Penzeys Spices

LOVE PEOPLE - COOK THEM TASTY FOOD **HOLIDAY 2015**



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Holiday 2015

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a note from Bill

Happy Holidays!

One of the many great things about cooking is the way in which cooking connects us to our lives. There is joy in gathering good friends and family around the dinner table for tasty food and conversation. This is especially true over the holidays where as cooks we get the chance to make and share a little bit more and reconnect with the family and friends that we don't get to see at our table every day. In this spirit of reconnecting for this Holiday catalog, we reached out to the cooks who we've featured in our pages in the past year to share some holiday recipes and catch up on what they've been doing.

And it's been a good year for us—in some ways a breakthrough year—when it comes to our ability to share the story of what cooking is all about. There was a time when the story of cooking was brought to us by companies that wanted us to cook. But for a generation now it's been brought to us by advertisers whose desire is for us to purchase items that pretty much don't have anything to do with cooking. Somewhere in this transition, the story of why we cook, and where the most tasty food comes from, has gotten lost.

Through the years we've found that if you want to get people to change how they think about something, you can't just point out what's wrong with the way things are. For people to change their direction you need to show them a better way, you need to show them something they want more. This year, through Martin Luther King, Earth Day, Voting Rights and Ireland's Marriage Equality, we found the Cooks' stories that show all the goodness set in motion when we care for those around us. And through their recipes, showed how the spirit of caring is very much at the heart of where tasty food comes from. It's been a good year.

We have great customers, and some pretty good writers, too. I hope you enjoy the updates and the Holiday recipes.

And because a life with cooking really is so much better, so much more fun, and so much more meaningful than a life without cooking, we have our New! *Love People. Cook them tasty food* gift boxes for this Holiday season. These new boxes do everything possible to set cooking in motion. Joyful choice of colors, cool Kind Heart pin and Love People bumper magnet, plus a happy cook booklet of recipes and stories that celebrates everything that makes a life of cooking just plain wonderful.

Over the years we really have developed a good understanding of what makes spices great, and at the same time, what makes them useful as well. Each of the 8 or 9 Spices and Seasonings in the *Love People* gift boxes really will be immediately useful to even the cooks who are just starting out, while at the same time each of these will be undeniably impressive to cooks who've spent a lifetime around the kitchen.

You know the value that gathering around the dinner table brings to life, and you know the way the promise of tasty food makes gathering everyone around the table so much easier to do. Please give some thought to who on your list could use and find joy in one of these boxes.

And Happy Holidays to you and yours,

Bill

bill@penzeys.com

Spice Tips

HOW MUCH SHOULD I BUY?

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

HOW SHOULD I STORE THEM?

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

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

Adobo Seasoning SALT FREE

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

1/4 cup jar (net 1.1 oz.)#10137**$ 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**

Ajwain Seed

Ajwain (or Ajowan) 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 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 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**

Annatto Seeds

A must for South American, Caribbean & Mexican cooking.

1/4 cup jar (net 1.2 oz.)#50539**$ 3.29**
1/2 cup jar (net 2.8 oz.)#50555**$ 5.49**
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 1/2 tsp. per cup of batter. For sugar cookies, add 1-2 tsp. per batch. Sprinkle on regular or French toast, add to waffle or pancake batter, 1/4 tsp. per cup. *Hand-mixed from: China and Korintje cinnamon, nutmeg, mace and cloves.*

1/4 cup jar (net 1.0 oz.)#10232**$ 3.95**
1/2 cup jar (net 2.2 oz.)#10258**$ 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 huevos, ground turkey, cheese, salad dressings. Free from salt. *Hand-mixed from: ancho chili pepper, black pepper, onion, garlic, paprika, spices, cumin, citric acid, Mexican oregano, cilantro, lemon peel, chipotle pepper, red pepper, jalapeño, cocoa and natural smoke flavoring.*

1/4 cup jar (net .9 oz.)#15837**$ 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 stir-fry sauce. **To thicken sauces or gravies:** Use 1-2 tsp. (dissolved in a bit of cool water) per cup. Push food to one side of pan. Tip pan for juices to collect on one side and drizzle in arrowroot-water slurry. Stir over medium heat until slightly thickened, toss to coat food and serve.

1/4 cup jar (net 1.1 oz.)#40536**$ 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, 1/4 tsp. in 2 cups. Add 1 tsp. to box mixes for cake or brownies. Try it in muffins, coffee cakes, pies, and banana bread. Add up the spices your recipe calls for and use the same amount of Baking Spice instead. *Hand-mixed from: Ceylon & China cinnamon, anise, allspice, mace and cardamom.*

1/4 cup jar (net .7 oz.)#11734**$ 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: sweet peppers, 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, citric 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 tasty. *Hand-mixed from: paprika, black pepper, salt, mustard, nutmeg, citric acid, garlic, allspice, sugar, ginger, thyme, sage, white pepper, red pepper, cinnamon, natural smoke flavoring and vanilla beans.*

1/4 cup jar (net 1.0 oz.)#22239**$ 4.45**
1/2 cup jar (net 2.3 oz.)#22255**$ 7.95**
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 slower cooked whole chicken. Great for fish and skewers with meat and vegetables. *Hand-mixed from: flake salt, paprika, allspice, cayenne pepper, nutmeg, black pepper, thyme, ginger, white pepper and Korintje cinnamon.*

1/4 cup jar (net 1.2 oz.)#23931**$ 4.45**
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**



Extract 4 Jar Gift Box
#81843 **$ 49.99**

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 SALT FREE

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

1/4 cup jar (net .7 oz.)#10432**$ 3.95**
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**

Beef Roast Seasoning

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

1/4 cup jar (net 1.1 oz.)#20530**$ 3.95**
1/2 cup jar (net 2.6 oz.)#20556**$ 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 ¼ cup: Place 2 TB. bell peppers in a cup, add water to the 2 oz. (¼ cup) mark. Soak 15 minutes.

Green Bell Pepper Flakes 3/8" Cut Californian
1/4 cup jar (net .3 oz.)#32137**$ 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.)#32232**$ 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, no mild paprika, just a lot of Cayenne Red Pepper with the rich flavors of fenugreek and cardamom. It's not just hot, it's 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, minced 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.)#10658**$ 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 zesty Cajun burgers. *Hand-mixed from: paprika, salt, celery, sugar, garlic, black pepper, onion, oregano, red pepper, caraway, dill, turmeric, cumin, bay, mace, cardamom, basil, marjoram, rosemary and thyme.*

1/4 cup jar (net .9 oz.)#20835**$ 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 .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 indefinitely. Shelled or decorticated cardamom seeds are flavorful, but sometimes need to be crushed or ground before use. Ground cardamom has an intensely strong flavor and is easy to use (especially in baking, where the fine powder is desirable). In India, where both green and black cardamom are used, it is an important ingredient in meat and vegetable dishes. In Northern Europe, white cardamom is used to season baked goods such as Christmas stollen, cakes, cookies, muffins and buns. Black cardamom has a unique smoky flavor and has developed its own following over the years.

Whole Fancy White Scandinavian-Style Cardamom Pods
1/4 cup jar (net .5 oz.)#50634**$ 6.85**
1/2 cup jar (net 1.3 oz.)#50650**$ 12.95**
3/4 cup bag (net 2.0 oz.)#50640**$ 16.29**
Whole Fancy Green Guatemalan Cardamom Pods
1/4 cup jar (net .6 oz.)#50739**$ 6.39**
1/2 cup jar (net 1.7 oz.)#50755**$ 11.95**
3/4 cup bag (net 2.6 oz.)#50745**$ 14.99**
Whole Large Black Indian Cardamom Pods
1/4 cup jar (net .5 oz.)#50834**$ 5.09**
1/2 cup jar (net 1.3 oz.)#50850**$ 8.89**
3/4 cup bag (net 2.0 oz.)#50840**$ 10.99**
Whole Guatemalan Cardamom Seeds (no shell)
1/4 cup jar (net 1.3 oz.)#50939**$ 8.89**
1/2 cup jar (net 2.8 oz.)#50955**$ 16.75**
3/4 cup bag (net 4.2 oz.)#50945**$ 20.99**
Ground Guatemalan Cardamom Seeds (no shell)
1/4 cup jar (net 1.2 oz.)#40936**$ 8.55**
1/2 cup jar (net 2.4 oz.)#40952**$ 15.95**
3/4 cup bag (net 3.6 oz.)#40942**$ 19.99**

Celery Flakes

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

1/4 cup jar (net .3 oz.)#30533**$ 2.99**
1/2 cup jar (net .7 oz.)#30559**$ 4.89**
3/4 cup bag (net 1.1 oz.)#30545**$ 5.99**
1 1/2 cup bag (net 2.2 oz.)#30589**$ 8.99**

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**
Ground Indian Celery Seed
1/4 cup jar (net .9 oz.)#41133**$2.95**
1/2 cup jar (net 1.9 oz.)#41159**$ 4.95**
3/4 cup bag (net 2.9 oz.)#41149**$ 6.29**

Charnushka (Nigella Sativa)

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

1/4 cup jar (net 1.0 oz.)#51231**$2.99**
1/2 cup jar (net 1.9 oz.)#51257**$4.79**
3/4 cup bag (net 2.9 oz.)#51247**$ 5.99**

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, ancho, celery, black and red pepper, dill, caraway, allspice, ginger, cardamom, thyme, bay, mace, cinnamon, savory and cloves.*

1/4 cup jar (net 1.2 oz.)#21032**$ 3.95**
1/2 cup jar (net 2.7 oz.)#21058**$ 6.95**
3/4 cup bag (net 4.1 oz.)#21048**$ 8.69**

Cheese Seasonings

Brady Street Cheese Sprinkle

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

1/4 cup jar (net 1.1 oz.)#20730**$ 5.95**
1/2 cup jar (net 2.8 oz.)#20756**$9.95**
3/4 cup bag (net 4.2 oz.)#20746**$ 12.49**
1 1/2 cup bag (net 8.4 oz.)#20788**$ 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**

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**

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**

Chinese Five Spice Powder SALT FREE

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

1/4 cup jar (net .9 oz.)#11039**$ 4.45**
1/2 cup jar (net 2.1 oz.)#11055**$ 7.99**
3/4 cup bag (net 3.2 oz.)#11045**$ 9.99**

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 7.2 oz.)#26780**$ 14.99**

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

1/4 cup jar (net .1 oz.)#30838**$ 2.45**
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.)#30884**$ 7.49**



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See SPICE INDEX on page 61

Lois Knight



Lois Knight, a regular volunteer at Kathy's House, finds happiness cooking for the residents.

Lois Knight will be celebrating a couple of Christmas Days this year, as she does every year now, doing the things that matter most to her.

Lois likes taking care of people. If it means she gets to cook for them, so much the better.

The first celebration will be on the official Christmas Day, when she does the holiday cooking at Kathy's House. The residence becomes home-away-from-home for families with someone needing medical treatment in the Milwaukee area.

The second gathering is for her own family.

"We do our Christmas Day get-together on New Year's Day," says Lois, explaining it simplifies the arrangements for everyone. "That way we're together for the day.

"I love to cook. I love people. To me that's every day. It ain't about the gifts," she quips. "And on New Year's Eve, we all go bowling and it's a blast. We wear ugly sweaters. Mine has ornaments on it and I add more every year."

For a long time, the family parties were held at the home she shares with husband Carl in West Allis. As the gatherings got bigger with in-laws and grandchildren, the kids started hosting.

Then granddaughter Alaina —there's 10 grandchildren in the family—said she missed the big parties at grandma's house.

"We don't fit anymore," Lois told her, but then agreed to try it again.

"So we're all standing in the kitchen, shoulder to shoulder, and she looks at me and says, 'You're right,' " Lois says, laughing.

Still, wherever the party is, she wants to do most of the cooking.

"It's fun," she says. "It's a lot of work, but it's worth it, because it's family."

The holiday menu at Kathy's House will include a big turkey and a ham and lots of sides. She first started helping there when volunteers were needed to bake Christmas cookies a few years ago. The kitchen—with three stoves and lots of space—looked like a good place to cook.

Lois began volunteering to cook an occasional supper and some holiday meals, bringing her own groceries and often friends and family to help.

She retells the story of the first Christmas she spent at Kathy's House, and what it meant to one big family on a sad day.

"Our father just died and we don't want our mother to cook," one man told her. "Could we pay you to cook?"

"I'm cooking for you and there's no charge," Lois said.

"They were just thrilled. They donated money from the funeral to Kathy's House."

More recently, one man found his way back to the kitchen for seconds—and more.

"Please don't tell my wife, but this is my third plate," he said. "I haven't had pork roast and sauerkraut like this since my grandma died."

"I don't tell," Lois replied. Sometimes what goes on in the kitchen, stays in the kitchen.

And it seems Lois has a way of inspiring others to acts of kitchen kindness. More people are volunteering, making meals that smell good when residents return from hospital days.





Above: "Ugly sweaters" are the tradition when Lois's family goes bowling during the holidays. Here Lois models hers with some of the grandchildren, (from left) Anna, Jake, Joe and Julia.

Left: Lois celebrates the holidays with the grandchildren—and a white elephant gift exchange.



Lois is happy to cook with daughter Donna Duesing for a family Thanksgiving dinner, this one held at Donna's home.

The volunteers now include granddaughter Julia Treichel.

"Her volleyball team—my daughter Dawn is the 8th grade volleyball coach—did a bake sale to raise money to cook at Kathy's House," says Lois. "They raised $360 and they're going to make a spaghetti dinner and salad and cookies. They're so excited. And any money left over will be donated to Kathy's House."

Now 74, Lois is still working part-time, because the job is such a good fit. She works for Rent-A-Daughter, a home care service. Lois helps people with whatever they need, a friendly visitor or a little cleaning and, of course, some good cooking.

"Lord, thank you, I'm on the giving end. What we take for granted. You can brush your own teeth. You can comb your own hair. You can cook your own food. You got to make the most of whatever you got. I've been with Rent-A-Daughter for 2 ½ years, and I love it."

Any day that people can enjoy home cooking is a good day—and maybe a little more like Christmas, says Lois.

"To me, I have Christmas every day, because what is Christmas about? It's about Jesus giving to us—Himself. I just take that every day."

–Amy Silvers



Dream Bars

A real treat for all the coconut lovers out there.

Crust:

1	Cup brown sugar, packed
1	Cup (2 sticks) melted butter or margarine
2	Cups flour

Topping:

2	Cups brown sugar, packed
¼	Cup flour
1	tsp. baking powder
½	tsp. salt
4	eggs, beaten
1-2	Cups coconut (we used 2)
2	Cups chopped nuts, optional

Preheat oven to 375°. In a mixing bowl, combine the crust ingredients. Press firmly into an ungreased 9x13 baking pan. Bake at 375° for 15 minutes. While the crust bakes, prepare the topping. In a mixing bowl, combine the brown sugar, flour, baking powder and salt. Add the eggs and mix well. Fold in the coconut and nuts, if using. Remove the crust from the oven. Spread the topping over the crust and return to the oven. Bake for 25-30 minutes or until firm but not hard. Cool and then cut into bars.

Prep. time: 20 minutes
Baking time: 40 minutes
Yield: 40

Nutritional Information: Servings 40; Serving Size 1 bar (46g); Calories 200; Calories from fat 100; Total fat 11g; Cholesterol 45mg; Sodium 140mg; Carbohydrate 28g; Dietary Fiber <1g; Sugars 18g; Protein 2g.

Pumpkin Bars

These little nuggets of deliciousness are super moist and very cake-like.

2	Cups sugar
2	eggs
2	Cups pumpkin purée
¾	Cup (1½ sticks) melted butter or margarine
2	Cups flour
2	tsp. baking powder
1	tsp. baking soda
½	tsp. PENZEYS CINNAMON

Frosting:

3	oz. cream cheese, softened
6	TB. butter
1	TB. lemon juice
1	tsp. PURE VANILLA EXTRACT
3	Cups powdered sugar, sifted

Preheat oven to 325°. In a mixing bowl, beat together the sugar and eggs. Add the pumpkin and butter and mix. Gradually add the flour, baking powder, baking soda and CINNAMON. Mix well. Pour into a greased 15x10x1-inch jelly roll pan (a 9x13-inch pan would work, but you would end up with a real cake). Bake at 325° for 30 minutes. Let cool completely before frosting. To make the frosting, beat together the cream cheese, butter, lemon juice and VANILLA. Gradually add the powdered sugar and beat to your desired consistency. Spread over the cake and cut into small bars.

Prep. time: 20 minutes
Baking time: 30 minutes
Yield: 6 dozen

Nutritional Information: Servings 36; Serving Size 2 bars (55g); Calories 170; Calories from fat 60; Total fat 7g; Cholesterol 30mg; Sodium 150mg; Carbohydrate 28g; Dietary Fiber <1g; Sugars 22g; Protein 1g.



Chili Peppers

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

Pepper Heat Ratings
(in Scoville Units)
Approximate ratings. Peppers vary in heat, flavor and color from crop to crop.

Aleppo Pepper

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

10,000 heat units
1/4 cup jar (net .8 oz.)#41733**$ 3.79**
1/2 cup jar (net 1.9 oz.)#41759**$ 6.49**
3/4 cup bag (net 2.9 oz.)#41749**$ 7.99**
1 1/2 cup bag (net 5.8 oz.)#41781**$11.99**

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**

Ground Ancho Chili Pepper

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

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

3,000 heat units
1/4 cup jar (net 1.0 oz.)#42035**$ 3.55**
1/2 cup jar (net 2.4 oz.)#42051**$ 5.95**
3/4 cup bag (net 3.6 oz.)#42041**$ 7.49**
1 1/2 cup bag (net 7.2 oz.)#42083**$ 11.29**
3 cup bag (net 14.4 oz.)#42012**$ 16.99**

Arbol Chili Peppers

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

35,000 heat units
1 oz. bulk bag#51660**$ 3.45**
4 oz. bag#51644**$ 7.75**

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**

Cayenne Red Pepper Powder

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

40,000 heat units
1/4 cup jar (net 1.0 oz.)#41838**$ 3.45**
1/2 cup jar (net 2.1 oz.)#41854**$ 5.69**
3/4 cup bag (net 3.2 oz.)#41844**$ 6.99**
1 1/2 cup bag (net 6.4oz.)#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 moles and sauces, stewed meats and vegetables. Also, use in pozole and other corn recipes, barbecue sauce, and hot & sour soup.

70,000 heat units
1/4 cup jar (net .4 oz.)#51736**$ 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 7.2 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**$ 14.59**



CAYENNE: 40,000

Crushed Red Peppers

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

20,000 heat units

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

1/4 cup jar (net .5 oz.)#41933**$ 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**

Guajillo Peppers

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

6,000 heat units

Whole Guajillo Pepper

1 oz. bag#52962**$ 2.75**
4 oz. bag#52946**$ 5.95**
8 oz. bag#52988**$ 11.09**

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.

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

40,000 heat units

1 oz. bulk bag#51365**$ 2.65**
4 oz. bag#51349**$ 5.69**

Tien Tsin Chili Peppers

Traditional for Asian cooking. Very hot, bright red, 1-2" pods. Add whole to soup and stir-fry. Remove before serving. **To make chili oil:** (commonly used in small amounts for stir-frying) Heat 2 TB. peanut or sesame oil. When very hot, add 10 peppers, fry until brown (3-5 minutes). Remove from heat, add ½ cup peanut oil. Stir, pour into glass jar, strain peppers out if desired. Great mixed with soy sauce for a hot dipping sauce, use ⅓ cup soy, 1 TB. chili oil, and a dash of ginger and garlic. Mix in 1-2 TB. in 1 cup ketchup for BBQ sauce.

