.30 $6.95
3/4 cup bag (net 3.6 oz.) $2.95 $8.69
1 1/2 cup bag (net 7.6 oz.) $4.98 $17.98
3 cup bag (net 15.2 oz.) $8.48 $31.98

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: coarse salt, garlic, black pepper, basil, oregano, rosemary, thyme and marjoram.

1/4 cup jar (net 0.3 oz.) $0.25 $1.95
1/2 cup jar (net 0.8 oz.) $0.45 $5.95
3/4 cup bag (net 1.2 oz.) $0.69 $14.91
1 1/2 cup bag (net 2.4 oz.) $0.85 $31.98
3 cup bag (net 15 oz.) $1.59 $62.97

Savory Leaves
Traditional in bean soup, also nice with grilled chicken, pork chops, and fish. From Alabama.

1/4 cup jar (net 0.3 oz.) $0.36 $2.45
1/2 cup jar (net 0.8 oz.) $0.65 $5.95
3/4 cup bag (net 1.2 oz.) $0.94 $17.98
1 1/2 cup bag (net 2.4 oz.) $1.10 $31.98

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 350˚ oven and bake for 8-10 minutes, or until light brown.

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.

Whole Indian Black Sesame Seeds
1/4 cup jar (net 1 oz.) $0.79 $3.29
1/2 cup jar (net 2.2 oz.) $1.39 $6.49
3/4 cup bag (net 3.3 oz.) $2.99 $11.99

Whole Sesame Seeds
1/4 cup jar (net 1 oz.) $0.79 $3.29
1/2 cup jar (net 2.4 oz.) $1.69 $6.49
3/4 cup bag (net 3.6 oz.) $2.69 $11.99
1 1/2 cup bag (net 7.2 oz.) $4.98 $22.99
3 cup bag (net 14 oz.) $8.48 $31.98

Whole Hulled Mexican White Sesame Seeds
1/4 cup jar (net 1 oz.) $0.58 $2.85
1/2 cup jar (net 2.4 oz.) $1.18 $4.55
3/4 cup bag (net 3.6 oz.) $1.78 $7.95
1 1/2 cup bag (net 7.2 oz.) $3.68 $15.49
3 cup bag (net 14 oz.) $6.98 $31.98

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 chilies, 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 oz.) $0.58 $2.85
1/2 cup jar (net 2 oz.) $0.85 $3.95
3/4 cup bag (net 4 oz.) $1.29 $6.95
1 1/2 cup bag (net 8 oz.) $1.99 $10.99
3 cup bag (net 16.2 oz.) $2.49 $11.99

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 jalapeno powder.

1/4 cup jar (net .9 oz.) $0.24 $3.95
1/2 cup jar (net 2.1 oz.) $0.45 $7.95
3/4 cup bag (net 3.2 oz.) $1.24 $22.95
1 1/2 cup bag (net 6.3 oz.) $2.42 $61.99

Rojo Taco Seasoning
Delicious Mexican pork tacos taste great. They also usually simmer for hours. Here at Penzeys, we’ve done the simmering for you—all you need is 15 minutes. Directions: thinly slice 1 lb. pork. Pour 4-6 TB. ROJO TACO SEASONING into a large skillet. Heat over medium heat for 2 minutes. Add pork, cook 8-12 minutes, depending on how thick your pork pieces are, over medium-high heat. Serve in the shell of your choice.

Ingredients: Achiote (corn oil, Annatto), lime juice, water, spices (Chili Pepper, salt, granulated garlic, cumin, Mexican oregano, Ceylon cinnamon, cilantro), vinegar, brown sugar, gum acacia, xanthan gum.