60,000 heat units

1 oz. bulk bag#51860**$ 2.65**
4 oz. bag#51844**$ 5.69**



ANCHO: 3,000

ANCHO (GROUND): 3,000



GUAJILLO: 6,000

ALEPPO: 10,000



CHIPOTLE: 15,000



CHIPOTLE (GROUND): 15,000

CASCABEL: 11,000



CRUSHED RED (MEDIUM HOT): 20,000



JALAPEÑO: 25,000

SANAAM: 40,000



ARBOL: 35,000



CRUSHED RED (VERY HOT): 40,000



TIEN TSIN: 60,000



DUNDICUT: 60,000



PIQUIN: 70,000

Chili Powder

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



Regular Chili Powder SALT FREE

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

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

Medium Hot Chili Powder SALT FREE

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

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

Hot Chili Powder SALT FREE

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

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

Chili Con Carne Seasoning SALT FREE

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

1/4 cup jar (net 1.2 oz.)#11534**$ 4.45**
1/2 cup jar (net 2.4 oz.)#11550**$ 7.75**
3/4 cup bag (net 3.6 oz.)#11540**$ 9.69**
1 1/2 cup bag (net 7.2 oz.)#11582**$ 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 powder, garlic, cumin, onion, cilantro, paprika, cayenne red pepper, lemon peel, Mexican oregano, black pepper, citric acid, natural smoke flavor and jalapeno pepper.*

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

Chili 9000 SALT FREE

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

1/4 cup jar (net .8 oz.)#11934**$ 4.35**
1/2 cup jar (net 2.1 oz.)#11950**$ 7.65**
1 cup jar (net 3.8 oz.)#11992**$ 13.95**
2 cup jar (net 7.2 oz.)#11921**$ 26.70**

Cloves

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

Whole Madagascar Cloves

1/4 cup jar (net .5 oz.)#52133**$ 3.35**
1/2 cup jar (net 1.5 oz.)#52159**$ 5.69**
3/4 cup bag (net 2.3 oz.)#52149**$ 6.99**

Whole Ceylon Cloves

1/4 cup jar (net .7 oz.)#52238**$ 3.45**
1/2 cup jar (net 1.5 oz.)#52254**$ 5.95**
3/4 cup bag (net 2.3 oz.)#52244**$ 7.49**

Ground Madagascar & Ceylon Cloves

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

Coriander

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

Whole Canadian Coriander Seed

1/4 cup jar (net .5 oz.)#52533**$ 2.65**
1/2 cup jar (net 1.2 oz.)#52559**$ 4.25**
3/4 cup bag (net 1.8 oz.)#52549 **$ 5.29**
1 1/2 cup bag (net 3.6 oz.)#52581**$ 7.99**

Ground, 40-mesh, Canadian Coriander Seed

1/4 cup jar (net .7 oz.)#42530**$ 3.29**
1/2 cup jar (net 2.0 oz.)#42556**$ 5.49**
3/4 cup bag (net 3 oz.)#42546 **$ 6.99**
1 1/2 cup bag (net 6 oz.)#42588**$ 10.49**

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

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 bag (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.)#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.)#42788**$ 11.29**
3 cup bag (net 13.2 oz.)#42717**$ 16.99**

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**

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 tomato juice. *Hand-mixed from: salt, celery seed, sugar, black pepper, onion, garlic and arrowroot.*

1/4 cup jar (net 1.4 oz.)#21337**$ 4.35**
1/2 cup jar (net 3.1 oz.)#21353**$ 7.65**
3/4 cup bag (net 4.7 oz.)#21343**$ 9.49**
1 1/2 cup bag (net 9.4 oz.)#21385**$ 14.29**

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**

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**

Fennel

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

Whole Indian Fennel Seeds

1/4 cup jar (net .9 oz.)#54032**$ 2.85**
1/2 cup jar (net 1.9 oz.)#54058**$ 4.55**
3/4 cup bag (net 2.9 oz.)#54048**$ 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 SALT FREE

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

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

Florida Seasoned Pepper SALT FREE

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

1/4 cup jar (net 1.1 oz.)#13138**$ 4.45**
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**

Cocoa Powder

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

Natural High Fat Cocoa Powder

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

1/4 cup jar (net 1.0 oz.)#42330**$ 2.95**
1/2 cup jar (net 2.1 oz.)#42356**$ 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 .9 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 2/3 cup coffee with 1/3 cup milk and Penzeys Hot Chocolate Mix to taste—we use 1 generous teaspoon. *Hand mixed from: sugar, natural high fat cocoa, Ceylon cinnamon and real vanilla beans.*

1/2 cup jar (net 3.8 oz.) #15653**$ 3.45**
2 cup jar (net 13.4 oz.)#15624**$ 8.95**
1 lb. stand up bag (net 16.0 oz.)#15611**$ 9.45**

Our minis make a great stocking-stuffer!

CHECK THEM OUT ON PAGE 54.



Cinnamon

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

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

GROUND CINNAMON

China Cinnamon—Tung Hing

Extra sweet, spicy and strong. Perfect for everything from cinnamon rolls to apple pie, Christmas cookies to French toast. China cinnamon is perfect for cinnamon sugar—mix 2-3 tsp. in 1/2 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 toasted 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 00000 Cinnamon, ground, from Sri Lanka.

1/4 cup jar (net .7 oz.) #43432 **$ 4.45**
1/2 cup jar (net 1.6 oz.) #43458 **$ 7.95**
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 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**

Penzeys Cinnamon

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

1/4 cup jar (net .8 oz.) #43537 **$ 3.45**
1/2 cup jar (net 1.7) #43553 **$ 5.95**
3/4 cup bag (net 2.6 oz.) #43543 **$ 7.49**
1 1/2 cup bag (net 5.2 oz.) #43585 **$ 11.29**
3 cup bag (net 10.4 oz.) #43514 **$ 16.99**



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 **$ 9.49**
8 oz. bag #53480 **$ 17.79**

Cinnamon Sticks

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

3 inch Cut Sticks Indonesian Cinnamon
1 oz. bulk bag #53064 **$ 2.49**
4 oz. bag #53048 **$ 4.95**
8 oz. bag #53080 **$ 9.49**
1 lb. bag #53019 **$ 17.40**

4 inch Cut Sticks Indonesian Cinnamon
1 oz. bulk bag #53169 **$ 2.49**
4 oz. bag #53143 **$ 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

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**



Sweet Potatoes and Pecans

Kate shares, "Sweet potatoes are a staple at many holiday meals, but we throw on a pecan topping in a nod to my Southern fella." This dish is so nicely sweet you may want to serve it for dessert.

3	Cups mashed sweet potatoes, cooled
1	Cup brown sugar, packed
2	eggs, lightly beaten
1	tsp. PURE VANILLA EXTRACT
½	Cup whole milk
½	Cup butter, melted

Topping:

½	Cup brown sugar, packed
⅓	Cup flour
⅓	Cup melted butter
1	Cup chopped pecans
1	tsp. PENZEYS CINNAMON (optional)

Preheat oven to 350°. Butter a 2-quart casserole dish and set aside. In a large bowl, combine the sweet potatoes, brown sugar, eggs, VANILLA, milk and butter. Blend completely. Spoon into the baking dish. In a medium bowl, combine the topping ingredients. Sprinkle over the top of the sweet potatoes. Bake at 350° for 30-45 minutes or until the top is browned and the center is not jiggly.

Prep. time: 20 minutes plus potato baking time
Cooking time: 30-45 minutes
Serves: 12

Nutritional Information: **Servings 12; Serving Size 1/2 cup (119g); Calories 350; Calories from fat 180; Total fat 20g; Cholesterol 70mg; Sodium 150mg; Carbohydrate 40g; Dietary Fiber 2g; Sugars 30g;** Protein 3g.

Brown Sugar and Maple Ham

Nothing beats a nice ham for Christmas dinner. This recipe is from Kate Dominic. Turn the page to read her story.

1	ham (8-12 lbs.) We used a bone-in half ham
	WHOLE CLOVES, optional—we used 22 WHOLE CEYLON CLOVES
½	Cup pure maple syrup
½	Cup brown sugar
½	Cup apple juice
1	TB. (heaping) Dijon-style mustard
dash	PENZEYS CINNAMON
dash	POWDERED GINGER

Preheat oven to 325°. Place the ham, fat side up/cut side down on a rack in a foil-lined roasting pan. Score the fat and insert CLOVES, if using. It is easiest to poke a hole with a small sharp knife and slide the clove in, then the head of the clove doesn't break off—it is the sweetest part. Bake at 325° for about 18 minutes per pound, until a meat thermometer reads 145°. In a medium saucepan, combine the syrup, brown sugar, apple juice, mustard, CINNAMON and GINGER. Bring to a boil and cook for 2 minutes. Careful! It will try to boil over. About 20 minutes before the ham is done, spoon about half of the glaze over the top of the ham. After 10 minutes, spread the remaining glaze over the ham. Remove from the oven and slice. Kate likes to return the sliced ham to the pan with the glaze until ready to serve.

Prep. time: 15 minutes
Cooking time: 2½-3 hours
Serves: 16 (for a 10-lb. ham)

Nutritional Information: **Servings 16; Serving Size 3 slices (6 oz.) (198g); Calories 290; Calories from fat 80; Total fat 9g; Cholesterol 115mg; Sodium 120mg; Carbohydrate 14g; Dietary Fiber 0g; Sugars 13g; Protein 35g.**

Kate Dominic

When we last chatted with Kate, she was on Cloud Nine, anticipating marriage to the love of her life, Damian Dominic, this past July.

Mr. and Mrs. Dominic celebrated everything they dreamed about as they were married on the beach in Jamaica, surrounded by their closest friends. It was a day all about the love they share and it couldn't have been more ideal!

Now, the fun of sharing their life together in Omaha, Nebraska, with daughters Scout, West and Dove begins, and what is more exciting than looking forward to the magic of Christmas through the eyes of a child?

Kate says, "We have different traditions in our home than I had growing up, but ones I hope are just as memorable."

Kate remembers celebrating Christmas Eve at her Gammie and Gampie's log cabin, nestled up in the Ponca Hills of Omaha.

"The drive was long enough to make us feel like we were driving to the North Pole itself—butterflies in our stomach all the way. When we arrived, their home, set against the night sky and surrounded by woods, was aglow in lights. To my brother, sister and me, this made the night magical.

"Delicious smells of Gampie's prime rib drifting through the air welcomed us onto the front porch. The happy chatter of our family and the giant Christmas tree visible through the window made me want to race inside.

"My world-travelling uncle came in from San Francisco. It was the only time of year we saw him. He brought gifts that seemed so exotic—even the gift wrapping was glamorous.

"After dinner my grandfather and dad would pile us all into Gampie's old Monte Carlo to hunt for Santa's sleigh, while the ladies would gather in the kitchen.



Kate and Damian celebrate their wedding day on the beach in Jamaica.



West (8) announces the "ta-da" moment as her family gathers for a family photo. She is joined by Damian, Kate, Scout (11) and Dove (2).

"You know what? We never did see the sleigh, but one of us spotted Rudolph's nose every year and I don't know how it happened, but as we drove along with the crisp air blowing through the windows, we always heard sleigh bells ringing off in the distance.

"When we returned from the frigid hunt, we'd find that Santa had visited! Stockings were filled and gifts stretched far into the living room. What a cozy feeling it was," Kate recalls.

"Damian's and my first holidays together were so much fun. While we were dating we cooked for his Air Force troop. With the abundance of family blessings I celebrate during the holidays, it only felt right to celebrate those who make daily sacrifices and are away from their loved ones. It always just felt right to honor them in this small way.

"We would invite Damian's entire troop, which was about 25 people," Kate says. "Damian and I would do all the cooking, so they could relax and have fun. We'd make a good mix of traditional foods including Damian's specialties from Louisiana.

"His Rice Dressing (pg. 60) is central to holidays in Louisiana and a long-time family favorite. I back out of the kitchen and let him prepare this dish because his dressing always seems to taste better than mine. I think it's because his adorableness comes through, but he would just roll his eyes at me for getting too mushy," Kate laughs.

"The Rice Dressing is a recipe that we only make at holiday time, along with the Orange Rolls which our girls just love on Christmas morning. They talk about the rolls all year long and how amazingly good they are. The orange rinds, yeast and sugar make the house smell Christmas-y and fantastic, mingled with the aroma of our wood-burning fireplace."

Kate and Damian have created a few of their own traditions with their girls. Kate says, "We hang our ornaments on my Gampie's tree; the same tree that held the magic for me when I was a little girl.

"As the Christmas music plays and I string the lights, everyone organizes their ornaments into a pile. We've given the girls an ornament, which symbolizes an event from the previous year, every year since they were born. When they begin life in their own homes, they will have a collection of meaningful ornaments for their first tree. This year I'm excited about

placing our wedding ornament for the first time!

"On Christmas Eve the girls each open one gift before they go to bed. New pajamas is always the gift and even though they know what's inside, they're excited to open their present.

"Each year the kids pick out a special wrapping paper which they place by the fireplace a few nights before Christmas.

"When they wake in the morning the paper has been magically whisked away by Santa's elves! Come Christmas morning the girls know what has been gifted to them from Santa because those gifts have been wrapped in chosen paper.

"The girls also love hunting for Crystal, their Elf on the Shelf. Crystal was given to Scout by her Papa one year for her November birthday. Fortunately for us, Crystal also loves to bake and sometimes leaves ingredients for treats we can bake together.

"I wait to begin cooking until after the gifts have been opened on Christmas morning and the fireplace is crackling.

"I ask for volunteers," Kate says, "but Damian is manning the job of cutting thousands of twist ties off the boxes of toys. Our daughters are happily dancing through a Christmas fog of spent wrapping paper and adventures to be had with their new toys, which means they can't be bothered with a kitchen task right now.

"So, I happily go it alone, and truth be told, I kind of dig it! Soaking up the happiness of the morning and reflecting on the amazing family that I get to journey with, is always welcome on such a great day.

"Then, sounds of 'I'm hungry' barrel in from the living room and I remember that while getting all sentimental about my sweet loves is so easy to do, I am on duty. So it's back to work on the Orange Rolls—happy that this morning is about memories, love and each other."

–Lani Haag



Orange Rolls

A Christmas morning tradition.

Dough:

3	pkgs. active dry yeast (2¼ TB.)
1¾	Cups warm water
½	Cup honey
½	Cup (1 stick) melted butter
2	tsp. salt
2	large eggs, beaten
4-6	Cups flour

Filling:

½	Cup (1 stick) butter, softened
1	Cup sugar
3	TB. freshly-squeezed orange juice (juice of 1 smallish orange, or if you have one good juice orange you would get the 6 TB. you need total for this recipe)
¼	tsp. CEYLON CINNAMON (optional, but Ceylon Cinnamon is really great with the orange)

Glaze:

2	Cups powdered sugar, sifted
3	TB. freshly-squeezed orange juice
½	Cup heavy cream (half & half could be used, but for a holiday, full cream is better!)
1	tsp. ORANGE EXTRACT
¼	tsp. PURE VANILLA EXTRACT (optional)

Preheat oven to 170° and then turn it off. This will help the dough rise. In a large bowl combine the yeast and warm water. Let sit until it starts to bubble, about 5 minutes. Add the honey, melted butter, salt and eggs. Stir to combine. Kate uses the dough hook in a stand mixer and slowly adds 4 cups of the flour, beating to combine into a wet mixture. You can also do this by hand with a good wooden spoon. Add additional flour, ½ cup at a time, and mix until the dough pulls away from the sides of the bowl. It will still be a little sticky, but not so sticky it attaches to your finger if you touch it. If you are mixing by hand, turn the dough out onto a floured tabletop after 4 cups go in (it will be wet) and knead the dough, adding more flour ½ cup at a time. Depending on the day, you may use all 6 cups to get a soft, bouncy dough. Transfer the dough to a large, well-buttered bowl. Cover loosely with plastic wrap or a dampened tea towel (a non-terry type cloth) and put in the warm, turned off oven. Let the dough rise for about 45 minutes, until doubled in size. Be careful your oven isn't too hot—prop the door open if you are concerned.

While the dough rises, prepare the filling. In a small bowl, combine the butter, sugar, orange juice and CEYLON CINNAMON (if using). Mix well and set aside. Once the dough has doubled, punch the dough down. Roll the dough into a large sheet on a lightly floured tabletop, about 16x24 inches. Spread the filling gently over the dough. We found it easiest to use our hands to do this—you don't want to rip the dough. Starting with a long edge, roll the dough tightly into a jelly roll. Using a thin, sharp knife, slice into 12 equal pieces. Place in a buttered 9x13 pan. Cover with a clean towel and let the rolls rise again, about 20 minutes.

Preheat oven to 375°. Bake the rolls for 20-25 minutes or until golden brown but not crunchy. While the rolls bake, prepare the glaze. In a medium bowl, whisk together the sifted powdered sugar, orange juice, cream, ORANGE EXTRACT and VANILLA EXTRACT, if using, until smooth. The glaze should be thin enough to pour but not thick enough to coat a spoon. Add more powdered sugar or cream to get your desired consistency. Remove the rolls from the oven and drizzle with the glaze while still warm. Serve immediately.

Prep. time: 30 minutes plus roughly 90 minutes total rising time
Baking time: 20-25 minutes
Yield: 12

Nutritional Information: Servings 12; Serving Size 1 roll (185g); Calories 560; Calories from fat 180; Total fat 20g; Cholesterol 90mg; Sodium 530mg; Carbohydrate 90g; Dietary Fiber 2g; Sugars 49g; Protein 8g.

Curry Powders



Balti Seasoning SALT FREE

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

1/4 cup jar (net 1.0 oz.)#12331**$ 4.95**
1/2 cup jar (net 2.7 oz.)#12357**$ 8.95**
3/4 cup bag (net 4.1 oz.)#12347**$ 11.29**

Garam Masala SALT FREE

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

1/4 cup jar (net .9 oz.)#12436**$ 4.45**
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**

Hot Curry Powder SALT FREE

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

1/4 cup jar (net 1.0 oz.)#12236**$ 4.45**
1/2 cup jar (net 2.2 oz.)#12252**$ 7.95**
3/4 cup bag (net 3.3 oz.)#12242**$ 9.99**
1 1/2 cup bag (net 6.6 oz.)#12284**$ 14.99**

Maharajah-Style Curry Powder SALT FREE

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

1/4 cup jar (net 1.1 oz.)#12636**$ 9.95**
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

New!

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. 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**$ 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 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**

Saté Seasoning

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

1/4 cup jar (net 1.2 oz.)#21232**$ 4.45**
1/2 cup jar (net 2.4 oz.)#21258**$ 7.95**
3/4 cup bag (net 3.6 oz.)#21248**$ 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 1 1/2 lb. pork cubes, remove, then brown 1 large minced onion. Put browned pork back into pot, add Vindaloo paste, 1 cup water, 6 TB. vinegar and 1 tsp. salt, cook 30 minutes Add 4-6 cups cubed potatoes, cook till tender (45 minutes or so). For authentic fiery hot Vindaloo as served in beach front restaurants in India, add an equal part cayenne pepper. *Hand-mixed from: coriander, garlic, cumin, ginger, cinnamon, crushed brown mustard, cayenne, jalapeño pepper, cardamom, turmeric, black pepper and cloves.*

1/4 cup jar (net 1.0 oz.)#12531**$ 4.45**
1/2 cup jar (net 2.2 oz.)#12557**$ 7.95**
3/4 cup bag (net 3.3 oz.)#12547**$ 9.99**

Penzeys Forward! SALT FREE

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

1/4 cup jar (net .9 oz.)#15932**$ 3.95**
1/2 cup jar (net 2.3 oz.)#15958**$ 6.95**
3/4 cup bag (net 3.5 oz.)#15948**$ 8.69**
1 1/2 cup bag (net 7.0 oz.)#15980**$ 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.)#29133**$ 2.29**
1/2 cup jar (net 4.0 oz.)#29159 **$ 3.45**
1 cup jar (net 8.0 oz.)#29188**$ 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 frosting. To make a simple syrup to glaze cakes, breads and muffins: boil ½ cup water, ¼ 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.