1 cup jar (net 8 oz) $9.72 $28.95
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 ½ - ¾ 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 $ 9.95

**Chicken Soup Base and Seasoning**
For rich chicken stock use ½ - ¾ 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 richer 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 $ 9.95

**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 ½ - ¾ 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 $ 9.95

**Pork Soup Base and Seasoning**
For rich roast pork flavored stock, use ½ - ¾ 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 $ 9.95

**Seafood Soup Base and Seasoning**
For rich seafood stock, use ½ - ¾ 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, ½ 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 $ 9.95

**Turkey Soup Base and Seasoning**
For rich turkey stock, use ½ - ¾ 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 $ 9.95

**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 $ 9.95

For ingredients and nutritional information on all of our soup bases, visit www.penzeys.com.
**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 $6.65
- 3/4 cup bag (net 2.9 oz.) #48148 $8.49

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**Thyme**

One of the most fragrant flavors around, our French Thyme is great on just about everything. Particularly good with chicken, fish, chops, salads and vegetables of all varieties. Sprinkle on roughly 1/2 tsp. per pound. Bake, grill or broil and enjoy.

**French Thyme, chopped leaves**

- 1/4 cup jar (net .3 oz.) #34036 $2.95
- 1/2 cup jar (net .8 oz.) #34052 $4.95
- 3/4 cup bag (net 1.2 oz.) #34048 $6.29
- 1 1/2 cup bag (net 2.4 oz.) #34082 $9.49
- 3 cup bag (net 4.8 oz.) #34014 $14.29

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**Trinitarian Lemon-Garlic Marinade**

For grilled or broiled poultry, fish, pork chops. Rub fish or poultry with a bit of vegetable oil, sprinkle on 1/2-1 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. **Processed with salt.**

- 1/4 cup jar (net 1.3 oz.) #23636 $4.45
- 1/2 cup jar (net 3.2 oz.) #23652 $7.95
- 1 cup jar (net 6.0 oz.) #23678 $15.29
- 2 cup jar (net 12.0 oz.) #23623 $29.30

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**Sunny Paris Seasoning**

One of our most popular salt-free seasonings. Great for Cornish hens, chicken, vegetables, rice, eggs and veg. 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 $5.45
- 1/2 cup jar (net .6 oz.) #15453 $9.95
- 1 cup jar (net 1.0 oz.) #15482 $18.95
- 2 cup jar (net 2.6 oz.) #15424 $34.95

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**Sunny Spain Seasoning**

(Salt-Free Lemon-Pepper)

The best-selling 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 $7.95
- 3/4 cup bag (net 3.6 oz.) #15548 $9.99
- 1 1/2 cup bag (net 7.2 oz.) #15580 $14.99

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**Tarragon**

Tarragon is the most popular of the French herbs—it’s 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 $2.95
- 1/2 cup jar (net .3 oz.) #33750 $4.95
- 3/4 cup bag (net .5 oz.) #33746 $6.29
- 1 1/2 cup bag (net 1.0 oz.) #33780 $9.49

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**Turmeric**

What makes mustard yellow? Turmeric. From India.

- 1/4 cup jar (net .9 oz.) #48332 $2.95
- 1/2 cup jar (net 1.9 oz.) #48358 $4.95
- 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

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**Tuscan Sunset**

Salt-free Italian-style seasoning. Perfect for veggie 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 1/2 cup olive oil and 1/4 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, 1/4 cup mayonnaise, and 1/4 cup buttermilk, divide between 2 salads.

- 1/4 cup jar (net .5 oz.) #16539 $3.95
- 1/2 cup jar (net 1.0 oz.) #16555 $6.95
- 3/4 cup bag (net 1.5 oz.) #16545 $8.69

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**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 $2.95
- 1/2 cup jar (net 3.1 oz.) #28657 $4.95
- 3/4 cup bag (net 4.7 oz.) #28637 $6.29

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**Wasabi**

Adds bright heat and zesty flavor to Japanese dishes, especially sushi.

**Natural Wasabi**

Blend of horseradish, mustard, tapioca starch and wasabi.

- 1/2 cup jar (net 1.8 oz.) #48653 $4.49
- 3/4 cup bag (net 2.7 oz.) #48643 $6.29

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**Zatar (Zahtar)**

Popular Middle-Eastern tabletop blend. **Hand-mixed from:** sumac, thyme, sesame and salt.

- 1/4 cup jar (net .8 oz.) #23731 $3.95
- 1/2 cup jar (net 1.7 oz.) #23757 $6.95
- 3/4 cup bag (net 2.6 oz.) #23747 $8.69

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Joe Caslin, Irish illustrator and street artist, created giant murals in advance of the referendum.