VANILLA EXTRACT ON PAGE 50.

Pure Almond Extract

38% alcohol. Pure, strong, fragrant almond flavor. Use in small amounts (usually ½ 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**



Smoky 4/S Special Seasoned Sea Salt

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

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

Spicy 4/S Special Seasoned Sea Salt

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

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

Fox Point Seasoning

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

1/4 cup jar (net .7 oz.)#21537**$ 5.45**
1/2 cup jar (net 1.6 oz.)#21553**$ 9.95**
1 cup jar (net 3.2 oz.)#21582**$ 18.95**
2 cup jar (net 6.4 oz.)#21524**$ 37.95**
4 cup jar (net 12.8 oz.)#21579**$ 67.25**

French Four Spice SALT FREE

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

1/4 cup jar (net 1.0 oz.)#13233**$ 4.45**
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 breading pork chops and chicken breasts. *Hand-mixed from: fennel, Turkish oregano, California basil and garlic.*

1/4 cup jar (net .3 oz.)#16634**$ 2.95**
1/2 cup jar (net .9 oz.)#16650**$ 4.95**
1 cup bag (net 1.8 oz.)#16676**$ 7.49**

See SPICE INDEX on page 61



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

Garlic

Penzeys Garlic: As good as raw garlic—really! Robust, wonderfully strong and fresh-tasting, add garlic to just about anything, from salads to soups, steak and burgers, fish, poultry and pork. Garlic is great for chops, roasts, potatoes, pasta, rice and grains. Try PENZEYS MINCED GARLIC in recipes that call for fresh chopped garlic cloves—it has the same great flavor without all the peeling and mincing, and it's the same great flavor every time! Whenever you need it! ROASTED GARLIC is wonderful for the times you want a warm, roasty, slow-cooked garlic flavor in a snap: we love it on chicken breasts, pork tenderloin, pasta and steamed veggies. GRANULATED GARLIC and GARLIC SALT have the time-tested great garlic flavor that is a must-have for garlic bread, spaghetti sauce and pasta.

Garlic

It is very easy to use granulated garlic, just sprinkle on meat, fish, poultry or vegetables. Use about ½ tsp. per lb. To rehydrate: use ½ tsp. granulated garlic in 1 tsp. water to equal 2 fresh cloves of garlic. For minced garlic, use ¼ tsp. in 1 tsp. water to equal 1 fresh clove of garlic. Rehydrate garlic before adding to tart foods like tomatoes (their acidic nature will stop the garlic from developing to its full strength).

Granulated Garlic Powder

1/4 cup jar (net 1.3 oz.)#44439**$ 3.45**
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 (¼ 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 ⅓ cup olive oil or melted butter and let stand for a few minutes. Brush on sliced Italian bread, sprinkle with salt if desired, bake at 375° for 10 minutes.

1/4 cup jar (net .4 oz.)#44334**$ 2.45**
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**

New!

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, ¼-½ 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**



Roasty Garlic Sticky Chicken Wings



Going Meatless?

Add garlic to bean, veggie, rice and noodle dishes. More flavor = more satisfying! Round rich flavor, not too sharp—use it in all your cooking! ¼ tsp. equals one fresh garlic clove.

Make everything taste better!

Great for boneless/skinless chicken or fish. Sprinkle on with pepper and sauté in a small amount of olive oil. Toss the drippings with pasta or veggies! Perfect for all beef, from steak to burgers. Just sprinkle on ½ teaspoon per pound before cooking. Use a bit more for grilling! Sprinkle on your favorite vegetables while sautéing or steaming, or after boiling. Sprinkle on frozen pizza before baking. Yum!

Ginger


Gingersnap Cookies

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

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

Penzeys Minced Ginger



Perfect where you want a bit of freshly grated ginger but don't wish to buy a large fresh piece that won't stay fresh for long. Very high-quality ginger that is peeled, minced and freeze-dried at the peak of ripeness and perfection. Substitute ½ tsp. PENZEYS MINCED GINGER for 1 tsp. fresh ginger. Great in marinades, stir-fry, on steak, pork roast, in chicken soup, curry, everywhere!

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

Powdered China Ginger



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

1/4 cup jar (net .9 oz.)#44639**$ 3.65**
1/2 cup jar (net 1.9 oz.)#44655**$6.09**
3/4 cup bag (net 2.9 oz.)#44645**$ 7.69**
1 1/2 cup bag (net 5.8 oz.)#44687**$ 11.49**
3 cup bag (net 11.6 oz.)#44616**$ 17.29**

Sweet Ginger Bits



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

1/4 cup jar (net .9 oz.)#59037**$ 4.49**
1/2 cup jar (net 2.3 oz.)#59053**$ 6.95**
3/4 cup bag (net 3.5 oz.)#59043**$ 8.69**
1 1/2 cup bag (net 7.0 oz.)#59085**$ 12.99**
3 cup bag (net 14.0 oz.)#59014**$ 19.49**

Crystallized Ginger



They don't call it candied ginger for nothing—many of our customers buy it to eat it piece by piece, because it is just that good. Tender Australian ginger, peeled and cut into a ¼" dice, then preserved using the old-fashioned sugar-cure method, which gives a spicy sweet flavor to the ginger. Virtually fiber-free, crystallized ginger is perfect for baking and candy-making. Because the ginger retains its warmth and bite, even with the sugar coating, it is excellent for teriyaki, tuna or chicken salad, plus sweet and sour marinades.

1/4 cup jar (net 1.3 oz.)#58830**$ 4.89**
1/2 cup jar (net 3.1 oz.)#58856**$ 8.55**
3/4 cup bag (net 4.7 oz.)#58846**$ 10.69**
1 1/2 cup bag (net 9.4 oz.)#58888**$ 15.99**
3 cup bag (net 18.8 oz.)#58817**$ 23.99**

Sliced China Ginger Root

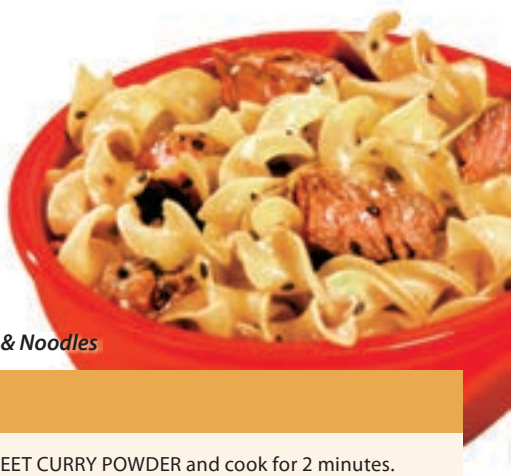
Dried sliced ginger root pieces stay fresh and flavorful indefinitely, so they will be ready when you are. Add a slice to stock for chicken soup, Indian curries and Asian dishes. The flavor is strong and vibrant—if a full slice is too much, smaller pieces can be broken off by hand.

4 oz. bag#54645**$ 5.49**
8 oz. bag#54687**$ 9.79**

Cracked China Ginger

Cracked ginger is traditionally used for pickling and canning recipes, but is most popular now for marinades, sauces and stock making. Add 1 tsp. to chicken stock or make flavorful Japanese-style marinade with 1 tsp. cracked ginger, 2 fresh garlic cloves (smashed), ½ cup soy sauce and ¼ cup chopped pineapple. Add ¼ tsp. white pepper if desired. Use to marinate 1 lb. shrimp or cubed chicken or pork for stir-fry with mixed vegetables.

1/4 cup jar (net .9 oz.)#44734**$ 3.29**
1/2 cup jar (net 1.7 oz.)#44750**$ 5.59**
3/4 cup bag (net 2.6 oz.)#44740**$ 6.99**


Gingered Steak & Noodles

Quick Stir-Fry Sauce

Combine 4 TB. soy sauce, 1 tsp. honey, 1-2 tsp. CHINESE 5 SPICE, ½ tsp. GRANULATED GARLIC POWDER, ½ tsp. PENZEYS MINCED GINGER and/or 1 TB. SWEET GINGER BITS and CAYENNE PEPPER to taste. Add to meat and veggies while stir-frying and serve over noodles or rice.

Curry Ginger Dressing

Heat 1 TB. olive oil over medium heat. Add 2 tsp. SWEET CURRY POWDER and cook for 2 minutes. In a bowl, mix together ¼ Cup minced red onion or shallots, 2-3 TB. SWEET GINGER BITS, ⅓ Cup mayonnaise, 1 TB. vinegar, 1 tsp. Dijon-style mustard, ¼-½ tsp. salt (to taste) and ¼ tsp. CAYENNE (to taste). Add the CURRY paste to the mayonnaise mixture and mix well. Add 1-2 Cups tuna or cooked chicken and some chopped pecans and you've got a great salad for sandwiches.

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Harold and Mary Ellen Wooderson

The Woodersons

To everything there is a season.

Harold and Mary Ellen Wooderson know that nowhere is that more true than on a farm.

The winter wheat is already planted and growing as the autumn days turn cool in northern Oklahoma.

"The wheat is starting to look green," says Mary Ellen. "The wheat all around the house—the field I'm looking at out the south window—is looking green and it's going to look greener."

When the weather turns winter-cold, the wheat will go dormant. Given the right mix of longer days and sunshine and rain, the field will grow heavy with golden grain by early next summer.

Some years are good. Some not so much. This past year brought not enough rain and then too much for the wheat.

"And the corn wasn't real good either, but so far the soybeans are looking pretty good," she says.

There is the hope of better things next year. And always there is family, especially at Christmas.

"We'll have brunch about 10 o'clock Christmas morning," Mary Ellen says. "It gives everybody time to get chores done and time for the kiddy gifts.

"We have sausage gravy and biscuits, whole ham, egg casserole, cheese grits, cinnamon rolls, and always fruit salads and anything else I can squeeze in. And everybody brings stuff, too.

"We have a kind of 'Dirty Santa' gift exchange, because you can 'steal' gifts," she says. The white elephant game is more about having fun than getting presents. "And that's our gift exchange."



Thumbprint Cookies

Use different colored jellies or frosting to make your cookie tray extra pretty.

¼	Cup butter or margarine (½ stick) softened
¼	Cup shortening
¼	Cup brown sugar, packed
1	egg, separated
½	tsp. PURE VANILLA EXTRACT
1	Cup flour
¼	tsp. salt
¼	Cup finely chopped nuts (we used almonds)
	thick frosting or jelly

Preheat oven to 350°. In a large bowl, cream together the butter, shortening and brown sugar. Add the egg yolk and VANILLA and beat well. Gradually add the flour and salt and mix well. Shape the dough into 1-inch balls.

In a bowl, lightly beat the egg white. Dip each ball of dough into the egg white and then roll in the chopped nuts. Place 1 inch apart on greased cookie sheets. Press your thumb deeply into the center of each ball. Bake at 350° for 10 minutes or until lightly browned. Immediately remove from the baking sheets and let cool. Fill the thumbprints with your favorite jelly or colored frosting.

Prep. time: 15 minutes plus 10 minutes for decorating
Baking time: 10 minutes per sheet
Yield: 3 dozen

Nutritional Information: Servings 18; Serving Size 2 cookies (20g); Calories 100; Calories from fat 60; Total fat 7g; Cholesterol 20mg; Sodium 60mg; Carbohydrate 9g; Dietary Fiber 0g; Sugars 3g; Protein 1g.





The Woodersons last shared their story at harvest time a couple of years ago. The family raises 3,000 to 5,000 beef cattle and farms several thousand acres of crops, on land not too many miles from Blackwell and the Oklahoma-Kansas state line. Family members involved in the effort include sons Bruce and Max and grandsons Grady and Brett. Another grandson, Guy, works when he's not at college. Daughter Marcia helps out in the office.

Mary Ellen makes most of the meals, including lunches when husband Harold and the other men arrive hungry from half a long day's work.

"I'm still feeding them," she says, laughter in her voice.

"We had everybody here for our birthdays. We were 75 at the end of August—Harold and I have birthdays one day apart—I'm the 'older woman.'

"We had 36 people in the house. It was really special. The kids brought food and, of course, I fixed stuff, too. And we just had a grand time."

Now in addition to 10 grandchildren, there's four great-grandchildren "and one on the way," she says.

Seasons upon seasons, for crops and family and life.

"Any excuse for a celebration, we like that," Mary Ellen says. "And any excuse to eat good food."

–Amy Silvers

Homemade Chocolate Syrup

Once you try this recipe, you'll never go back to store-bought syrup. Yum!

3	Cups sugar
1	Cup COCOA POWDER, NATURAL or DUTCH
3	Cups water, divided
1	tsp. PURE VANILLA EXTRACT

In a large saucepan, combine the sugar, COCOA and ½ cup of the water. The mix bubbles up significantly during cooking, so don't use a small pan or it will bubble over. Stir to dissolve. Add the remaining water and bring to a boil over medium-high heat, stirring often. Once it is boiling, reduce heat a bit so it is boiling gently for around 8 minutes, until it has reduced by about a cup and when you run a line down the spoon it stays for a bit—this tells you the sauce has thickened. It won't be thick like fudge sauce, and it does thicken a bit more when cooled. Remove from heat, stir in the VANILLA. Let cool completely and then refrigerate.

Prep. time: 5 minutes
Cooking time: 20 minutes or so
Yield: 3½ Cups

Nutritional Information: Servings 14; Serving Size 1/4 cup (100g); Calories 180; Calories from fat 10; Total fat 1g; Cholesterol 0mg; Sodium 0mg; Carbohydrate 47g; Dietary Fiber 2g; Sugars 43g; Protein 1g.



Mary Ellen loves this picture of the grandkids—"that's all 10 of them"—piled on the sofa at Christmastime a few years ago.

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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.)#21648**$ 6.29**
1 1/2 cup bag (net 9.6 oz.)#21680**$ 9.49**
3 cup bag (net 19.2 oz.)#21619**$ 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, 1/3 cup red wine vinegar (or 1/4 cup balsamic vinegar and 2 TB. water), plus 1 tsp. sugar if desired. Use to dress vegetable salads, tomatoes and red onion with feta cheese and olives, chicken and pasta salads, or a plain lettuce salad.
For GYROS: mix 1 TB. in 1 TB. water. Let stand 5 minutes, add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. with 1 cup yogurt and 2 TB. cucumber for gyro sauce. Great on grilled, baked or fried fish or chicken, rub on 1 tsp. per lb. *Hand-mixed from: coarse salt, Turkish oregano, garlic, lemon, black pepper and marjoram.*

1/4 cup jar (net 1.0 oz.)#21937**$ 3.95**
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**

Herbes de Provence SALT FREE
Herbes de Provence combines sweet French herbs and flowery lavender with Italian herbs and fennel. Excellent for roasting chicken or Cornish hens, beef or pork tenderloin, rub on 1/2 -1 tsp. per pound. *Hand-mixed from: rosemary, cracked fennel, thyme, savory, basil, French tarragon, dill weed, Turkish oregano, lavender, chervil and marjoram.*

1/4 cup jar (net .4 oz.)#13338**$ 3.95**
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 2/3 cup sour cream and 1/3 cup mayo. Thin with a bit of vinegar. *Hand-mixed from: ground horseradish, salt, dextrose, onion powder, lemon peel, dill weed, black pepper and chives.*

1/4 cup jar (net .8 oz.)#22039**$ 3.99**
1/2 cup jar (net 2.0 oz.)#22055**$ 6.95**
3/4 cup bag (net 3.0 oz.)#22045**$ 8.69**

Horseradish Powder
Mix 1 1/2 parts water with 1 part horseradish. Serve with prime rib, roast beef, baked potatoes.
Mix into tomato sauce with lemon for seafood cocktail sauce.

1/4 cup jar (net .7 oz.)#44934**$ 3.45**
1/2 cup jar (net 2.0 oz.)#44950**$ 5.69**
3/4 cup bag (net 3.0 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 1/3 cup vinegar and 1/2-2/3 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. crushed red pepper and 1 tsp. red wine vinegar per lb. *Hand-mixed from: salt, cracked/ground fennel, black pepper and sugar.*

1/4 cup jar (net 1.6 oz.)#28231**$ 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.)#28218**$ 14.24**



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

A. 4 fl. oz. (1/2 cup) 1⅞" diameter x 4¼" high, shaker top with medium holes, black lid, blank labels
#95107**$ 1.69**
B. 4 fl. oz. (1/2 cup) 2⅜" diameter x 2¾" high, spoon out top, black lid, blank labels
#95202**$ 1.69**
C. 8 fl. oz. (1 cup) 2½" diameter x 4½" high, spoon out top, black lid, blank labels
#95307**$ 2.25**
D. 16 fl. oz. (2 cup) 3¾" diameter x 3⅞" high, spoon out top, black lid, blank labels
#95402**$ 2.65**
E. 32 fl. oz. (4 cup) 3⅞" diameter x 6⅞ " high, spoon out top, black lid, blank labels
#95507**$ 3.79**
G. 8 fl. oz. (1 cup) 2¼" diameter x 5¼" high, shaker top with medium holes, black lid, blank labels
#95615**$ 2.25**

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

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

1/4 cup jar (net .6 oz.)#54937**$ 2.85**
1/2 cup jar (net 1.3 oz.)#54953**$ 4.55**
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**

Krakow Nights (Polish-Style Seasoning)

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

1/4 cup jar (net 1.7 oz.)#28431**$ 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 1/3 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, tabouli and main dishes, and preferred for English-style lamb and jellies. Peppermint has a warm and spicy mint flavor and is the traditional mint used for flavoring candies and chocolates. Both are a fine addition to tea.

Dried Cut-Leaf Spearmint
1 oz. bulk bag#31569**$ 3.19**
4 oz. bag#31543**$ 7.29**

Dried Cut-Leaf Peppermint
1 oz. bulk bag#31664**$ 3.19**
4 oz. bag#31648**$ 7.29**



Cocoa Lover's 4 Jar Gift Box
#80846 **$ 18.25**

Holidays just aren't the same without hot cocoa!

Mitchell Street Steak Seasoning

Smoky - flavorful - delicious

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

1/4 cup jar (net 1.4 oz.)#29838**$ 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 bottle. *Hand-mixed from: cracked China and Korintje cinnamon, Ceylon cloves, allspice, cardamom and mace.*

1/4 cup jar (net .8 oz.)#13938**$ 3.95**
1/2 cup jar (net 1.7 oz.)#13954**$ 6.95**
3/4 cup bag (net 2.6 oz.)#13944**$ 8.69**
1 1/2 cup bag (net 5.2 oz.)#13986**$ 12.99**

Mural of Flavor SALT FREE

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

1/4 cup jar (net 0.5 oz.)#14030**$ 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 10.8oz.)#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.)#45557**$ 4.35**
3/4 cup bag (net 2.9 oz.)#45547**$ 5.49**

See SPICE INDEX on page 61



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.

NEW!

Penzeys Pepper

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

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

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**

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**

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 .8 oz.) #56131 **$ 2.95**
1/2 cup jar (net 1.9 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 oz.) #56331 **$ 4.25**
1/2 cup jar (net .7 oz.) #56357 **$ 7.29**
1 cup jar (net 1.5 oz.) #56386 **$ 13.35**
2 cup jar (net 3.0 oz.) #56328 **$ 25.39**

Pink Peppercorns

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

1/4 cup jar (net .5 oz.) #56436 **$ 5.45**
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**



Irish Lamb Stew

Hearty stews are one of the highlights of winter. Shoveling snow, not so much. This recipe is from Pat Nolan.
To read his story, turn to page 30.

In a 6-quart slow cooker, combine the lamb, vegetables, chicken broth, PEPPER and LAMB SEASONING. Stir to combine. If you have the time, browning the lamb in 2-3 batches in a large pan first, about 8 minutes per batch over medium-high heat, adds nice flavor. Cover and cook on low until the lamb is tender, about 8 hours. Stir in the parsley before serving.

2	lbs. boneless leg of lamb, trimmed and cut into 1-inch pieces
1¾	lbs. potatoes, peeled and cut into 1-inch pieces (Pat likes to use white potatoes which have the thinner skin and bright white look for this dish)
3	large leeks (white part only), halved, washed and thinly sliced
3	large carrots, peeled and cut into 1-inch pieces
3	ribs celery, thinly sliced
1	14-oz.-can reduced sodium chicken broth (or 14 oz. water mixed with 1 tsp. CHICKEN SOUP BASE)
1-2	tsp. PENZEYS PEPPER, to taste
3	tsp. LAMB SEASONING
¼	Cup chopped fresh parsley

Prep. time: 15 minutes (more if browning lamb)
Cooking time: 8 hours
Serves: 8

Nutritional Information: Servings 8; Serving Size 1 cup (323g); Calories 330; Calories from fat 120; Total fat 13g; Cholesterol 75mg; Sodium 125mg; Carbohydrate 27g; Dietary Fiber 3g; Sugars 4g; Protein 26g.

See SPICE INDEX on page 61



Mill Owner's Gift Box
#81243 **$32.99**

Pepper Blends

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

European Style Peppercorns SALT FREE

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

1/4 cup jar (net 1.0 oz.) #14135 **$ 3.95**
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**

Four Peppercorn Blend SALT FREE

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

1/4 cup jar (net 0.9 oz.) #14430 **$ 6.45**
1/2 cup jar (net 2.1 oz.) #14456 **$ 12.95**
2 cup jar (net 7.7 oz.) #14427 **$39.95**

Mignonette Pepper SALT FREE

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

1/4 cup jar (net 1.0 oz.) #13833 **$ 4.45**
1/2 cup jar (net 2.3 oz.) #13859 **$ 7.95**
3/4 cup bag (net 3.5 oz.) #13849 **$9.99**

Shallot-Pepper Seasoning

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

1/4 cup jar (net .6 oz.) #22734 **$ 3.95**
1/2 cup jar (net 1.6 oz.) #22750 **$ 6.95**
3/4 cup bag (net 2.4 oz.) #22740 **$8.69**
1 1/2 cup bag (net 4.8 oz.) #22782 **$ 12.99**

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**

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 (powdery fines sifted out)
1/4 cup jar (net 1.1 oz.) #45836 **$ 3.45**
1/2 cup jar (net 2.1 oz.) #45852 **$ 5.95**
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 (popular size, not too large)
1/4 cup jar (net 1.1 oz.) #46033 **$ 3.45**
1/2 cup jar (net 2.2 oz.) #46059 **$ 5.95**
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**

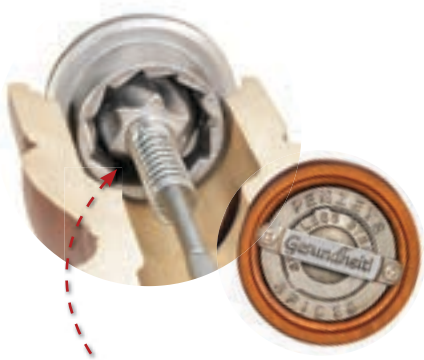
Salt Shakers (filled with Kosher-style flake salt)

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.



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



AVAILABLE IN 2 SIZES AND 2 FINISHES
6" Peppermill and Salt Shaker shown above in Dark Finish

SALT SHAKERS HAVE LARGER HOLES FOR COARSE-STYLE FLAKE SALT



8" Peppermill and Salt Shaker shown in Natural Finish



Pat (at right) on the steps of the U.S. Capitol delivering petitions to Congress.

Pat Nolan

Pat Nolan is the director of the Center for Criminal Justice Reform in Washington, DC.

The road here has been long, and one stop on the way certainly was the California Assembly, where Pat was a rising star. Like many politicians, he worked for more prisons and stricter sentences while there.

Now, Pat's mission at the center is to undo some of that. He describes the work of the center, which is part of the American Conservative Union Foundation, as "applying conservative principles to the criminal justice system. Principles of accountability, fiscal responsibility, but also redemption, for the men and women behind bars. And also their families," adds Pat.

With prison populations booming and incarceration costs skyrocketing, reform stands out as one of the rare places that both political parties can agree.

"It really does unite left and right," says Pat. "We come at it from different philosophical points of view. The one thing we have in common is human dignity, that each individual has worth and value, no matter what they've done.

"We help them reintegrate in society to become successful members of the community."

Reformers have several goals, including changing the way nonviolent drug offenders are treated. "There are better ways to hold people accountable—if they're using drugs—than put them in prison," Pat says.

"They need help from addiction programs that free them from their emotional and physical bondage to drugs. Taking a nonviolent drug user and putting him in prison with murderers and rapists: who's going to come out more like the other? We're making more hard criminals," he says.

"The harm from the justice system should never be greater than the harm done by the underlying crime. But often it far outweighs the harm the person ever did. It's not justice; it makes no sense. And it's immoral."

Pat's work extends to people who have served time for violent crimes, too. "They're going to be released someday, they're going to be our neighbors. So we better care what happens to them inside prison and what preparation they have to change their ways."

For people who have served a long sentence, "the whole world has changed. Mentoring is by far the most important thing we can provide. The mentors are not the banker, they're not the lawyer, they're not their confessor. They're just their friend, walking alongside."

Pat also wants to change the way fines work, which can turn into financial disaster for some offenders. "In New York a third of the inmates were held until trial because they could not pay a bond of $500 or less. Held for months, sometimes years, because they couldn't post bond.

"Why would the public spend tens of thousands of dollars to hold them for trial because they couldn't pay the $500 fine? It makes no public sense, but also it's totally unjust.

"One of the problems in the justice system is so many rules are 'one-size-fits-all.' Mandatory minimum sentences, or [paying for] bonds—nothing is done to tailor it to the circumstances," says Pat.

"It's a matter of changing rules. We need to work on how to get the person to show up [for the trial] —that's the purpose of the bond. Not to gouge that person for the money."

The center works to translate successful state programs into federal policies, and Pat has a few examples. "In St. Louis there's a great program where the probation officer's job is to help those they supervise get work," Pat says. "The unemployment rate of those supervised by the office is lower than the unemployment rate for St. Louis as a whole."

Another successful program connects auto dealers with former inmates to lend used cars for transportation to work. "If they keep the job for a year, they get to keep the car. And not a dime of taxpayer money!" Pat says.

It's not just politicians who are part of reforming the system. "The important thing is that people, even your readers, take time to write their legislators. Say 'We're excited about this prospect. Tell us where you stand and what you're doing on it.' " Pat advises, "Always invite a response. Don't just write and tell your opinion. As Senator Everett Dirksen of Illinois said, 'When I feel the heat, I see the light.' "

Pat's promising career in politics ended more than two decades ago when he went to prison for a bribery

conviction. "I was away for a little more than two years. The holidays were the toughest time. My children were young and it was very, very tough. The second prison I was at was 1,200 miles away from my family. Visits were very difficult."

He is grateful for the little touches of humanity he found in prison. "The Salvation Army did a wonderful thing. They had two ladies that came with a video camera and filmed individually so I was able to make a half-hour tape to talk to my children. And [wife] Gail would play it for them before they went to bed—to have them able to hear my voice and see me."

Pat, a self-described "impatient man," also found his calling: to unbind the problematic system he had helped create. "It's not just the fiscal cost—it's the cost in human potential that's lost, to society, and to them."

It comes down to community. "I believe the greater the density of loving, moral people around youngsters, the better the chance that they'll stay on the straight and narrow.

"I think of it like a tender shoot, packing it full of soil and nutrients and richness—that's how we can help people avoid prison."

–Natalie Wysong





Pat celebrating 15 years at Prison Fellowship, a prison ministry.



Family and friends dining on Pat's Yams.

Irish Colcannon

Kale is all the rage, and this recipe from Pat makes it delicious. Honest!

1½	lbs. potatoes, peeled and quartered
4	oz. curly kale or cabbage, chopped
½	Cup roughly chopped green onion
½	Cup (1 stick) butter
¼	Cup finely chopped green onion
¼-1	tsp. salt, to taste
¼-½	tsp. PENZEYS PEPPER, to taste
¼	tsp. GROUND NUTMEG, optional

Simmer the potatoes in lightly salted water until fork tender, about 15-20 minutes. While the potatoes cook, bring a second pot of water to a boil. Add the kale and cook for 1 minute. Drain well, rolling in a clean dish towel or paper towels to completely dry. Add the roughly chopped green onion to the kale. Pulse in a blender for 10 seconds. Drain the potatoes and add the butter. When the butter has melted, mash the potatoes until smooth and creamy. Add the kale mixture and mix well. Add the finely chopped green onion, salt, PEPPER and NUTMEG (if using) to taste.

Prep. time: 15 minutes
Cooking time: 20 minutes or so
Serves: 6

Nutritional Information: Servings 6; Serving Size 1 cup (164g); Calories 230; Calories from fat 130; Total fat 15g; Cholesterol 40mg; Sodium 230mg; Carbohydrate 23g; Dietary Fiber 2g; Sugars 1g; Protein 3g.

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COOKIES, COOKIES AND

Melt Aways

These little gems from Pat Steffen (story on page 48) really do melt in your mouth.

1	Cup (2 sticks) butter, softened
½	Cup powdered sugar
1	tsp. PURE VANILLA EXTRACT
2	Cups flour
¼	tsp. salt
½	Cup chopped nuts (we used pecans)
½	Cup powdered sugar for rolling

Preheat oven to 375°. Cream together the butter and sugar until fluffy. Add the VANILLA and mix. Gradually add the flour and salt. Mix well. Fold in the nuts. Drop by the teaspoon onto greased or parchment paper-lined baking sheets. Bake at 375° for 8 minutes or until set but not brown. Remove from the oven and carefully roll in powdered sugar while still warm. Cool on wire racks.

Prep. time: 20 minutes
Baking time: 8 minutes per pan
Yield: about 4 dozen

Nutritional Information: Servings 24; Serving Size 2 cookies (28g); Calories 150; Calories from fat 90; Total fat 9g; Cholesterol 20mg; Sodium 90mg; Carbohydrate 14g; Dietary Fiber <1g; Sugars 5g; Protein 1g.

Date Balls

Cynthia Nowak (story on page 34) shares, "Dates are one of the few things my husband doesn't care to eat, so I usually get the entire batch to myself!"

1¼	Cups sugar, divided OR 1 Cup sugar plus ¼ Cup VANILLA SUGAR for rolling
2	eggs
½	Cup flour
½	tsp. baking powder
¼	tsp. salt
1	Cup pitted dates, chopped small
1	Cup chopped pecans

Preheat oven to 350°. Grease an 8-inch square pan and set aside. In a large mixing bowl, beat 1 Cup of the sugar and the eggs until fluffy. In a second bowl, combine the flour, baking powder and salt. Add to the sugar/egg mixture and blend well. Fold in the dates and pecans. Spoon the batter into the pan and bake at 350° for 30 minutes. The batter won't look done, but remove from the oven and immediately stir vigorously with a wooden spoon until it is all one homogeneous lump. Be careful, as it is hot. Let cool completely, at least 30 minutes, but don't let it chill overnight before rolling or it will get too hard. Roll into 1-inch balls—it may stick to your hands, so you can either keep rinsing your hands in cold water so they aren't too warm, or lightly dust your hands with flour—you don't want too much flour on the cookies. Then roll in the remaining sugar/VANILLA SUGAR.

Note: There is no added butter/shortening/oil in this recipe. Also, we have never had a recipe like this where it is baked like a cake then stirred and rolled. Try it— it's delicious!

Prep. time: 30 minutes
Baking time: 30 minutes
Yield: 30

Nutritional Information: Servings 15; Serving Size 2 date balls (46g); Calories 170; Calories from fat 50; Total fat 6g; Cholesterol 30mg; Sodium 60mg; Carbohydrate 30g; Dietary Fiber 2g; Sugars 25g; Protein 2g.





MORE COOKIES!

Butterscotch Cookies

These cookies from Lois Knight are delicately buttery with a hint of nuttiness. Turn to page 8 to read about Lois.

2	Cups brown sugar
1	Cup (2 sticks) butter, room temperature
2	eggs
1	tsp. PURE VANILLA EXTRACT
1	Cup ground pecans
1	tsp. CREAM OF TARTAR
1	tsp. baking soda
3½	Cups flour

Cream together the sugar and butter. Add the eggs and VANILLA and mix well. Add the ground pecans, CREAM OF TARTAR and baking soda and mix. Gradually add the flour and mix well. Form the dough into 3-4 logs, wrap in plastic wrap and refrigerate overnight.

Preheat oven to 375°. Slice the dough into rounds, about ⅛-inch thick. Bake at 375° for 10-11 minutes until nicely browned.

Prep. time: 15 minutes plus chilling time
Baking time: 10-11 minutes per pan
Yield: 8 dozen

Nutritional Information: Servings 48; Serving Size 2 cookies (28g); Calories 120; Calories from fat 50; Total fat 6g; Cholesterol 20mg; Sodium 65mg; Carbohydrate 16g; Dietary Fiber 0g; Sugars 9g; Protein 1g.

English Shortbread

Buttery goodness from Cynthia Nowak. If you would rather not use a vanilla bean, add ½ tsp. of vanilla extract instead.

4	Cups flour
2	Cups (4 sticks) butter, softened
1¼	Cups powdered sugar
½	Cup finely ground black walnuts, optional (if using, reduce the amount of butter by 4 TB.)
1	tsp. double-acting baking powder
¼	tsp. salt
½-1	WHOLE MADAGASCAR VANILLA BEAN, optional

Preheat oven to 325°. In a large bowl, combine the flour, butter, powdered sugar, black walnuts (if using), baking powder and salt. Using a sharp knife, slice the VANILLA BEAN lengthwise. Scrape out the inner seed mass and add to the bowl. Using your hands, knead the dough until well blended. The dough will be soft and crumbly. Pat the dough evenly into 2 greased 9-inch round cake pans. With a fork, prick the dough all over. Bake at 325° for about 45 minutes or until golden. Let cool about 10 minutes, then while the shortbread is still warm cut each round into 12 wedges. Cool in the pans or remove carefully and place on a wire rack. Store in a tightly covered container.

Prep. time: 20 minutes
Baking time: 45 minutes
Yield: 24

Nutritional Information for shortbread without black walnuts: Servings 24; Serving Size 1 wedge (46g); Calories 230; Calories from fat 130; Total fat 15g; Cholesterol 40mg; Sodium 170mg; Carbohydrate 22g; Dietary Fiber <1g; Sugars 6g; Protein 2g.





Sonnet Schulz



The Schulz family is looking forward to being together again for the holidays. This photo was taken at the Lincoln Park Zoo in Chicago, when they were last together early in 2014. From left to right, it's Katherine, Nathanael, Rich, Sonnet, Jaime, Savannah, Cody and Dillon.

After a couple years of change, the best possible kind is coming for Sonnet and Rich Schulz's family.

This year, everyone will be home for the holidays. The couple has six kids—four now in college.

"We haven't all been together since May of 2014," says Sonnet of Carol Stream, Illinois. "I'm looking forward to everyone being together at Thanksgiving. We're having a family portrait taken. And then at Christmas, we'll all be together again."

That will be the best gift of all.

The long togetherness drought was partly because their oldest son, Cody, was abroad for school. He spent more than a year studying and traveling abroad, including in London, Berlin, the Netherlands and Azerbaijan.

"I was able to go visit him in Berlin and that was just fantastic," Sonnet says.

The trip was poignantly full circle for Sonnet, who hadn't been to Berlin since Cody was a baby.

"When Rich and I went for a family wedding then, he slept in a suitcase. Twenty years later, and he had command of the language and transportation and he was in charge of everything. It was a dream come true to be there with him."

Now back at Michigan State, Cody will graduate with a double major in international relations and economics.

The next three, Dillon and twins Savannah and Nathanael, are in college, too. The youngest ones, Katherine and Jaime, are high school students.

"I had homeschooled all my children and, when Jaime was done with 8th grade, I was out of a job," Sonnet says.

She worked part-time as a nuclear medicine technologist, and still works on call, but also works part-time at Starbucks.

"If I can work a little bit and send it to them, it all helps," she says of the college kids.

Another big change for the family is that their monthly spaghetti dinner—an open-door, come-one-

Overnight Raspberry Caramel French Toast

Sonnet shares, "This is probably one of the first recipes I ever clipped and tried making as a newly married wife and homemaker. It brings back memories of the 'old days' for me. I remember getting compliments on it and I felt at the time that I was on my way back to being a legitimate cook. This recipe is adapted from a recipe from the Standish House, a bed and breakfast in Lanark, IL."

1	Cup brown sugar, packed
½	Cup (1 stick) butter
2	TB. light corn syrup
¼	tsp. CINNAMON (optional)
10-12	slices bread, depending on how wide the slices are (Sonnet lets them sit out and dry a bit)
1	Cup fresh raspberries
6	eggs
1¼	Cups half & half
1	tsp. PURE VANILLA EXTRACT
¼	tsp. salt

In a small saucepan, combine the sugar, butter, corn syrup and CINNAMON (if using). Heat over medium and cook just until it thickens, stirring often, about 8 minutes. Be careful to not let the mixture burn. Pour into an ungreased 9x13 baking dish. Place 6 slices of the bread in a single layer on top (we could only fit 5—4 whole slices and one cut in half). Distribute most of the berries (save some for garnish) in the center of each slice of the bread. Top with the remaining bread. In a large bowl, combine the eggs, half & half, VANILLA and salt. Beat well. Pour the mixture evenly over the bread. Cover and refrigerate for at least 8 hours. Overnight is perfect. Bake, uncovered, in a preheated 350° oven for 40-45 minutes until golden brown on top. Garnish with a little extra butter and reserved raspberries.

Prep. time: 20 minutes plus overnight in the fridge
Baking time: 40-45 minutes
Serves: 8

Nutritional Information: Servings 8; Serving Size 1 piece (176g); Calories 430; Calories from fat 180; Total fat 20g; Cholesterol 205mg; Sodium 500mg; Carbohydrate 54g; Dietary Fiber 2g; Sugars 31g; Protein 9g.



come-all invitation—ended just over a year ago.

Sonnet admits, as an introvert, the gatherings were an act of accidental bravery. A friend, Julie, and her daughter came on a couple consecutive Thursdays.

"Oh, I should come every Thursday," Julie quipped.

"So that was where I got the inspiration—why not have everyone else come?" Sonnet says. She needed an easy go-to menu and built it around spaghetti and trusting things would work out. Often 60 or more friends and friends of friends gathered on some of those Thursdays, filling the Schulz home.

"We almost hit five years, from January 2010 to August 2014," she says. "But then the school year started and schedules changed and the kids all needed to be somewhere else. It's kind of a bittersweet thing not to have everyone over, but life just changed."

As the holidays approach, Sonnet counts the days.

"On the Schulz side, our family tradition is to have breakfast for dinner on Christmas Eve. Right after church, we all get together after the Christmas Eve evening service.

"It's a potluck, and we always fry up a bunch of bacon—everyone wants bacon. And, of course, it's a real late night.

"Christmas Day, it's my side of the family," Sonnet says of the Horne family. "It's a smaller gathering, and I invite friends if they are around. And it's a potluck, too."

There's one more blessing Sonnet does not forget to count. She watches as their children grow up and become friends for life.

"They're talking to each other and offering advice," she says. "And it's so fun to see."