Joe Caslin
It takes daring to forge an icon. But artist Joe Caslin didn’t shy from the work of capturing the attention of Ireland’s young voters with building-size illustrations that became the images associated with Yes Equality, Ireland’s campaign to legalize gay marriage.

“I’m a secondary school art teacher,” Joe says. “That’s how I trade. And then outside that I would consider myself as an illustrator and a street artist.”

Joe teaches at Tullamore College in the midlands of Ireland; his students are aged 12 to 20.

“In my seven years as a teacher, I lost five kids to suicide,” Joe says. “I had seen them fall into a depression through the recession we had here.

“When you’re a teacher, you’re in loco parentis, so you actually take the role of the parent for the time that you have the students. You need to build a bond, you have to have a line of communication,” says Joe. “But why is there such a sense of apathy? Why are so many feeling that they’re isolated? Why is the suicide rate so extensive, and why is the emigration rate so high?”

During a career break to earn an MFA in illustration, Joe says, “I started getting into the street art realm, with a project called ‘Our Nation’s Sons.’ The project dealt with young male apathy and disenfranchisement, looking at the negative stereotypes around young men. It looks at the mental health of young men, and brings a topic that wasn’t spoken a lot about, right into the center.

“I felt that I needed to shout something out. I could draw, and I could put up these drawings in urban landscapes and in places that could create that conversation,” he says.

Joe saw large edifices as the ideal canvas for his portrait drawings. “The images were large, young teenage boys. And the image of the hoodie resonated.”

In 2014 the Irish government announced a referendum on gay marriage for the following year, and Joe knew he could contribute. “The Yes Equality project was looking at an issue that was quite important in our social fabric. I didn’t see it as a huge leap, moving from the mental health of young men to a place where equality is needed,” Joe says. “I wanted to create an image that was extremely poignant, very dignified, but still to push things a bit more.”

Working from real-life models, Joe captured their evocative gestures with small-scale drawings, which he enlarged and then printed on huge wallpaper-like sheets. “I’m very conscious of sustainability. All the paper that we use is biodegradable, and the adhesive is potato starch-based,” he says.

Since getting a start-up grant from the Arthur Guinness Projects several months ago, Joe’s work is mostly self-funded. He also works closely with a Dublin printing company that sponsors him and aligns with his priorities of environmental sustainability.

He installed the murals, which are subject to the forces of weather and thus temporary, on the sides of large, historical buildings. “These are buildings that are very valuable, a huge heritage.” The first Yes Equality portrait, featuring two young men embracing, went up on a four-story building at one of the busiest intersections in Dublin.

Joe downplays the perseverance needed to wrangle permission to post the mural. “It took me about three months to secure that building. There was a lot of to-ing and fro-ing with the property owners to convince them about who I was and where I was coming from,” he says.

“We put up the two lads, pretty much in the center of the city, on a building that has never had any advertisement.”

That image, and a second one of two women installed a few weeks later, take inspiration from “The Meeting on the Turret Stairs,” a familiar and beloved painting in the National Gallery of Ireland. Based on an early Danish ballad it pictures an encounter between a princess and a knight.

“The theme of that beautiful painting is there’s a higher power that does not allow this relationship to take place,” says Joe. “Here’s the exact same theme, playing out with the referendum—a higher power, the state, not allowing this union of the same-sex couple, to take place.”

The Dublin portrait went up without fanfare. “We put it up right in the middle of the night. It was lashing rain and no one could see what was happening because it was so dark up at that point. Then at 7 o’clock the next morning, this beautiful sunrise, a stunning sunrise, revealed what we were putting up,” Joe remembers.

“The fallout on that piece—it was unbelievable, the reaction to that
Beef Stew

After working through the night to install the Yes Equality mural in Dublin, Joe went to his parents’ house. “Home is a very important place to me,” he says. This is the stew his mother made that day.