–Amy Silvers

See SPICE INDEX on page 61



German Pfefferkuchen Cookies

Sonnet writes, "It was so great to reconnect with you today! I was looking through my recipe binder and when I came across this, I knew I had to send it along even if you don't end up using it in the catalog. This is my mother-in-law's recipe for pfefferkuchen cookies. She fled her homeland of German-occupied Poland at the end of WWII narrowly escaping the Russian soldiers and came with her family to America on the Queen Mary. These cookies are made en masse by her and whoever is free to help (often the granddaughters) and are distributed to the family. Cookie cutters are used to create festive holiday cutouts adorned with a simple white glaze. Tradition holds that the single adult women in the home are given a cookie decorated like a man and vice versa for the guys. These cookies are soft for the first few days but then stiffen up and taste so good dipped in milk or tea. They sit in a can on the cool back porch and would last into the New Year but everyone always eats them well before then!" These cookies have a lot of spice. You can cut back, but they really should have a lot of spice. They are delicious.

5	Cups flour
3	tsp. PENZEYS CINNAMON
1	tsp. GROUND CARDAMOM
1-2	tsp. GROUND NUTMEG
1	tsp. GROUND CLOVES
1	tsp. baking soda
2	TB. brandy or rum
3	sticks (1½ Cups) butter
½	Cup honey
¼	Cup maple syrup
¼	Cup water
1	Cup dark brown sugar, packed
3	TB. sugar
3-4	eggs (we used 4)
2	TB. water
3	tsp. baking powder mixed with 2 TB. flour

In a large bowl, combine the flour, SPICES and baking soda. Set aside. In a large, heavy-bottomed saucepan, melt the butter over medium-low heat. Add the honey, syrup, water and sugars. Stir pretty much constantly until melted and smooth and bubbly—about 10 minutes. Pour over the flour mixture while stirring with a wooden spoon. Keep stirring until all the liquid is absorbed. Add the brandy or rum and mix. Keep stirring until the dough forms a nice, smooth ball. Cover and let come to room temperature and set up for at least 2 hours, or refrigerate for 1 hour to chill. Don't let the dough get too hard, or you'll have to let it warm a bit before proceeding with the recipe.

When the dough is chilled, beat 3 eggs and water together in a small bowl. Work the eggs and the baking powder mix into the dough until it is smooth and pliable. If the dough ball still seems hard after working it for a few minutes, add the fourth egg.

Preheat oven to 350° (for thicker cookies) or 375° (for crispier cookies). Dust a clean surface with flour. Remove the dough from the bowl and knead by hand until good and smooth, probably about 10 minutes. If the dough sticks to your hands, add a bit more flour. Roll the dough out to ⅛-¼" thickness. Cut with cookie cutters and place on greased cookie sheets. If you would like shiny-looking cookies, brush with milk before baking. We did this and it was quite pretty. Or, beat an egg yolk with a bit of water, brush on the cookies and sprinkle with sugar. Bake for 7-12 minutes. Remove from the oven and let sit for 5 minutes. Transfer to a wire rack to cool completely.

Sonnet's mother-in-law was against frosting the cookies so as to not destroy the unique flavor, but she knew a lot of folks really liked the frosting. We used just a bit on our gingerbread people. This recipe is very much like old-fashioned gingerbread, which usually did not contain actual ginger, but a lot of spice, making for a "gingered up" taste.

Prep. time: 30 minutes plus resting time.
Baking time: 7-12 minutes depending on thickness of dough.
Yield: 56 large, thick cookies

Nutritional Information: Servings 28; Serving Size 2 cookies (65g); Calories 240; Calories from fat 90; Total fat 10g; Cholesterol 55mg; Sodium 180mg; Carbohydrate 33g; Dietary Fiber <1g; Sugars 16g; Protein 3g.

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.)#555382**$ 8.99**
3 cup bag (net 15.2 oz.)#55511**$ 13.49**

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 2.4 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 ½ tsp. of freshly ground nutmeg. West Indian nutmeg is a bit stronger than East Indian nutmeg; use about ⅔ 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 sauteed vegetables—from zucchini to pea pods. *Hand-mixed from: paprika, salt, sugar, celery, garlic, onion, black pepper, parsley, dill seed, caraway, turmeric, dill weed, bay leaf, marjoram, thyme, savory, basil and rosemary.*

1/4 cup jar (net 1.1 oz.)#22334**$ 3.95**
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**
Californian Toasted Onions, Granulated
1/4 cup jar (net 1.0 oz.)#47230**$ 3.29**
1/2 cup jar (net 2.5 oz.)#47256**$ 5.49**
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 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) Californian Toasted Onions
1/4 cup jar (net .8 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.) #46986**$ 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 ⅓ as much dry as recipe calls for.

1/4 cup jar (net .8 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 ½ tsp. each black pepper and garlic, add to ½ cup olive oil and 2 TB. balsamic or red wine vinegar. Add salt to taste and a dash of honey and/or brown mustard for green or pasta salads, chicken, lamb, fish, or vegetables. MEXICAN OREGANO is strong, pungent and less sweet, great for chili.

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

Broken Leaf Turkish Oregano
1/4 cup jar (net .2 oz.)#31730**$ 2.95**
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.)#31881**$ 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 saute for mouth-watering flavor and a healthy meal. Use about 1 tsp. of Ozark on each chicken breast, pork chops or fish fillets. Sprinkle on green beans—almost as good as the meat. Another great use for Ozark Seasoning is in scrambled eggs. *Hand-mixed from: salt, Tellicherry black pepper, spices and herbs, granulated garlic and paprika.*

1/4 cup jar (net 1.4 oz.)#24138**$ 4.45**
1/2 cup jar (net 3.5 oz.)#24154**$ 7.95**
3/4 cup bag (net 5.3 oz.) #24144**$ 9.99**

Paprika

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

Hungarian-Style Sweet Kulonleges Paprika
1/4 cup jar (net 1.0 oz.)#47535**$ 3.75**
1/2 cup jar (net 2.4 oz.)#47551**$ 6.45**
3/4 cup bag (net 3.6 oz.)#47541**$ 7.99**
1 1/2 cup bag (net 7.2 oz.)#47583**$ 11.99**
3 cup bag (net 14.4 oz.)#47512**$ 17.99**
Hungarian-Style Half-Sharp Paprika
More of a bite than sweet paprika—use it sparingly or combined with Sweet Paprika
1/4 cup jar (net 0.9 oz.)#47630**$ 3.95**
1/2 cup jar (net 2.5 oz.)#47656**$ 6.95**
3/4 cup bag (net 3.8 oz.)#47646**$ 8.69**
1 1/2 cup bag (net 7.5 oz.)#47688**$ 12.99**
Californian-Style Sweet Paprika
Californian paprika is deep red, mild and sweet, nice for chicken but browns with long cooking
1/4 cup jar (net .9 oz.)#47830**$ 3.95**
1/2 cup jar (net 2.4 oz.)#47856**$ 6.95**
3/4 cup bag (net 3.6 oz.)#47846**$ 8.69**



Liz Sutherlin (right) serves on the board of directors for HappyBottoms.

Happy Bottoms

When we last spoke with Liz Sutherlin at HappyBottoms, the non-profit diaper bank was serving over 1,000 children in the Kansas City area each month. Liz now says they are serving an average of 2,127 babies per month. In October alone, HappyBottoms sent nearly 136,000 diapers out into the community through its partner agencies.

That's a lot of diapers!

"We hired our first real paid executive director in July. His name is John Teasdale and he is a great addition to our team. For me that means I am stepping back to just being on the board of directors and working my way out of the day-to-day," Liz explains. "There are now four full-time and two part-time paid staff, with my sister-in-law Pam still volunteering and writing our grants.

"We continue to add partner agencies and currently have 35. Our Bundles of Joy program with hospitals is in full swing. This is a program where we provide size 1 diapers to go home with newborns of families who qualify. We currently partner with five hospitals and serve an average of 158 children per month. So far in 2015, we have distributed nearly 150,000 diapers to our Bundles of Joy hospitals."

The company is really growing, and Liz says they are well on their way to meeting their goal of supplying 1.5 million diapers to the Kansas City community in 2015.

With so many mothers needing a little extra help, especially this time of year, the team at HappyBottoms expects it to be a busy holiday season in the warehouse.

Despite the hectic schedule

Story continues on page 40



Rachel's Gluten-Free Triple Chocolate Dunk Cookies

Liz writes, "My daughter, Rachel, developed this recipe as she loved the taste of sugar cookies with chocolate. She added the orange zest to give it an extra flavor. Even though these are gluten-free, I have taken them to the warehouse at HappyBottoms and everyone loves them. I even made a batch for a party we held for our volunteers."

1	Cup sugar
1	Cup butter (2 sticks), softened
2	egg yolks
1½	tsp. PURE VANILLA EXTRACT
2¼	Cups gluten-free flour
¼	tsp. salt
1	tsp. orange zest (or ⅓ tsp. MINCED ORANGE PEEL rehydrated in 1 tsp. water)

Chocolate Dunk:

1	12-oz. bag dark chocolate chips
1	Cup white chocolate chips
1	Cup milk chocolate chips

In a mixing bowl, cream together the sugar and butter. Add the egg yolks and VANILLA and mix well. Add the flour, salt and orange zest. Beat until well mixed. Cover and refrigerate for at least 1 hour or until the dough is firm.

Preheat oven to 350°. Line baking sheets with parchment paper and set aside. Scoop enough dough to roll between your palms to make 1- to 1¼-inch balls. Place on the baking sheets at least 2 inches apart. Press down slightly. Bake at 350° for 8-12 minutes or until just slightly brown. Let the cookies firm up for a few minutes then carefully use a large flexible spatula to remove from pan and place on a wire rack to cool completely.

Melt the dark chocolate chips in a heavy saucepan over low heat, stirring frequently. Or, melt in the microwave at 50% power, stirring occasionally. Dunk the cooled cookies halfway into the chocolate and place on parchment paper-lined cookie sheets. Once all the cookies are dunked, melt the white chocolate chips. Using a fork, drizzle the cookies with the white chocolate. Repeat with the milk chocolate. Our plain old chocolate chips did not want to melt thin enough to use a fork for drizzling, so we used a spoon to make bigger lines across the cookies. A confectioner's melting chocolate would probably be easier to handle for this type of decorative topping.

Prep, time: 30 minutes (with decorating)
Baking time: 8-12 minutes per pan
Yield: 38

Nutritional Information: Servings 19; Serving Size 2 cookies (77g); Calories 360; Calories from fat 180; Total fat 20g; Cholesterol 50mg; Sodium 130mg; Carbohydrate 44g; Dietary Fiber 2g; Sugars 21g; Protein 4g.



Liz's daughter Rachael gets into the holiday spirit by baking Christmas cookies.

fulfilling all the diaper orders for the crew, they remain a tight-knit group and find extra reason to bring in all sorts of delicious treats to work.

They also have an annual holiday party at Pam Sutherlin's house to celebrate helping their community. The menu, initially cooked by Liz and Pam, and now supplemented with everyone else bringing in desserts, includes smoked pork shoulder, cheesy potatoes and coleslaw. The feast and games like shuffleboard are a big hit with everyone.

Warehouse Manager and Volunteer Coordinator Leanne Mersmann has been with HappyBottoms for the last couple of years. "When I was first hired in June of 2014, I was the second full-time staff member they had hired. We've added about 12 new agencies to our program." she says.

Leanne really does love going to work every day. "My absolute favorite part of my job is interacting with over 150 volunteers that walk through the door each month. I meet so many wonderful people who want to work hard and use their talents to help babies be happier and healthier.

"Each time a new group comes to the warehouse to volunteer, I tell them that diapers are not covered under food stamps or WIC and each time I see their eyes fill with concern. Then I say that because they came to our warehouse to count and repackage diapers today, that they will significantly impact babies in need," she says. "And it's true!

"So many people think they are just one small person who can't accomplish very much, but even one person can make a huge difference."

Leanne, like Liz and the rest of the staff, has an affinity for good food. "Since HappyBottoms serves agencies that have secular, Jewish, and Christian affiliations, we include all the holidays! The Christmas Tree sits right next to the Menorah in our building.

"My family has a cookie making tradition each December. We like to try out a few new recipes and keep a couple of classics nearly every year and you better believe I bring in all the extra cookies to the warehouse to share. I practically push desserts on my co-workers and sometimes volunteers because there are only so many sweets I can eat each holiday before I get sick of them," she laughs.

This time of year means extra fun cooking in the Sutherlin household.

"Making cookies during the holidays has always been a part of my family. I remember making Rocks with my nana, sand tarts and filled date cookies with my mom and even fruitcake with my grandma," Liz says. "My kids, Rachel and James, are excellent cooks. It would be hard not to learn to cook if you were a part of our family."

As with sharing a home-cooked meal, the work the team at HappyBottoms does comes from the heart. They really do care about the world—and people—around them.

"We share the message that having access to a resource as simple as a diaper, really can provide a relief from stress and can improve health and wellness outcomes for small children."

–Andy Jankowski



The warehouse is full of diapers and HappyBottoms is never short of mothers in need of its services.

Rocks

These old-fashioned drop cookies from Liz may have an unusual name, but they are truly tasty.

1	Cup (2 sticks) butter
1½	Cups brown sugar
3	eggs
1	tsp. baking soda mixed with 2 tsp. hot water
2½-3	Cups flour (you can use gluten-free, which we did and they were delicious)
1	tsp. PENZEYS CINNAMON
½-1	tsp. GROUND ALLSPICE (recipe calls for 1 full teaspoon)
¼-1	tsp. GROUND CLOVES (recipe calls for 1 full teaspoon)
½-1	tsp. GROUND NUTMEG (recipe calls for 1 full teaspoon)
1	lb. raisins
2	Cups walnuts, broken in pieces

Preheat oven to 350°. In a mixing bowl, cream together the butter, brown sugar and eggs. Add the baking soda, flour and SPICES and mix well. Fold in the raisins and walnuts. Drop by the teaspoon onto parchment paper-lined baking sheets. Bake at 350° for 12-15 minutes. Do not over bake. Let cool on the pans for a few minutes before carefully transferring to a cooling rack.

Prep. time: 20 minutes
Baking time: 12-15 minutes per pan
Yield: 6 dozen

Nutritional Information: Servings 36; Serving Size 2 cookies (48g); Calories 200; Calories from fat 90; Total fat 10g; Cholesterol 30mg; Sodium 85mg; Carbohydrate 27g; Dietary Fiber 1g; Sugars 17g; Protein 3g.





Chocolate Chip Cake

Liz Sutherlin writes, "This recipe was given to me by my friend Pat Dowey as an easy dessert when you don't want to eat any more Christmas cookies. I subbed in the gluten-free flour and added cornstarch to make it gluten-free."

½	Cup (1 stick) butter, softened
1	Cup sugar
1	TB. PURE VANILLA EXTRACT
2	eggs
1	Cup sour cream
1	TB. baking powder
2	Cups gluten-free flour (you may use regular flour)
1	TB. cornstarch (omit if using regular flour)
1	tsp. baking soda
¼	tsp. salt
1	12-oz. bag chocolate chips (most brands are now gluten free—check for the GF symbol)

Preheat oven to 350°. Cream together the butter and sugar. Add the VANILLA, eggs, sour cream, baking powder, flour, cornstarch (if using), baking soda and salt. Mix well. Fold in ¾ of the chocolate chips with a spoon. Pour into a greased and floured tube pan—a 9x13" pan would work as well. Sprinkle the remaining chocolate chips on top. Bake at 350° for 45 minutes or until a toothpick inserted in the cake comes out clean.

Prep. time: 20 minutes
Baking time: 45 minutes
Serves: 18

Nutritional Information: Servings 18; Serving Size 1 slice (69g); Calories 260; Calories from fat 120; Total fat 13g; Cholesterol 40mg; Sodium 230mg; Carbohydrate 35g; Dietary Fiber 1g; Sugars 22g; Protein 3g.

Saffron

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



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

Coupé Quality Spanish Saffron
(99% red saffron threads)
Net 1/2 gram#57338**$ 10.95**
Net 1 gram#57352**$ 19.95**
Net per 1/4 oz.#57381**$ 105.35**



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

Superior Quality Spanish Saffron
(90% red saffron threads, 10% yellow saffron styles)
Net 1/2 gram#57738**$ 8.95**
Net 1 gram#57754**$ 17.95**
Net per 1/4 oz.#57783**$ 84.85**



Classic Saffron Rice

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

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

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

Smoked Spanish-Style Paprika

Rich, colorful Spanish-Style Paprika, naturally smoked over traditional oak fires. Subtle, smoky flavor and perfect color, good on just about everything. Sprinkle on chicken and fish before cooking, add to sauces, soups and salad dressings. Try some today.

1/4 cup jar (net 1.0 oz.)#48037**$ 4.45**
1/2 cup jar (net 2.4 oz.)#48053**$ 7.95**
3/4 cup bag (net 3.6 oz.)#48043**$ 9.99**
1 1/2 cup bag (net 7.2 oz.)#48085**$ 14.99**
3 cup bag (net 14.4 oz.)#48014**$ 22.49**

Parisien Bonnes Herbes SALT FREE

A fragrant all-purpose herbal blend from one of the cooking capitals of the world. *Hand-mixed from: chives, dill weed, French basil, French tarragon, chervil and white pepper.*

1/4 cup jar (net .2 oz.)#14535**$ 2.95**
1/2 cup jar (net .3 oz.)#14551 **$ 4.95**
3/4 cup bag (net .5 oz.)#14547**$ 6.29**
1 1/2 cup bag (net 1.0 oz.)#14581**$ 9.49**

Parsley

Parsley is America's favorite herb. Sweet and rich, it brings out the flavor of other spices and herbs, and is perfect in soups and on baked chicken or fish. Parsley flakes are light; 1 oz. equals almost 2 cups.

1/4 cup jar (net .1 oz.)#31930**$ 2.45**
1/2 cup jar (net .2 oz.)#31956**$ 3.95**
3/4 cup bag (net .3 oz.)#31942**$ 4.99**
1 1/2 cup bag (net .6 oz.)#31986**$ 7.49**

Pasta Sprinkle SALT FREE



Pasta Sprinkle is the perfect all-purpose combination of herbs, wonderful sprinkled on chicken or fish before baking, on steamed or sauteed vegetables, and on pasta as a side dish. Toss warm, freshly cooked pasta with a bit of butter, olive oil, or meat drippings; 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.*

1/4 cup jar (net .2 oz.)#14630**$ 2.95**
1/2 cup jar (net .6 oz.)#14656**$ 4.95**
3/4 cup bag (net .9 oz.)#14642**$ 6.29**
1 1/2 cup bag (net 1.8 oz.)#14686**$ 9.49**

Pickling Spice SALT FREE

A high-quality blend for all pickling and canning. *Hand-mixed from: yellow and brown mustard seeds, allspice, cinnamon, bay leaves, dill seed, cloves, ginger, black peppercorns, star anise, coriander, juniper, mace, cardamom and crushed red pepper.*

1/4 cup jar (net .6 oz.)#14735**$ 2.95**
1/2 cup jar (net 2.0 oz.)#14751**$ 4.95**
3/4 cup bag (net 3.0 oz.)#14741**$ 6.29**
1 1/2 cup bag (net 6.0 oz.)#14783**$ 9.49**
3 cup bag (net 12.0 oz.)#14712**$ 14.29**

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 wonderful smoky flavor—it's the best darn 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 SALT FREE

A traditional poultry rub and stuffing seasoning, a sage-rich Southern blend. For mouth-watering stuffing, just mix in ½ 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**

Pumpkin Pie Spice

A sweet and spicy addition to all kinds of baked goods. Use 2-3 tsp. in a 9-inch pie, but don't stop there. An all-purpose baking spice, perfect for banana bread, carrot cake, muffins, coffee cake, use 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.)#15158**$ 6.95**
3/4 cup bag (net 3.0 oz.)#15148**$ 8.69**

Raspberry Enlightenment SALT FREE

Like red wine, balsamic or rice vinegar, Raspberry Enlightenment makes sweet tartness happen. But it also does more. Raspberry Enlightenment—sweet and tart with a hint of spice—also adds a delicious fresh-bright-lightness to slow-roasted richness. Anytime you start with longer, slower cooking—spaghetti sauce, stews, barbecue, vegetables, roasts—take the deliciousness over the top with a spoonful of Raspberry Enlightenment. It's just what your dishes—and you—have been waiting for. *Ingredients: raspberries, sugar, water, tapioca starch, spices and citric acid.*

1 cup jar (net 9.5 oz)#97185**$ 7.95**



Heal the World Mug
#94049 **$ 8.50**

Rosemary

Rosemary is the perfect herb for seasoning pork and lamb, from chops to roasts. Try rosemary on chicken and fish with garlic, pepper and salt. Rosemary is often used with oregano in Italian dishes. If you are cooking for children, the powdered rosemary is nice.