1  2-3-lb. beef round roast, sliced into 1-inch thick round steaks
4-6  TB. lard or butter
3  large onions, chopped
1  lb. button mushrooms, stems removed
carrots, peeled and sliced small
2  parsnips, peeled and sliced small
2  TB. flour
2  TB. fresh parsley (1-2 tsp. PARSLEY FLAKES)
3  lbs. potatoes, peeled and cut into chunks
1-2  tsp. salt, to taste
½-1  tsp. PENZEYS PEPPER, to taste
½  Cup (1 stick) butter

Heat the butter/lard in one or more large frying pan(s) over high heat (Joe’s mother uses three frying pans). If you use one, you’ll need to brown the beef in batches; it needs to be well browned. When nice and hot, add the steaks, being careful not to crowd them. Sear on both sides until nicely browned. Transfer the steaks to a large pot. Once the meat is all browned, pour 1 cup of hot water into the pan(s). Use a pastry brush or wood spoon to dislodge all of the yummy browned bits in the pan. Pour the contents of the pan(s) into the large pot. Add the onions and mushrooms, plus enough water to nearly cover everything—maybe 3-4 more cups—and simmer on low, covered, for 3-4 hours. Stir every hour or so and add more water if it starts to get dry. On low it shouldn’t. In a separate pot, parboil the carrots and parsnips for about 15 minutes.

About 30 minutes before dinner, steam or boil the potatoes. Mash them with salt, PEPPER and lots (according to Joe: “The biggest chunk of butter you’ve ever seen”) of butter. Put your oven-safe serving plates or bowls in the oven at 425° to get them good and hot. (Joe adds, “Here’s the part that is unbelievably important: Put all the plates in the oven until they’re excessively scalding.”) Five minutes before the stew is finished, whisk ½ cup of the hot liquid into a small bowl with the 2 TB. flour until smooth, then slowly drizzle that back into the stew pot, stirring vigorously so no lumps form. Then add the drained carrots and parsnips to the pot. Cook another few minutes to bring it all together. To serve, put a nice scoop of potatoes on each plate. Top with the stew and sprinkle with PARSLEY.

Prep. time: 30 minutes
Cooking time: 3-4 hours
Serves: 6

Nutritional Information: Servings 6; Serving Size 1 steak, 3/4 cup stew, 1 scoop potatoes (613g); Calories 710; Calories from fat 280; Total fat 31g; Cholesterol 145mg; Sodium 630mg; Carbohydrate 59g; Dietary Fiber 9g; Sugars 9g; Protein 50g.

piece,” he says. Posted on social media by gay rights activist Pantie Bliss, Joe says, “In 24 hours, it got a million clicks.”

Five weeks later, the referendum passed, with 62% of Irish voters supporting the legalization of gay marriage. Why this outcome in a small country, that by all accounts is traditional and conservative?

Joe believes the recession put Ireland in a reflective mood.

“We’re a very new nation. When Ireland declared ourselves as a free country, all of those that signed that proclamation were rounded up and shot. A group of people, predominantly artists and poets and trade unionists, got up every morning, knowing that their lives were at risk. We’re about to celebrate the centenary of that.”

But, he says, “Five years ago we gave away our sovereignty overnight, really quietly. We took on the burden of the debt to the European Union. Now we have to set our path. How can we make ourselves a bit better? It’s not financial. We’re a very creative and artistic people. We’re trying to re-find our soul. The recession has provided that in a way.

“We’re a funny little nation. We’re kind of figuring ourselves out. We’re getting there,” he says.

The referendum is a positive step in that process, according to Joe. “It brought a whole cohort of young people into feeling that they had a place in their society. We have a huge number of people that no longer live in Ireland while the economy is starting to pick itself back up. But people flew from the States, from Argentina, from Australia, just to come home to make that one vote count.

“It made us feel more independent. We have had very little opportunity to be leaders and to be proud on the world stage, or to take that first step that we look back on and see as a great decision.”

Joe continues, “That vote came at a time after our characters were kicked down in the recession, and at a time when we’re looking to rebuild ourselves. To see the fallout, to see other countries within days making the same decision, it’s a very good thing to see. It just gives you a feeling inside.”

–Natalie Wysong

To see Joe’s art, turn to page 62.
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
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.

Vanilla Beans
Regarded as the world’s best, Madagascar beans set the standard for prime vanilla flavor.

- 3 beans #58430 $ 8.99
- 15 beans #58456 $ 34.95

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 $ 8.99
- 15 beans #58656 $ 34.95

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 unbeatable 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 $ 18.95
- 8 fluid ounce bottle #92285 $ 34.95
- 16 fluid ounce bottle #92214 $ 59.95

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 $ 7.49
- 4 fluid ounce bottle #92151 $ 12.95
- 8 fluid ounce bottle #92180 $ 23.95
- 16 fluid ounce bottle #92119 $ 39.95
Salted Caramel Squares

Here at Penzeys we enthusiastically gobbled these up after the photo shoot.

**Base:**
- 1 Cup self-rising flour
- 1/2 Cup brown sugar
- 1 Cup shredded coconut
- 1/2 Cup (1 stick) butter, melted
- pinch CINNAMON (optional)
- salt

Preheat oven to 360°. In a large bowl, combine the flour, brown sugar, coconut, butter, CINNAMON (if using) and salt. Mix well on low. Press onto an ungreased rectangular baking sheet (about 10x14; a 9x13 pan would also work), about ¼-inch thick. Bake at 360° for 10 minutes. Remove from the oven and let cool a bit.

**Caramel:**
- 1 14-oz. can sweetened condensed milk
- 2 TB. Lyle's golden syrup
- 1 TB. butter
- 1/2 tsp. PURE VANILLA EXTRACT

For the caramel, combine the milk, golden syrup and butter in a small heavy saucepan. Heat over medium, stirring constantly, until big bubbles form and the mix is thickened and a light caramel color, about 8-10 minutes. Stir in the VANILLA—adding it at the beginning will make it much harder to tell when the milk turns a caramel color. Pour and gently spread over the base. Return to the oven for 10 minutes. Let cool.

**Chocolate:**
- 16 oz. dark chocolate
- 1 tsp. butter
- 1-2 tsp. COARSE SEA SALT

For the chocolate, melt the chocolate and butter using a double boiler or in a glass bowl placed over a pot of boiling water. Stir until melted. Pour and spread the chocolate over the cooled caramel. Sprinkle with the SEA SALT. Refrigerate until the chocolate has set, about 2 hours. Cut and serve or refrigerate the cut pieces in a cookie tin.

**Nutritional Information:** Servings: 24; Serving Size 1 square (63g); Calories 280; Calories from fat 130; Total fat 14g; Cholesterol 20mg; Sodium 270mg; Carbohydrate 35g; Dietary Fiber 0g; Sugars 30g; Protein 4g.

Don O’Neill grew up in the tiny seaside village of Ballyheigue. “My home was a bed and breakfast perched on a cliff top overlooking a magnificent bay. “Home-cooked food was a very big part in a lot of Irish homes but at our house especially.

“The idea of sitting down to a meal and serving the guests in our house, catering to people’s well-being, was a unique way for me to see the importance of a meal and its significance to someone’s overall comfort,” says Don.

“They were being taken care of, not only from the comfort of the room they were sleeping in but the fact that bread was baked for them by Mom and breakfast was cooked by my dad, and served by my sister—there was a lot of love and care that went into the whole process.”

Don says one of his earliest memories is of his mom with a giant green Tupperware bowl in which she would mix several loaves of brown bread every day.

“I can remember hearing her ring hitting off the edge of the plastic bowl as she scraped and sifted the flour.
Don and his partner Pascal have been together 22 years, and are planning to be married next year in Ireland.

A stunning view of Ballyheigue Bay from the balcony of O’Neill’s Bed and Breakfast. It’s the home where Don grew up, and his family still runs the bed and breakfast today. Don says, “I still marvel and have my breath taken away by the beauty of Ireland.”

through her fingers and rubbed the butter into the flour before pouring in the buttermilk.

“Mom was a happy baker so ultimately the radio was on and she would be whistling or humming as she baked. There was so much love sifted through that flour every day.”

Don credits those memories, from as early as age 4, with his desire to become a chef—along with a few lessons from his Aunt Breda.

“Auntie Breda would come from America to visit us in Ireland every summer. She would come with all of her American ingredients—things we’d never seen or tasted before. I’d pull my chair up to the kitchen counter, stand up on the chair and watch her.