Whole Spanish Rosemary Leaves

The size and shape of Christmas tree needles
1/4 cup jar (net .3 oz.)#33039**$ 2.49**
1/2 cup jar (net .8 oz.)#33055**$ 3.95**
3/4 cup bag (net 1.2 oz.)#33041**$ 4.99**
1 1/2 cup bag (net 2.4 oz.)#33085**$ 7.49**

Cracked, 10/18 mesh, Spanish Rosemary Leaves

Cracked bits, big enough for flavor, but small enough to not overwhelm
1/4 cup jar (net .5 oz.)#33134**$ 2.95**
1/2 cup jar (net 1.2 oz.)#33150**$ 4.95**
3/4 cup bag (net 1.8 oz.)#33146**$ 6.29**
1 1/2 cup bag (net 3.6 oz.)#33180**$ 9.49**

Powdered, -40 mesh, Spanish Rosemary Leaves

Easy to use, but doesn't stay fresh very long
1/4 cup jar (net .4 oz.)#33239**$ 2.95**
1/2 cup jar (net 1.1 oz.)#33255**$ 4.95**
3/4 cup bag (net 1.7 oz.)#33245**$ 6.29**

Ruth Ann's Muskego Ave Chicken and Fish Seasoning

Sprinkle on chicken and fish, 1-2 tsp. per pound—pork chops too! Awesome on broccoli, asparagus and green beans, plain salads, breakfast eggs and potatoes. *Hand-mixed from: salt, black pepper, garlic, lemon peel and onion.*

1/4 cup jar (net 1.3 oz.)#24538 **$ 3.95**
1/2 cup jar (net 2.9 oz.)#24554 **$ 6.95**
3/4 cup bag (net 4.4 oz.)#24544**$ 8.69**

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 grinding in salt mills, the coarse sea salt will shake out of our standard jar and the fine variety will work nicely in a home salt shaker.

Extra Coarse Grind, 10/30 mesh
1 lb. bag#96117**$ 3.95**

Coarse Grind, 30/60
1 lb. bag#96212**$ 3.95**

Fine Grind, 40 mesh
1 lb. bag#96317**$ 3.95**

Sandwich Sprinkle

This blend was created for making homemade croutons, but along the way it has become the lunchtime favorite in the Penzeys breakroom for all types of sandwiches, from crusty subs to tuna salad. Just shake on, or mix 1 TB. with 1 TB. water, add to 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.)#27539**$ 3.95**
1/2 cup jar (net 2.5 oz.)#27555**$ 6.95**
3/4 cup bag (net 3.8 oz.)#27545**$ 8.69**
1 1/2 cup bag (net 7.6 oz.)#27587**$ 12.99**
3 cup bag (net 15.2 oz.)#27516**$ 19.49**

Savory Leaves

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

1/4 cup jar (net .3 oz.)#33639**$ 2.45**
1/2 cup jar (net .8 oz.)#33655**$ 5.95**
3/4 cup bag (net 1.2 oz.)#33641**$ 7.49**
1 1/2 cup bag (net 2.4 oz.)#33685**$ 11.29**

Seasoned Salt

Flavorful and economical—a sprinkle of our Seasoned Salt improves the flavor of most every dish. Use in place of regular salt to season burgers and chicken, pork chops and fish, eggs, veggies and salads. *Hand-mixed from: salt, sugar, paprika, onion, turmeric, garlic and spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/4 cup jar (net 2.1 oz.)#29238 **$ 1.95**
1/2 cup jar (net 4.2 oz.)#29254 **$ 2.95**
3/4 cup bag (net 6.3 oz.)#29244**$ 3.69**
1 1/2 cup bag (net 12.6 oz.)#29286**$ 5.49**
3 cup bag (net 25.2 oz.)#29215**$ 8.24**

Our Heal the World mugs warm the heart.

Salad Seasonings

Buttermilk Ranch

Ranch-style salad dressing is lower in fat than most, as it uses buttermilk for flavor and body. Also excellent for fresh vegetable dip, or sprinkled on baked chicken or fish, 1-2 tsp. per lb. To make 1 cup dressing, mix 1 TB. seasoning in 1 TB. water, let stand five minutes, then whisk with ½ cup buttermilk and ½ cup mayonnaise. For a lower calorie version use low-fat mayonnaise, or up the proportion of buttermilk, which will make the dressing thinner, but equally tasty. Ranch dressing should be refrigerated, check the freshness date on the buttermilk carton, and write it on the dressing bottle. *Hand-mixed from: salt, bell peppers, garlic, onion, sugar, black pepper, parsley, thyme and basil.*

1/4 cup jar (net 1.1 oz.)#26037**$ 3.95**
1/2 cup jar (net 2.5 oz.)#26053**$ 6.95**
3/4 cup bag (net 3.8 oz.)#26043**$ 8.69**
1 1/2 cup bag (net 7.6 oz.)#26085**$ 12.99**
3 cup bag (net 15.2 oz.)#26014**$ 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 1-2 TB. seasoning in 2 TB. water, let stand 5 minutes. Whisk in ⅓ cup red wine vinegar and ½ cup olive oil, refrigerate. *Hand-mixed from: sugar, brown mustard, salt, garlic, black pepper, lemon, onion, French tarragon, white pepper, chives, thyme and cracked rosemary.*

1/4 cup jar (net 1.3 oz.)#26132**$ 3.95**
1/2 cup jar (net 2.6 oz.)#26158**$ 6.95**
3/4 cup bag (net 3.9 oz.)#26148**$ 8.69**
1 1/2 cup bag (net 7.8 oz.)#26180**$ 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 ½ cup sour cream and ½ cup mayonnaise. Thin with a few tablespoons of vinegar or water. Reduced fat mayo or sour cream can be used, and yogurt works well as a replacement for sour cream. *Hand-mixed from: Tellicherry cracked black pepper, coarse salt, sugar, garlic, thyme and parsley.*

1/4 cup jar (net 1.2 oz.)#26237**$ 3.95**
1/2 cup jar (net 2.5 oz.)#26253**$ 6.95**
3/4 cup bag (net 3.8 oz.)#26243**$ 8.69**
1 1/2 cup bag (net 7.6 oz.)#26285**$ 12.99**

Greek Seasoning

A traditional blend of lemon, garlic and oregano. Mix 2 TB. seasoning with 2 TB. water, let stand 5 min. Add ¼ cup olive oil, ¼ cup salad oil, ⅓ cup red wine vinegar (or ¼ cup balsamic vinegar and 2 TB. water), plus 1 tsp. sugar if desired. Use to dress vegetable salads, chicken and pasta salads, or a plain lettuce salad. For gyros, mix 1 TB. in 1 TB. water. Let stand 5 minutes, add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. with 1 cup yogurt and 2 TB. cucumber for gyro sauce. Also great on grilled, baked or fried fish or chicken, rub on 1 tsp. per lb. *Hand-mixed from: coarse salt, Turkish oregano, garlic, lemon, black pepper and marjoram.*

1/4 cup jar (net 1.0 oz.)#21937**$ 3.95**
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**

Green Goddess SALT FREE

Salt-free. An old-fashioned, classical style salad dressing, somewhat like a mild, sweet, herb-filled creamy Italian, heavy on the basil and dill. This base is not only nice for green salads, it is great for fresh vegetable dip or as a light, refreshing alternative to tartar sauce on baked or fried fish. This base is very good without salt, but salt can be added to taste (try ½ tsp. per cup), or a squeeze of lemon juice could be added in place of salt. To make one cup of dressing, mix 1 rounded TB. GREEN GODDESS in 2 TB. water, let stand 5 minutes. Whisk with ⅔ - ¾ cup regular or low-fat mayonnaise and 1 TB. vinegar. This dressing will be thick (nice for dip), thin with 1-2 TB. water if desired. Store in the refrigerator. *Hand-mixed from: green onion, sugar, basil, celery flakes, minced garlic and dill weed.*

1/4 cup jar (net .6 oz.)#16434**$ 3.45**
1/2 cup jar (net 1.4 oz.)#16450**$ 5.95**
3/4 cup bag (net 2.1 oz.)#16440**$ 7.49**
1 1/2 cup bag (net 4.2 oz.)#16482**$ 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 ⅔ cup vegetable oil and ⅓ cup vinegar. To reduce the calories, use ⅔ cup of a mild vinegar, such as rice vinegar, and ⅓ cup oil. For creamy Italian dressing, mix 2 TB. seasoning with 2 TB. water, let stand 5 minutes, then whisk with ½ cup sour cream or yogurt and ½ cup mayonnaise, thin with 1-2 TB. of vinegar. To create a salt-free Italian dressing, see Italian Herb Mix. *Hand-mixed from: sugar, salt, garlic, onion, red bell pepper, oregano, basil, marjoram, rosemary and thyme.*

1/4 cup jar (net 1.5 oz.)#26532**$ 3.95**
1/2 cup jar (net 3.1 oz.)#26558**$ 6.95**
3/4 cup bag (net 4.7 oz.)#26548**$ 8.69**
1 1/2 cup bag (net 9.4 oz.)#26580**$ 12.99**
3 cup bag (net 18.8 oz.)#26519**$ 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 ½ cup corn oil and ⅓ cup fresh lime juice (3 medium limes). Whisk briskly and refrigerate. Perfect poured over harvest tomatoes tossed with red onions and goat cheese. *Hand-mixed from: sugar, ancho chili pepper, flake salt, garlic, onion, cumin, black pepper, cayenne, cilantro, Mexican oregano, chives, bay leaf and chipotle pepper.*

1/4 cup jar (net 1.2 oz.)#26637**$ 3.95**
1/2 cup jar (net 2.5 oz.)#26653**$ 6.95**
3/4 cup bag (net 3.8 oz.)#26643**$ 8.69**

Sesame Seeds

White sesame seeds are traditionally used in America for baking and granola making, smaller black sesame are preferred in Japan. To toast sesame seeds, put in a nonstick pan over medium heat and shake the pan until the sesame seeds are browned. No oil necessary.

Whole Hulled Mexican White Sesame Seeds
1/4 cup jar (net 1.1 oz.)#57833**$ 2.85**
1/2 cup jar (net 2.4 oz.)#57859**$ 4.55**
3/4 cup bag(net 3.6 oz.)#57849**$ 5.69**
1 1/2 cup bag (net 7.2 oz.)#57881**$ 8.49**
3 cup bag (net 14.4 oz.)#57810**$ 12.69**

Whole Indian Black Sesame Seeds
1/4 cup jar (net 1.0 oz.)#57938**$ 3.29**
1/2 cup jar (net 2.2 oz.)#57954**$ 5.49**
3/4 cup bag(net 3.3 oz.)#57944**$ 6.99**

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.)#58056**$ 6.95**
1 cup jar (net .7 oz.)#58085**$ 11.95**
2 cup jar (net 1.4 oz.)#58027**$ 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.)#23131**$ 5.45**
1/2 cup jar (net 3.3 oz.)#23157**$ 9.95**
1 cup jar (net 6.3 oz.)#23186**$ 18.95**

Shrimp & Crab Boil Spices SALT FREE

Traditional for boiling shrimp, lobster, crab and fish. *Hand-mixed from: yellow and brown mustard seed, allspice, coriander, cloves, cracked bay leaf, cracked ginger, black Tellicherry peppercorns, chili pepper, dill seed and caraway seed.*

1/4 cup jar (net .7 oz.)#15237**$ 3.95**
1/2 cup jar (net 1.4 oz.)#15253**$ 6.95**
3/4 cup bag (net 2.1 oz.)#15243**$ 8.69**

Singapore Seasoning SALT FREE

Great for salt-free cooking—lemon pepper curry flavor—our best blend for Cornish hens. Also great for fish. *Hand-mixed from: black pepper, lemon peel, citric acid, garlic, onion, turmeric, coriander, cumin, ginger, nutmeg, fennel, cinnamon, fenugreek, white pepper, cardamom, cloves and cayenne red pepper.*

1/4 cup jar (net 1.3 oz.)#15332**$ 4.45**
1/2 cup jar (net 2.6 oz.)#15358**$ 7.95**
3/4 cup bag (net 3.9 oz.)#15348**$ 9.99**

Kind Heart 8 Jar Seasonings Gift Box
#82529 **$39.95**



Southwest Seasoning
Warm chili peppers with onion, garlic, pepper and cilantro, with a smoky hint of chipotle. Sprinkle meat or poultry with lemon or lime juice, then rub on Southwest Seasoning, 1-2 teaspoons per pound. Add to salsa and refried beans. *Hand-mixed from: salt, ancho pepper, onion, garlic, Mexican oregano, black pepper, red pepper, cumin, chipotle and cilantro.*

1/4 cup jar (net 1.2 oz.)#21137**$ 4.45**
1/2 cup jar (net 2.7 oz.)#21153**$ 7.95**
3/4 cup bag (net 4.1 oz.)#21143**$ 9.99**
1 1/2 cup bag (net 8.2 oz.)#21185**$ 14.99**

Star Anise
Whole Star Anise is often used in craftwork. Broken Star Anise pieces are used in pickling. Powdered Star Anise is great for baking.

Select Whole Star Anise
1 oz. bulk bag#58269**$ 4.89**
4 oz. bag#58243**$ 11.65**

Broken Chinese Star Anise Pieces
1 oz. bulk bag#58164**$ 3.09**
4 oz. bag#58148**$ 6.85**

Powdered Chinese Star Anise
1/4 cup jar (net .8 oz.)#48132**$ 3.99**
1/2 cup jar (net 1.9 oz.)#48158**$ 6.85**
3/4 cup bag (net 2.9 oz.)#48148**$ 8.49**

Sumac
Used plain or mixed with thyme and sesame (Zatar), to complement fish, meat and vegetables. *Processed with salt.*

1/4 cup jar (net 1.2 oz.)#48237**$ 4.55**
1/2 cup jar (net 2.5 oz.)#48253**$ 7.99**
3/4 cup bag (net 3.8 oz.)#48243**$ 9.99**

Sunny Paris Seasoning SALT FREE
One of our most popular salt-free seasonings. Great for Cornish hens, chicken, vegetables, rice, eggs and veal. Simply sprinkle over salads, potatoes, or rice, or mix 1 TB. with 1 cup yogurt, use as a dip or dressing. *Hand-mixed from: shallots, chives, green peppercorn, dill weed, basil, tarragon, chervil and bay leaf.*

1/4 cup jar (net .2 oz.)#15437**$ 5.45**
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**

Sunny Spain Seasoning SALT FREE
(Salt-Free Lemon-Pepper)
The bestselling of all our salt-free blends. Perfect for fish and chicken, vegetables and salads. Salt-free blends are strong, start with less. *Hand-mixed from: black pepper, citric acid, lemon peel, garlic and onion.*

1/4 cup jar (net 1.2 oz.)#15532**$ 4.45**
1/2 cup jar (net 2.4 oz.)#15558**$ 7.95**
3/4 cup bag (net 3.6 oz.)#15548**$ 9.99**
1 1/2 cup bag (net 7.2 oz.)#15580**$ 14.99**



Show them you appreciate their kindness.

Tarragon
Tarragon is the most popular of the French herbs—its sweet, rich flavor combines especially well with poultry and fish, vegetables and salad dressing.

Broken Leaf French Tarragon
Large, deep green, flavorful leaves

1/4 cup jar (net .1 oz.)#33734**$ 2.95**
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**

Thyme
One of the most fragrant flavors around, our French Thyme is great on just about everything. Particularly good with chicken, fish and chops, salads and vegetables of all varieties. Sprinkle on roughly ½ tsp. per pound. Bake, grill or broil and enjoy.

French Thyme, chopped leaves
1/4 cup jar (net .3 oz.)#34036**$ 2.95**
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**

Trinidad-Style Lemon-Garlic Marinade
For grilled or broiled poultry, fish, pork chops. Rub fish or poultry with a bit of vegetable oil, sprinkle on ½-1 tsp. per pound, grill or broil. Great for boneless/skinless chicken breasts, season and freeze, two in a package, they'll be ready when you are. *Hand-mixed from: salt, lemon peel, garlic, clove and ginger.*

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

Tsardust Memories (Russian-Style Seasoning)
Warm and spicy-sweet, this blend is awesome with ground beef—burgers, meatloaf, meatballs, casseroles. Excellent in hearty soups and stews, and one of the best things ever on pork chops—try it on the grill. Whatever you make, serve it with crusty bread. It's all good. *Hand- mixed from: salt, garlic, cinnamon, pepper, nutmeg and marjoram.*

1/4 cup jar (net 1.2 oz.)#28536**$ 3.95**
1/2 cup jar (net 2.8 oz.)#28552**$ 6.95**
3/4 cup bag (net 4.2 oz.)#28542**$ 8.69**

Turkish Seasoning
A traditional and delicious blend for seasoning meats from kabobs to roasts, lamb to beef to chicken. For a tasty vegetable dip, mix 2 tsp. Turkish Seasoning and 1-2 tsp. honey in 1 cup yogurt. *Hand-mixed from: salt, garlic, cumin, Tellicherry black pepper, Turkish oregano, sweet paprika, sumac, cayenne red pepper and cilantro.*

1/4 cup jar (net 1.1 oz.)#23836**$ 3.95**
1/2 cup jar (net 2.2 oz.)#23852**$ 6.95**
3/4 cup bag (net 3.3 oz.)#23842**$ 8.69**
1 1/2 cup bag (net 6.6 oz.)#23884**$ 12.99**

Taco Seasonings

Taco Seasoning
Very similar to seasoning packets sold in grocery stores, but much more flavorful and less expensive. Family-style, not hot. Mix 4 TB. with 6 oz. water, add to 1 lb. browned, drained ground beef or cooked chicken or beans. Simmer 10 min. until thick. Taco Seasoning is also great for dip—mix 2 TB. in 2 TB. water, then blend with ½ cup sour cream and ½ cup cream cheese. *Hand-mixed from: paprika, salt, onions, lactose, dextrose, corn flour, (corn, lime) tomato powder, cumin, garlic, oregano, black pepper, cocoa powder and allspice.*

1/4 cup jar (net 1.4 oz.)#23531**$ 3.95**
1/2 cup jar (net 2.9 oz.)#23557**$ 6.95**
3/4 cup bag (net 4.4 oz.)#23547**$ 8.69**
1 1/2 cup bag (net 8.7 oz.)#23589**$ 12.99**
3 cup bag (net 17.4 oz.)#23518**$ 19.49**

Bold Taco Seasoning
Quick and easy to make with ground beef or sliced steak—spicier, hotter (not too hot), rich with the flavors of cumin and chilis, garlic and Special Extra Bold Black Pepper—it's just plain good. *Hand-mixed from: kosher salt, onion, Spanish-style paprika, lactose, yellow corn flour (corn, lime), dextrose, tomato powder, crushed red pepper, garlic, cumin, Mexican oregano, cilantro, Tellicherry Special Extra Bold black pepper and natural cocoa.*

1/4 cup jar (net 1.2 oz.)#24338**$ 3.95**
1/2 cup jar (net 2.7 oz.)#24354**$ 6.95**
3/4 cup bag (net 4.1 oz.)#24344**$ 8.69**
1 1/2 cup bag (net 8.1 oz.)#24386**$ 12.99**
3 cup bag (net 16.2 oz.)#24315**$ 19.49**

Chicken Taco Seasoning
Lighten up your tacos with chicken. Flavorful and spicy without being too hot, the perfect way to use boneless/skinless chicken breasts, at least in our opinion. Follow the easy directions, and you'll have a new family favorite—Chicken Tacos. *Hand-mixed from: kosher salt, garlic, Ancho chili pepper, onion, Spanish-style paprika, cumin, cilantro, Tellicherry black pepper, Mexican oregano and jalapeño powder.*

1/4 cup jar (net .9 oz.)#24233**$ 3.95**
1/2 cup jar (net 2.1 oz.)#24259**$ 6.95**
3/4 cup bag (net 3.2 oz.)#24249**$ 8.69**
1 1/2 cup bag (net 6.3 oz.)#24281**$ 12.99**

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 8.4 oz)#97280$ 7.29



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 rich flavor. Chicken base is used to fortify the flavor of soup, stew or gravy. For 2 quarts of soup or stew, add 2-3 tsp. Chicken Base. For gravy, add 1 tsp. Chicken Base to 2-3 TB. chicken drippings to enhance the flavor of 2 cups gravy.

(net 8.0 oz.)#90281**$ 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.



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**

Tuscan Sunset SALT FREE
Salt-free Italian-style seasoning. Perfect for veggies and pasta, salads, tomato sauce, chicken and fish. The rich sweet flavor of basil and oregano with the added zest of garlic, bell pepper and black pepper. Round it off with a touch of fennel, and who needs salt? Perfect for every vegetable, from asparagus to zucchini. We especially love it sprinkled on fresh tomatoes, corn on the cob, snap peas and green beans. Also makes a great salad dressing for green salads and hearty veggies on the grill, and use it to marinate fish fillets, lean pork, and boneless/skinless chicken as well! *Hand-mixed from: basil, oregano, red bell pepper, garlic, thyme, fennel, black pepper and anise.*

To make oil & vinegar salad dressing: Cover 1 TB. Tuscan Sunset Seasoning with 1 TB. water, let stand a few minutes. Add 1/3 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**

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.)#28647**$ 6.29**

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

Natural Wasabi

Blend of horseradish, mustard, tapioca starch and wasabi.
1/4 cup jar (net .9 oz.)#48637**$ 2.95**
1/2 cup jar (net 1.8 oz)#48653**$ 4.95**
3/4 cup bag (net 2.7 oz.)#48643**$ 6.29**

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**



Homemade Chicken Noodle (or Rice) Soup
Get cozy with this soup from John Teasdale of HappyBottoms. To read about HappyBottoms, turn to page 39.

Stock:

1	5-6-lb. stewing hen
9	Cups water
2	ribs celery, cut into 3-inch pieces
1	large carrot, cut into 3-inch pieces
1	large leek, cut into 3-inch pieces
6	sprigs fresh parsley
1	WHOLE BAY LEAF
2	WHOLE CLOVES
1	large onion
1	TB. salt
8	WHOLE BLACK PEPPERCORNS

Soup:

1	Cup diced carrots
1/2	Cup diced celery
1/2	Cup diced onion
1/3	Cup uncooked white rice or 2 Cups dry egg noodles (John uses frozen egg noodles)
1	10-oz. pkg. frozen peas (John likes English LaSeur peas)
1/2	tsp. salt
1/4	tsp. PENZEYS PEPPER
1-2	TB. CHICKEN SOUP BASE (recipe calls for 2)
1-2	TB chopped fresh parsley, optional (or 1/2-1 TB. PARSLEY FLAKES)

To prepare the stock: Place the hen in a large stockpot and cover with the water. Add the celery, carrot, leek, parsley and BAY LEAF (John likes to place these ingredients in a cheese cloth bag) and place in the pot. Poke the CLOVES into the onion and place in the pot. Add the salt and PEPPERCORNS. Cover and bring to a boil. Reduce the heat and simmer for 2-2 1/2 hours or until the chicken is tender. Remove the chicken from the stock. Discard the bones and skin and chop the meat. Set aside 3-4 cups of the chicken. Use the rest of the chicken for another recipe. Strain the stock and discard the vegetables. Skim off any excess fat. (You may do the recipe to this point and refrigerate overnight and then skim the fat using a gravy strainer.) Add the carrots, celery, onion and rice or noodles to the stock. Simmer for 10 minutes. Add the chicken, peas, salt, PEPPER and SOUP BASE and continue cooking for 10 minutes or until the rice or noodles are tender. Sprinkle with parsley if desired.

Prep. time: 30 minutes
Cooking time: 3-4 hours
Serves: 13

Nutritional Information: Servings 13; Serving Size 1 cup (295g); Calories 260; Calories from fat 130; Total fat 14g; Cholesterol 60mg; Sodium 450mg; Carbohydrate 10g; Dietary Fiber 2g; Sugars 3g; Protein 21g.

See SPICE INDEX on page 61

Pat & DonSteffen



With three kids and four grandchildren, the holidays are a busy time for the Steffens. Christmas for them is rich with traditions—some very old, and a few news ones, too.

"Memories of Christmas when I was a kid are very vivid and very exciting," says Pat Steffen of Grayslake, Illinois.

"We always had a giant tree in the living room—way too big for the room," she recalls with a smile. It was always very festive. My mother always baked a lot. Everything was celebrated in a big way. She made all of our holidays special."

It's memories like those that inspire Pat to carry on family traditions and make the holidays special for her family.

Christmas in the Steffen home is celebrated in a big way.

From decorating, to cooking, to hosting big gatherings, Pat and her husband Don are carrying on traditions that date back more than 70 years.

"We got married in November. One of the things my mom gave me at my shower was all the things to decorate a Christmas tree. I still have my favorite ornament—a red glass ball from my mom and dad's first tree, the year they were married. That ornament is 75 years old."

That red glass ball is one of over 1,000 tree ornaments put up every year in the Steffen home. But where on earth does someone put that many ornaments?

"We have a total of five trees," says Pat. "We always have a real tree in the living room—the other four trees in the house are artificial.

"My goal was not to have any two ornaments that are alike. A lot of them are from the grandkids—things they have made," says Pat. "Some of the construction paper ones are getting a little iffy but we're never throwing them out. There are so many memories with each ornament.

"We had friends over this summer and one of them said, 'Just from looking at the things in your house, I see how much your grandchildren love you.' Those are the things that will be out and on display until they're taking me out of here in a pine box!" Pat says.

Decorating their home for the holidays has become quite an undertaking.

"We start the day after Thanksgiving bringing things into the house," she says.

Pat and Don both agree they could open a Christmas store with all of the decorations they have.

"There are hundreds of decorations," says Pat. "The loft over the garage is full of bins marked by room because there are over 60 plastic bins of decorations.

"We use all of it every year," she says, "and there's no place to add anything else!

"Is it really way overdone?" she asks. "Oh my gosh, yes, but we love it!"

"And," chimes in Don, "it sure adds some spice to the neighborhood."

"The grandkids notice if there's something we haven't put out or if it's in the wrong place," says Pat. "We have a set of pictures now to remind us, because as the years go by we forget. And, with all of those things, it really only fits one way."

It takes them about a week to do the inside of the house, and Don spends a full day decorating the outside.

"There are years that he's just freezing out there," says Pat, "but the weather has never stopped him—he's going to do it, no matter what.

"He's very creative," she says. "For years he hand-made different decorations for the front of the house."

There has been everything from paper maché Santa and Mrs. Claus, to laminated toy soldiers that wrap around the porch posts. After years of use, most have fallen victim to the harsh midwest winters.

"We both love our house and it's something we like doing," says Pat. "It's a joint venture, and we've been doing it together for 51 years."

Asked if they ever, in those 51 years, missed a year—or scaled back, especially in the years when they were both battling cancer—Pat shakes her head and says quietly, "Never. Not once. It still got done," she says. "Our kids helped us, and I just remember watching."

When we first met Pat Steffen around Mother's Day this year, it was clear that despite her battle with cancer that left her unable to eat again, she wasn't going to stop cooking for the people she loves.

Though everyone in the family has a request for their favorite over the holidays, there is one particular food that Pat says if she didn't make it, it just wouldn't be Christmas.

"It's my fudge," she says. "I have made fudge since the second year we were married. Everyone in the neighborhood gets a tin of fudge, our family, our friends, our doctors. It's the same recipe I've been making all these years. In 50 years I've only had one batch fail," she says proudly.

When asked about Christmas dinner traditions, Pat recalls a story about how ham came to be the traditional Christmas Eve dinner.

"Our son was working at the car wash and they gave him a canned ham as a gift. He came home with that canned ham and said, 'Mom, I've got Christmas dinner covered.' So I made the canned ham—the only one I've ever made in my life, but that started the tradition of having a ham on Christmas Eve."

Although the entire family does sit down to a traditional Christmas dinner together, the Steffens have started a new tradition.

"Our big family celebration is December 26."

Now that their kids have homes and families of their own, Pat says, "It's really worked for us. It's like having two Christmases.

"We have breakfast casseroles and cinnamon rolls and spend the entire day opening our gifts from each other. We all take turns and everybody watches each other open gifts. Nobody has any other obligations."

As a big smile lights up her face, Pat says, "It's a long day, but it's a gorgeous day."

–Traci Parker





Pat and Don's home, lit up for the holidays. Pat says, "For years Don would create hand-made decorations for the outside. Now we do the same thing every year—wreaths and garlands, and it looks very lovely."

Pat's Famous Fudge

Sure to delight Santa's sweet tooth.

4	Cups sugar
1	14.5-oz. can evaporated milk (all cans now seem to be 12-12.5 oz. which is what we used and the fudge still worked very well)
1	Cup (2 sticks) butter
2	Cups semi-sweet chocolate chips
1	pint marshmallow cream
1	tsp. PURE VANILLA EXTRACT
1	Cup walnut pieces

Butter the sides of a heavy, 3-quart saucepan (this keeps the fudge from turning gritty when sugar crystals form on the side of the pot). Add the sugar, evaporated milk and butter. Cook over medium heat, stirring frequently, to 235° using a candy thermometer, or when a bit of dough forms a soft ball dropped into a small bowl of water next to your pot. You want big lazy bubbles blooping away for 6 minutes or so, after about 10 minutes of it coming to a boil, stirring pretty much constantly. Remove from the heat and add the chocolate, marshmallow cream, VANILLA and nuts. Beat until the chocolate is melted and combined. Pour into a greased 9x9 pan. Score into squares while still warm and cut when the fudge is set and firm. If you refrigerate before cutting, let it warm up for half an hour before slicing because it gets pretty hard to cut when cold!

Prep. time: 10 minutes
Cooking time: 15-20 minutes
Yield: 36

Nutritional Information: Servings 36; Serving Size 1 piece (57g); Calories 230; Calories from fat 90; Total fat 11g; Cholesterol 15mg; Sodium 60mg; Carbohydrate 34g; Dietary Fiber <1g; Sugars 32g; Protein 2g.



Vanilla

The rich flavor of pure vanilla is like no other. It just wouldn't be dessert without vanilla. Vanilla Beans from Madagascar and Mexico, where there is a long history of growing vanilla, have wonderful, strong flavor, and are best used in ice cream and custard, beverages and cheesecake, where the liquid in the dish helps extract the flavor of the bean. Given that one whole vanilla bean is usually used per recipe, it is easy to see why Pure Vanilla Extract is the more popular and economical choice–if one can use economical and vanilla in the same sentence. Using 1 teaspoon per dessert, a 4-fluid ounce bottle of extract will yield 24 desserts–more or less anyway, given that most of us add a bigger splash than the recipe calls for. Even our Single Strength Vanilla Extract is 10% stronger than the grocery store variety, and our Double Strength Vanilla will give you twice as much vanilla flavor. Vanilla Sugar is a favorite here at Penzeys, but has also been made and used for years and years by grandmas everywhere. It is made simply by splitting a vanilla bean and placing it in sugar until it becomes rich with vanilla flavor, then removing the bean and using the sugar in baking (replace 1 TB. of the regular sugar in the recipe with 1 TB. of Vanilla Sugar). We also love tossing Vanilla Sugar with fresh fruit like strawberries—after a few minutes even kids think it is as good as a cookie.

Madagascar Vanilla Beans

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

3 beans #58430 **$ 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**

Vanilla Sugar

Wash and cut fruit, leaving slightly damp, then toss with Vanilla Sugar (1-2 TB. per quart of strawberries, for example) and let stand for a few minutes, then serve plain or as a topper for cereal or ice cream. Vanilla Sugar is an old-fashioned mix of real Vanilla Beans aged in pure sugar, that was used in the old days before Vanilla Extract. We've been blending and using Vanilla Sugar in our coffee for a long time, and it tastes great. Vanilla Sugar can be used in baking and candy-making, and is particularly nice where the flavor of the vanilla bean should shine through, such as in ice-cream. Vanilla sugar is also the perfect sprinkle for coffee and hot chocolate. *Madagascar and Mexican Vanilla Beans chopped, mixed and aged with white sugar.*

1/2 cup jar (net 3.4 oz.) #92351 **$ 7.95**
1 cup jar (net 6.8 oz.) #92380 **$ 14.95**
2 cup jar (net 13.6 oz.) #92322 **$ 27.95**

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**

Double-Strength Vanilla

35% alcohol. Pure double-strength vanilla extract made from the highest quality Madagascar "Bourbon Islands" vanilla beans. Compared to the single-strength, twice as many beans are used to make each gallon of extract (about 200 beans). "Two-fold" vanilla extract has been the secret ingredient of professional bakers for years. For the amount of vanilla flavor specified in a recipe, use half as much. When used this way, double-strength vanilla makes economic sense, as there is the equivalent of twice as much vanilla per bottle. For unbeatably rich vanilla flavor in baked goods and desserts, use the same amount the recipe calls for. *Ingredients: water, alcohol, sugar and vanilla bean extractives.*

2 fluid ounce bottle #92230 **$ 10.95**
4 fluid ounce bottle #92256 **$ 18.95**
8 fluid ounce bottle #92285 **$ 34.95**
16 fluid ounce bottle #92214 **$ 59.95**



ALMOND, LEMON AND ORANGE EXTRACTS ON PAGE 19



Cynthia shows off a 1950s ornament she found while antique hunting in New York. She was so excited to find it because she says, "It's a twin of the one my brother broke when we were kids."

Cynthia Nowak

Even though the problems facing our world don't magically disappear during the holidays, Cynthia Nowak does have this hope, "I look at Christmas as the time when you can get back to a center whether you enjoyed it in your life or not. If you had a wonderful family and a wonderful childhood you can get back to that. But, even if you didn't, you're aware of the ideals that are being held up at Christmas, and perhaps you can find a way to center yourself around those ideals just for that time of year."

We first talked with Cynthia earlier this year from her office at the University of Toledo. She had some strong concerns about climate change.

At that time she asked, "Do we want to wait until we are 100 percent certain before we start doing something about it?"

She refers to climate change as "the biggest challenge we've faced since the ice age."

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Candy Cane Cookies

Cynthia writes, "I found this recipe rather late in my cookie-baking game. Nevertheless, it became a family favorite and a seasonal request of my mom, Lillian, who was no longer baking holiday cookies. The cookies take a bit of practice, so don't worry if your canes turn out a little misshapen or break; they'll still taste great."

1	Cup butter (2 sticks), softened
½	Cup sugar
1	egg
1	TB. PURE VANILLA EXTRACT
3	Cups flour
1	tsp. baking powder

Glaze:

4	Cups sifted powdered sugar, divided
2	TB. butter
⅛	tsp. PURE VANILLA EXTRACT
4-6	TB. milk or cream (more or less)
1	TB. (heaping) PENZEYS CINNAMON
	red food coloring

Preheat oven to 375°. In a large bowl, cream together the butter and sugar. Add the egg and beat until fluffy. And the VANILLA and mix. In a separate bowl, sift together the flour and baking powder. Gradually beat into the butter mixture. Take bits of dough and roll between your palms to form a 5-inch "snake" about the thickness of your index finger. Lay on greased cookie sheets and bend to look like a candy cane. Bake one sheet at a time at 375° for 7-10 minutes, watching carefully to ensure they don't burn on the bottom. When the cookies are golden at the edge, remove from the oven. They may not look done, but that's OK. Do not remove from the pan until completely cool. Loosen each cookie slightly with a spatula.

Prepare the glaze just before you intend to apply it as it can harden a bit if it sits. In a large bowl, combine 3 cups of the powdered sugar with the butter and VANILLA. Add enough milk or cream to make the glaze like a thick cream, a bit on the runny side. Place waxed paper on a table or counter. Using a pastry brush (the back of a spoon or a butter knife work in a pinch) brush each cookie with glaze and then transfer to the waxed paper. After all of the cookies are glazed, add the remaining powder sugar to the remaining glaze along with the CINNAMON. Add food coloring and mix until the desired color. This icing should be thicker than the glaze. Apply it in stripes on the diagonal, using a pastry bag or a plastic bag with the tip snipped off.

Prep. time: 30 minutes
Baking time: 7-10 minutes per sheet
Yield: 32

Nutritional Information: Servings 32; Serving Size 1 cookie (42g); Calories 170; Calories from fat 60; Total fat 7g; Cholesterol 25mg; Sodium 70mg; Carbohydrate 27g; Dietary Fiber 0g; Sugars 18g; Protein 1g.



Crunchy Carrot Salad

The sweeter the carrots, the tastier the salad!

5	medium carrots, peeled and cut into matchstick strips
2½	tsp. olive oil
¼	tsp. MARJORAM, crumbled
¼	tsp. THYME, crumbled
⅛	tsp. CRACKED ROSEMARY
pinch	PENZEYS PEPPER
½	small zucchini, peeled as desired and cut into matchstick strips
½	small rib celery, cut into matchstick strips
1	3-oz. can pimiento, cut into matchstick strips (or 1 roasted red pepper)
1½	tsp. lemon juice

Put the carrots in a small saucepan and add enough water to just cover the carrots. Bring to a boil and cook for 2-3 minutes to half-cook. Drain in a colander. Rinse with cold water to stop the cooking and drain well. In a medium bowl, combine the olive oil, HERBS and PEPPER. Add the carrots and other vegetables. Toss to coat. Cover and chill for 2-3 hours, tossing occasionally. Just before serving, stir in the lemon juice and toss again.

Prep. time: 10 minutes
Cooking time: 2-3 minutes for carrots
Serves: 6

Nutritional Information: Servings 6; Serving Size 1/2 cup (74g); Calories 45; Calories from fat 20; Total fat 2g; Cholesterol 0mg; Sodium 80mg; Carbohydrate 6g; Dietary Fiber 2g; Sugars 2g; Protein 1g.

Story continued from page 51

Today, Cynthia, a former literature teacher, continues to wonder, "What are we going to do about this, and where are the people who tell us what we can do about it?

"If you think about climate change and see the things that are already happening, it's got to be in the back of everybody's mind—even the climate change deniers."

When it comes to climate change and other important issues facing our world today Cynthia says, "There is so much free-floating anger out there, and I don't know if it even takes a break for Christmas anymore.

"It appears people don't even seem to be making an effort to work through that anger and get to a larger truth, or if not the truth, at least a place where you can be kind to other people."

Cynthia adds, "Christmas is so much more than spiritual beliefs, it's your belief in family."

It's that belief in family that helps Cynthia and her husband Jim celebrate and enjoy the holidays after losing both sets of parents in recent years. These days their Christmas celebration means food, games and time spent with lots of brothers and sisters and nieces and nephews.

"It's always a very full and happy gathering," she says. "At Christmas get-togethers there's never a single table big enough to accommodate everyone, so we all wander around with our plates of food.