“In my opinion she would make the most amazing meals using jars of mayonnaise and mixing them with cans of creamed soup—spreading it over chicken and spreading cheese over the top and putting it in the oven,” Don recalls with a laugh.

“I saw ingredients being transformed,” he says. “The way random things went into a bowl, got mixed together and magically became something else—that was just the most exotic, fantastic cuisine I had ever seen in my life—so unlike anything we ever had in Ireland because our cooking was very simple.”

Whether it was his mom’s breads and pies from scratch, or his Auntie Breda’s creations, Don says, “It was the love that they both put into it and the love I felt coming from it that made it such an important thing for me.”

After high school Don attended art school with the intention of studying fashion design. But the desire to cook and bake was still strong. While commuting to and from art school, he met a young woman who was studying to be a chef. Don recalls her describing the wonderful things she was learning each week.

“I was mesmerized as she told us about all the exotic dishes she was learning to prepare. Meanwhile, I had spent an uninspiring week using found pieces of garbage to make an art project.”

So, Don went home and told his parents he wanted to become a chef. He attended a culinary arts college and was trained as a French chef.

“I was doing really well and was fortunate to represent Ireland in the culinary Olympics in 1985.”

Despite all that, Don says “my cooking books all had sketches of dresses in the margins.”

Then, within a few weeks of graduating college, Don won first prize in a contest—tuition to a fashion design college in Dublin, and at the same time was accepted to join the kitchen of a five-star restaurant.

He had a decision to make.

“I packed away my knives and went back to fashion.”

Launching a highly successful career in the world of fashion in New York City, designing dresses for Taylor Swift, Oprah and Carrie Underwood—to name a few—Don never lost that special connection to his family and his home in Ireland.

“When you move to America one of the things you do is try to recreate the tastes of home so you don’t feel so far away. I could make Mom’s brown bread but it never was as fluffy as hers.

“Mom had gifted hands when it came to baking. I would go back to Ireland and we would stand side by side with bowls and I would do everything exactly as she did and you could still tell who baked which loaf. It was the same with her apple pie.

“I would tell her that she must be putting something else into it—I think it was the love that was coming through her fingertips which made it so wonderful and impossible to reproduce.”

When Don traveled back to Ireland for a visit, his mom prepared weeks in advance.

“Pies were made and frozen and the freezer would be stocked with all of my favorites. When I got there, we would spend the days eating everything she had prepared. When Mom passed away, all of that stopped.”

There are still lots of gatherings around the big dining room table when Don goes back home. Now, he and brother Patrick are the ones who
Don writes, “The secret of recreating Irish brown bread in the USA is the wholemeal flour, which for years I would bring back in my suitcase until it became available here online.”

**Mim’s Brown Bread**

Don writes, “The secret of recreating Irish brown bread in the USA is the wholemeal flour, which for years I would bring back in my suitcase until it became available here online.”

2 Cups all-purpose flour  
2 Cups Odlums Wholemeal Extra Coarse  
\( \frac{1}{4} \) tsp. salt  
1 TB. sugar  
1 tsp. baking soda  
\( \frac{1}{2} \) Cup (1 stick butter), softened and cut into pieces  
2 Cups buttermilk  
1 egg, beaten  
\( \frac{1}{4} \) Cup cold water

Preheat oven to 375°. Make sure one of your oven racks is in the middle of the oven. Lightly grease a baking sheet with butter and set aside. In a large bowl, sift together the flour, wholemeal, salt, sugar and baking soda. Add the butter and rub into the flour mix. Make a deep well in the middle. Pour the buttermilk in the well followed by the egg. Mix the flour into the well with one hand, turning the bowl with the other while combining the mixture into a sticky ball. Add a little of the cold water if there are still dry ingredients to absorb. Turn the dough out onto a well-floured surface. Scrape the wet mixture off your fingers on the ball of dough. Wash and dry your hands. Sprinkle the dough liberally with white flour so that you can begin kneading. The quantity of flour will vary depending on the humidity (we ended up using about a cup of flour for the kneading). Wet, malleable dough is preferable to dry dough. Knead firmly but with light hands, bringing together into a ball, using the heels of your hands, pushing away from you, giving it a half twist. Repeat until the dough forms a ball.

Drop the ball in the center of your cookie sheet and pat to form a nice round disc about 2 inches high. Cut a deep cross in the center of the loaf. Bake at 375° for 55 minutes. Allow to cool on a wire rack thoroughly before cutting. This bread freezes really well and can be thawed overnight by placing in an oven that has been heated and then switched off.

**Prep. time:** 30 minutes  
**Baking time:** 55 minutes  
**Serves:** 8

**Nutritional Information:** Servings 8; Serving Size 1 slice (100g); Calories 360; Calories from fat 120; Total fat 13g; Cholesterol 55mg; Sodium 330mg; Carbohydrate 50g; Dietary Fiber 4g; Sugars 3g; Protein 8g.

Don and his parents on a walk along Kerry Way—a series of scenic walks that stretch hundreds of miles through County Kerry where he grew up. Don says, “This was my mom’s favorite place to walk. She and her best friend walked this walk together every day.”

“I try to recreate everything Mom made, which becomes a marathon day or two in the kitchen making the pies and salted caramel squares—everything she would make, I try to recreate it so she can still be a part of it.

“I love our family gatherings in Ireland and the joy that sharing good food brings with it. The food is prepared with love, and it gets wolfed down as loud conversation and laughter ring out around the table.”

Don and his partner Pascal travel to Ireland a couple of times a year, and are hoping to make one of the next trips extra special.

“We’ve been together 22 years and we got engaged two years ago. We are hoping to get married next year in Ireland.”

Don says the fact that Ireland voted yes to the marriage equality referendum was a huge relief.

“It was a very emotional day. It shows that people have changed tremendously, that they are embracing and seeing their family members and friends as equals and deserving of the same rights. We are moving in the right direction. Love definitely won that day.”

—Traci Parker
Grill & Broil Mini Gift Box
Our best selling gift box now in an easy to give size. Makes great taste simple. From the lifetime grillers 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 Seasoned Salt. Also includes cards with handy tips for each spice.

#82424 $15.95

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 Penzeyz Forward!

#82440 $14.79

Mill Owner’s Gift Box
A thoughtful gift for those who already have a peppermill (or two).


#81243 $32.99

Original Mini Gift Box
Penzey’s 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 Penzeyz Cinnamon, Penzeys 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.


#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.


#80941 $27.35

Welcome SEASONINGS Gift Box
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 Gift Box
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

Gifts

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

Mail order item only (catalog or online), not available in stores.
WELCOME SPICES
#82611  $19.95

INTERNATIONAL SALT FREE
#80646  $28.49

GRILL & BROIL GIFT BOX
#86743  $30.75

KIND HEART GIFT BOX
#82440  $14.79

GIFT BOXES | 4 JAR

See SPICE INDEX on page 61
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/S, 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, Penzeys 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/S, 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
KIND HEART 8 JAR SEASONINGS GIFT BOX
#82529 $39.95

STEAK SEASONINGS GIFT BOX
#86680 $64.95

HERB GIFT BOX
#80383 $36.99

SALT FREE GRILL & BROIL
#86988 $61.55
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 Spices, 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 Penzey’s Cinnamon, 1/2 Cup jar of Mural of Flavor Salt Free Seasoning, 1/4 cup jar of Penzey’s Minced Garlic, 1/4 cup jar of Pasta Sprinkle, 2 oz. bottle of Penzey’s 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.

#88888 $128.79

Hot Chocolate Gift Set
Our Hot Chocolate Set comes in a charming snowflake covered box with both our regular and mint Penzey’s Hot Chocolate Mix, plus two Penzey’s 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 Penzey’s Kind Heart Mugs.

#87737 $37.59

GIFTS THAT SAY SO MUCH

**GIFTS THAT SAY SO MUCH**

Pasta & Salad Seasonings Gift Crate
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 Gift Crate
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 $157.95

Teacher’s Gift Box
Let the teachers in your life know how much you appreciate them. At Penzey’s 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 Penzey’s Forward! Salt Free Seasoning, a Teachers Care bumper sticker, a Teach! pin, and Penzeys Frozen Pizza Seasoning, a Heal the World dish towel.

#83018 $9.95

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 Penzey’s Cinnamon and Penzeys 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 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

Penzey’s 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

Mail order item only (catalog or online), not available in stores.
Peggy Daly
Peggy and Mike Daly have lived in many different places over the course of their 50 years together.

Though they themselves never lived there, their parents called Ireland home. “My husband and I are first generation Irish,” she tells us, and some of their extended family still lives there.

Peggy talks to us about Ireland and what family, friends and home mean to her.

Cheffe Colette
As a young girl growing up in Ireland, Cheffe Colette cooked side-by-side with her mom and grandmother. This love of cooking traveled with her to America. Today, together with her partner, Cheffe Pam, they run The Inn Spot on Shinnecock Bay. “I love people and I love food and I’m lucky enough to make this my daily work,” says Cheffe Colette. Enjoy reading more about the Cheffes and their simply delicious Tomato Pie, Crabby Cakes and more at [www.penzeys.com](http://www.penzeys.com).

Suzanna Crampton
Suzanna Crampton tends her Zwartbles sheep on a small Kilkenny, Ireland, farm. In return, they give her nutritious milk and meat, along with a beautiful crimped wool. These rare-breed sheep, black with white blazes on face, tail and feet, keep Suzanna busy year round. Online you can learn about her pastoral life, and try out her wholesome farmer-to-family recipes.

**See these stories and recipes at [penzeys.com](http://www.penzeys.com)!”**
I wish that like Ireland, we here in America could have made marriage equality a reality through a national election. The election results would have made real for so many how far as a nation we’ve progressed on this issue. But maybe even more important than the outcome of the election would have been how the vote would’ve become a celebration of the American values of diversity and equality. This is a celebration we could so very much use right now.

Even if we can’t have our own election, we can still celebrate Ireland’s, and take inspiration as well. And if you’re looking for inspiration, Joe Caslin might be a good spot to start. Joe’s art, featured here, was part of an effort by many artists across Ireland to counter the messages the forces opposed to marriage equality were broadcasting leading up to the vote. Give it a look, it’s pretty much as good as art gets. The empathy and compassion that flows from both of these images so well radiates why marriage equality is fundamentally right and belongs as the law of all lands.

As much as Joe Caslin downplays his achievements, his actions are as worthy of attention as his art. It’s one thing to have great skills but it is something far more to come to an understanding of how you can use those skills to make a difference, and then, even more importantly, actually make that difference happen. Few of us may have the art abilities of Joe, but all of us have our own voice and place and way to make this world a kinder and more connected place.

The upcoming election year here in America will be like few others we’ve experienced. Unlimited political spending will attempt to win this one through dividing us by race, orientation and gender. We need our own Joes—people who can somehow figure out a way to use their skills, place and abilities to showcase the greatness of our shared humanity in ways we can all understand.

So be the best Joe you can be. And find a way to be a little more connected to Ireland. In their humanity, forward-leaning compassion and connectedness is a recipe for a better future that works everywhere.

Celebrate Diversity & Equality!

b

bill@penzeys.com
The day after I put up the piece I went back home, and home is a very important place to me because it’s something that—especially when you’re out and you’re always working—it’s nice to get that nourishment, both from food and from your family. That’s a quite important thing, to go back and get that every now and again.” -Joe Caslin

Joe’s Mom’s Beef Stew

“The day after I put up the piece I went back home, and home is a very important place to me because it’s something that—especially when you’re out and you’re always working—it’s nice to get that nourishment, both from food and from your family. That’s a quite important thing, to go back and get that every now and again.” -Joe Caslin

See page 60 for the recipe
THERE’S ALWAYS SOMEONE TO WELCOME IN

If you’ve ever been the “new person,” you know there’s no distance greater than the space between feeling like an outsider to the place where you feel you belong. At work, school, church, club or even in your neighborhood, Penzeys Welcome boxes get things off to a great start. Keep a couple on hand so you are always ready to make someone feel a little more Welcome.

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