"I'm always asked to bring my pumpkin cheesecake to the family celebrations," says Cynthia. (You can find that recipe on our website.)

Cynthia has retired since we last spoke and is enjoying her time at home.

"The big difference is, it gives me more time to cook weekend-type meals every day of the week. I find it relaxing and creative and I have the time to do a lot more of the recipes I've always wanted to try."

Holidays with her parents were a time when Cynthia and Jim would cook together in the kitchen—a way of saying "thank you" for all the years their parents did the same for them.

"After my father died we would always have my mother over for Christmas Eve. I would make beef tenderloin, a two-potato casserole and a crunchy carrot salad."

Losing three parents in the span of a few months was difficult for Cynthia and Jim. They found themselves celebrating Christmas a little more simply that year.

"That first year it was just a little too much for us, and we just put up a small tree."

These days Cynthia says she and Jim have gone back to putting up a big Christmas tree.

"It's a symbol—light in the time of darkness. The nights are long and cold and you are symbolically lighting candles against the darkness.

"These are our traditions and this is the time of year that no matter what your belief system is, everybody is, theoretically, on the same page.

"We all want a sense of unity and we all want peace on Earth and goodwill toward all."

–Traci Parker



Christmas gatherings include lots of food, presents and the annual reindeer games with Cynthia's nieces and nephews.



Peppered Beef Tenderloin

Freshly cracked pepper makes all the difference in this mouth-watering recipe from Cynthia.

1	beef tenderloin (2½-4 lbs.)
1½	TB. KOSHER-STYLE FLAKE SALT
1	TB. THYME
2	TB. ROSEMARY
	CRACKED BLACK PEPPER, to taste (Cynthia prefers to crack PEPPERCORNS with a mortar and pestle—we used our grinder on its coarsest setting—3 TB. for a large 4-lb. roast)

Preheat oven to 425°. Spray a roasting pan with nonstick cooking spray. In a small bowl, combine the SALT, THYME and ROSEMARY. Set aside. Spread the CRACKED PEPPER in the bottom of the roasting pan. Rub the meat with the salt and herb mixture. Place the meat in the pan and roll it in the PEPPER. Cover with foil and bake at 425° for 20-30 minutes. When the meat's internal temperature reaches 125°, remove the foil and continue to bake until it reaches 145° for medium rare. Let rest before slicing. SO GOOD.

Prep. time: 10 minutes
Cooking time: 45 minutes is a rough estimate for medium rare at about 3 lbs.
Serves: 12

Nutritional Information: Servings 12; Serving Size 4 oz. (89g); Calories 210; Calories from fat 100; Total fat 11g; Cholesterol 70mg; Sodium 480mg; Carbohydrate 1g; Dietary Fiber <1g; Sugars 0g; Protein 24g.

Two-Potato Casserole

Step up your potato game with this pretty side dish.

	nonstick cooking spray
1	Cup apple cider
¼	tsp. salt
¼	tsp. PENZEYS PEPPER
⅛	tsp. GROUND CLOVES
1	TB. butter (Cynthia uses unsalted)
2	medium sweet potatoes (about ⅔ lb.), peeled and sliced ⅛ inch thick
2	medium baking potatoes (about ¾ lb.), peeled and sliced ⅛ inch thick

Preheat oven to 450°. Spray a 1-quart casserole dish and a sheet of aluminum foil that is just large enough to cover it, with nonstick cooking spray. Set aside. In a small, heavy saucepan, bring the apple cider, salt, PEPPER and CLOVES to a boil. Cook, uncovered, until the cider has boiled down to ½ cup, about 5 minutes. Set aside. In another saucepan, melt the butter. On the bottom of the casserole dish, arrange a single layer of the sweet potatoes. Drizzle with ½ tsp. of the butter. Spoon 1½ TB. of the cider over the sweet potatoes. Top with a layer of the baking potatoes. With your hands, press the layers firmly together. Continue to build and compress 5 more layers of the potatoes, butter and cider in the same way. Place the foil directly on top of the potatoes. Place a weight, such as a heavy, ovenproof lid, on the foil. Bake at 450° on the lowest rack of the oven (place the rack as far down as it goes) for 50 minutes. The bottom layer of potatoes should be crusty and browned, but of course you can't really take a look! Cool the casserole on a wire rack for 3 minutes. Using a spatula, gently loosen the potatoes around the edges and invert onto a heated serving platter. Sometimes a potato or two sticks; run a thin spatula under and place those few back into place.

Prep. time: 15 minutes
Cooking time: 50 minutes
Serves: 8

Nutritional Information: Servings 8; Serving Size 1/2 cup (111g); Calories 100; Calories from fat 15; Total fat 1.5g; Cholesterol 5mg; Sodium 240mg; Carbohydrate 21g; Dietary Fiber 2g; Sugars 5g; Protein 2g.

4 JAR BOXES

Baker's Assortment Gift Box
This gift box contains the ingredients any baker will love—the most popular spices for fresh, homemade baked goods.
BOX CONTAINS: China Cinnamon, Natural High Fat Cocoa, Baking Spice, Double Strength Madagascar Pure Vanilla Extract.
#81748 **$38.75**

Baking Mini Gift Box
Share the very best with all the bakers who have over the years made your life a little bit sweeter. The Baking Mini also is the gift of confidence that everything you bake will come out tasting its best.
BOX CONTAINS: ¼ cup jar each of our Powdered China Ginger, East Indian Ground Nutmeg, Ground China Cinnamon and our Ceylon Cinnamon. Also includes cards with handy tips for each spice.
#82437 **$15.95**

Cheese Seasonings Gift Box
Rich with cheese, spices, poppy and sesame seeds. Delicious mixed with yogurt or mayo for dressing salads and pasta, or as a dip. Also good sprinkled on chicken or fish, steamed vegetables, eggs, baked potatoes or popcorn.
BOX CONTAINS: Salad Elegant, Rocky Mountain Seasoning, Garden Salad, Sicilian Salad.
#85746 **$33.99**

Cocoa Lover's Gift Box
This gift contains all the spices needed to make delicious, homemade cocoa. Also perfect for coffee lovers.
BOX CONTAINS: Natural High Fat Cocoa, China Cinnamon, Regular Hot Chocolate Mix, Hot Chocolate Mix with a Hint of Mint.
#80846 **$18.25**

Ethnic Milwaukee Gift Box
Easy to use spice mixes based on the rich cultural heritage of Milwaukee.
BOX CONTAINS: Old World Seasoning, Brady Street Cheese Sprinkle, Galena St. Rub, Fox Point Seasoning.
#85546 **$33.99**

Extracts Gift Box
We've combined all of our popular extracts into one gift. Perfect for baking or adding flavor to pancake or waffle batter, cake mixes, coffee, tea or hot chocolate. Extracts are really flavorful, and a little goes a long way, so this is a gift that will last.
BOX CONTAINS: Double Strength Vanilla Extract, Almond Extract, Orange Extract, Lemon Extract.
#81843 **$49.99**

Grill & Broil Gift Box
Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular seasonings for summertime grilling to winter broiling.
BOX CONTAINS: Northwoods Seasoning, BBQ 3000, Galena Street Rib Rub, Jerk Chicken/Fish Seasoning.
#86743 **$30.75**

Grill & Broil Mini Gift Box
Our best selling gift box now in an easy to give size. Makes great taste simple. From the lifetime griller to the first time cook this mini is the perfect way to give the gift of delicious flavor.
BOX CONTAINS: ¼ cup jar each of our Cajun Seasoning, BBQ 3000, Galena Street Rub and our 4/S Special Seasoned Salt. Also includes cards with handy tips for each spice.
#82424 **$15.95**

Herb Gift Box
One of our most popular gifts. There is no better or easier way to add flavor to everyday meals than with the use of herbs and herb blends.
BOX CONTAINS: Pasta Sprinkle, Bouquet Garni, Bavarian Rub, Parisien Bonnes Herbes.
#81043 **$20.49**

Indian Curry Gift Box
Our most popular curry seasonings, a perfect set for creating Indian cuisine bursting with vibrant spicy flavor.
BOX CONTAINS: Maharajah Curry Powder, Garam Masala (Punjabi Style), Tandoori Seasoning, Balti Seasoning.
#80741 **$45.55**

International Salt Free Gift Box
No salt, sugar or MSG. Just fresh and aromatic spices and herbs, all excellent for flavorful fish, chicken and vegetables.
BOX CONTAINS: Mural of Flavor, Bavarian Seasoning, Sunny Spain Seasoning, Tuscan Sunset.
#80646 **$28.49**

Kind Heart Gift Box
Spread kindness. Show someone you care with this gift of four versatile seasonings that are all free of salt yet full of flavor.
BOX CONTAINS: 33rd & Galena, Arizona Dreaming, Mural of Flavor, and Penzeys Forward!
#82440 **$14.79**

Mill Owner's Gift Box
A thoughtful gift for those who already have a peppermill (or two).
BOX CONTAINS: Tellicherry Black Peppercorns, White Peppercorns, Green Peppercorns, Four Peppercorn Blend.
#81243 **$32.99**

Original Mini Gift Box
Penzeys original Mini Gift Box makes giving a gift of great flavor to everyone you love both possible and reasonable. These four universally-appealing spices instantly bring deliciousness.
BOX CONTAINS: ¼ cup jar each of our Penzeys Cinnamon, Penzeys Pepper, Penzeys Garlic Powder and our salt-free Mural of Flavor Seasoning. Also includes cards with handy tips for each spice.
#82419 **$15.95**

Pepper Lover's Gift Box
The Pepper Lover's Gift Box is perfect for the pepper lover in your life.
6" BOX CONTAINS: 6" peppermill, Tellicherry Black Peppercorns, White Peppercorns, Green Peppercorns.
#81148 **$52.45**

Salad Lover's Gift Box
Tasty, versatile blends for making fresh, flavorful, homemade salad dressings.
BOX CONTAINS: Italian Vinegar & Oil, Buttermilk Ranch, Green Goddess and Creamy Peppercorn
#85641 **$28.45**

Some Like It Hot Gift Box
The perfect gift for that special someone who can never have it hot enough.
BOX CONTAINS: HOT Chili Powder, Spicy 4/S, HOT Curry Powder, Northwoods Fire.
#80941 **$27.35**

Taco Seasonings Gift Box
All of our Taco Seasonings in one box. Tacos are so tasty, quick and easy, is it any wonder one of the most popular flavors in America is Mexican?
BOX CONTAINS: Original Taco, Bold Taco, Chicken Taco, Rojo Taco Seasoning.
#81948 **$45.55**

Welcome SEASONINGS
BOX CONTAINS: ¼ cup jar each of our Bangkok Blend, Frozen Pizza Seasoning, Cajun Style Seasoning, Ruth Ann's Muskego Ave Seasoning, a Heal the World magnet, a Heal the World dish towel, and handy tip cards.
#82624 $19.95

Welcome SPICES
BOX CONTAINS: ¼ cup jar each of our French Thyme, Ground Red Chipotle Pepper, Vietnamese Cinnamon, Hungarian Sweet Paprika, a Heal the World magnet, a Love People dish towel, and a set of handy tip cards.
#82611 $19.95

Do-It-Yourself Gift Box Kit
Here's how easy it is to create a distinct gift for that unique individual: purchase any 4 jars of seasonings separately, order this kit and pack the separately purchased jars at home for that personalized touch.
KIT CONTAINS: 1 box, 1½ oz. of cinnamon sticks, ½ oz. of whole Grenada nutmegs and ½ oz. of select Turkish bay leaves, a brochure with recipes on how to use the cinnamon sticks, nutmeg and bay leaves.
4 jar kit #89744 **$4.55**

Mail order item only (catalog or online), not available in stores.



INTERNATIONAL SALT FREE
#80646 **$28.49**

WELCOME SPICES
#82611 **$19.95**





GRILL & BROIL GIFT BOX
#86743 **$30.75**



KIND HEART GIFT BOX
#82440 **$14.79**

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8 JAR BOXES

American Kitchen Gift Boxes

Traditional spice mixes for the modern kitchen, a place where good sense combines with great taste. A gift for the family that's just starting out, for older folks trying to eat more healthy, or even for yourself.
8 JAR BOX CONTAINS: Cajun Seasoning, Fox Point Seasoning, Singapore Seasoning, Buttermilk Ranch Dressing Base, China Ginger Powder, Sweet Curry Powder, Chinese Five Spice, Italian Herb Seasoning.
#85483 **$59.29**

Baker's Assortment Gift Box

This gift box contains the ingredients any baker will love—the most popular spices for fresh, homemade baked goods.
BOX CONTAINS: Half cup jars of: Sweet China Cassia Cinnamon, Natural High Fat Cocoa, Double Strength Madagascar Pure Vanilla Extract, Ceylon True Cinnamon, Dutch Blue Poppy Seeds, China Ginger Powder, Minced Lemon Peel. Quarter cup jars of: Powdered Cloves, Ground Cardamom.
#81580 **$69.99**

Flavors of Asia Gift Box

Asian cooking in American kitchens has been popular for some time. Whether you are a fledgling Asian cook or an iron chef, this gift box has all the basic tools for a delicious Asian meal at home.
BOX CONTAINS: Garlic, Cilantro, White Pepper, China Ginger Powder, Bangkok Blend, Chinese Five Spice, Singapore Seasoning, Indonesian Saté.
#82282 **$55.85**

Grill & Broil Gift Box

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling.
BOX CONTAINS: Northwoods Seasoning, BBQ 3000, Galena Street Rub, Jerk Chicken/Fish Seasoning, Cajun Seasoning, Lemon Pepper, 4/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**

Mail order item only (catalog or online), not available in stores.



KIND HEART 8 JAR SEASONINGS GIFT BOX
#82529 **$39.95**



STEAK SEASONINGS GIFT BOX
#86680 **$64.95**



SALT FREE GRILL & BROIL
#86988 **$61.55**



HERB GIFT BOX
#80383 **$36.99**

GIFTS THAT SAY SO MUCH

Baker's Gift Crate

From apple bread to blueberry pie to cookies, this gift fits the bill for every baking recipe. Our Baker's Crate has it all—it might even be the perfect addition to your own kitchen or a thoughtful wedding gift.

BOX CONTAINS: Vietnamese Cassia Cinnamon, Ceylon Cinnamon, Cinnamon Sugar, Baking Spice, Ground Cloves, Ground Ginger, Minced Lemon Peel, Dutch Blue Poppy Seed, Mulling Spices, Ground Allspice, Ground West Indies Nutmeg, Ground Cardamom, Ground Anise, Cream of Tartar, Vanilla Sugar, Dutch Cocoa, Natural Cocoa, Madagascar "Bourbon Islands" Vanilla Beans, Pure Vanilla Extract, Pure Almond Extract.

#83539 **$169.95**

Cooking Gift Box

There's no better way to show someone you care than by cooking for them–or by giving them our new Cooking Gift Box. Cheery and bright, it's full of delicious spices and seasonings for every style of cooking. Also included are a colorful Kind Heart pin, our new "Love People. Cook them tasty food" dish towel, and a 24-page booklet full of stories and recipes. It's a great gift and a great way to share the happiness Cooking brings to your life with everyone on your gift-giving list.

BOX CONTAINS: 1/2 Cup jar of Penzeys Cinnamon, 1/2 Cup jar of Mural of Flavor Salt Free Seasoning, 1/4 cup jar of Penzeys Minced Garlic, 1/4 cup jar of Pasta Sprinkle, 2-ounce bottle of Penzeys Pure Vanilla Extract, a Kind Heart Pin, a "Love People. Cook Them Tasty Food" dish towel and a 24-page booklet of stories and recipes.

#83021 **$37.95**

Grill & Broil Gift Crate

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. These bestselling boxes combine our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling. Perfect for all cuts of beef, pork, chicken and seafood, just rub on to taste, starting with 1 tsp. per pound.

BOX CONTAINS: BBQ 3000, 4/S, Mural of Flavor, Cajun Seasoning, Galena Street Rub, Bicentennial Rub, Singapore Seasoning, Jerk Chicken/Fish Seasoning, Northwoods Seasoning, Lemon-Pepper, Saté Seasoning, Pork Chop Seasoning, Trinidad Lemon Garlic Marinade, Black & Red Spice, Florida Seasoned Pepper, Southwest Seasoning, Bavarian Rub.

#85838 **$128.79**

Hot Chocolate Gift Set

Our Hot Chocolate Set comes in a charming snowflake covered box with both our regular and mint Penzeys Hot Chocolate Mix, plus two Penzeys Kind Heart mugs.

GIFT SET CONTAINS: One 2-cup jar Regular Hot Chocolate mix, One 2-cup jar Hot Chocolate mix with a Hint of Mint and 2 Penzeys Kind Heart Mugs.

#87737 **$37.59**

Pasta & Salad Seasonings 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 **$157.89**



WEDDING 9 Jar
#88839 **$39.95**

COOKING GIFT BOX
#83021 **$37.95**

WEDDING 15 Jar
#88868 **$69.95**

Mail order item only (catalog or online), not available in stores.

Teacher's Gift Box

Let the teachers in your life know how much you appreciate them. At Penzeys we believe that education is the future of everything, so we put together this gift box as a way of showing our admiration and gratitude for everything teachers do.
BOX CONTAINS: 1/4 Cup jar of Smoked Spanish-Style Paprika, 1/2 Cup jar of Penzeys Forward! Salt Free Seasoning, a Teachers Care bumper sticker, a Teach! pin, and a 24-page booklet of stories and recipes.
#83018 **$9.95**

Two Hearts Gift Crate

All dressed up and ready to go—this crate looks so great it doesn't even need wrapping. Plus, it has everything the happy couple could need to create wonderful meals and memories.
BOX CONTAINS: Black & Red, Regular Chili Powder, Herbes de Provence, Italian Herb Mix, Pasta Sprinkle, Poultry Seasoning, Hot Chocolate Mix, Lemon Pepper, Taco Seasoning, Chip & Dip Seasoning, Sandwich Sprinkle, 4/S Seasoned Salt, Dill Weed, Parsley, China Cinnamon, Granulated Garlic, Hungarian Sweet Paprika, 8" Peppermill with Tellicherry Peppercorns, 8" Salt shaker, Double Strength Vanilla, Four Peppercorn Blend, Spanish Coupe Saffron and wedding charms.
#87537 **$204.99**

Wedding 9 Jar

Help the happy couple cook up some memories.
BOX CONTAINS: 1/4 cup jar each of English Prime Rib Rub, Mural of Flavor, Smoked Spanish Paprika, Ruth Ann's Muskego Ave, Sandwich Sprinkle, Thyme, Penzeys Cinnamon, 1/2 cup jar each of Cajun Seasoning, and Penzeys Frozen Pizza Seasoning, a Heal the World magnet, a Heal the World dish towel.
#88839 **$39.95**

Wedding 15 Jar

All you need is love (a little spice never hurts).
BOX CONTAINS: 1/4 cup jar each of Sandwich Sprinkle, Mural of Flavor, Smoked Spanish Paprika, Turkish Oregano, Penzeys Roasted Garlic, Arizona Dreaming, Forward!, Northwoods, Penzeys Frozen Pizza Seasoning, Cajun, Ruth Ann's Muskego Ave, Fox Point, 1/2 cup jar each of Penzeys Cinnamon and Penzeys 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**

Penzeys Mug

A friendly way to share the values of love and cooking. Dishwasher safe! 12 fl. oz.
#94047 **$8.50**

Heal the World Mug

Our new purple mug is just the perfect size, and it looks really happy sitting on a table or desk. Dishwasher safe! 12 fl. oz.
#94049 **$8.50**

Heal the World Towel

As warm and soft as the Love it comes from. Actual size of towel is 28" by 28."
#88121 **$7.95**
***$6.95** each with the purchase of any gift box.

Love People Dish Towel

… Says it all. Actual size of towel is 20" by 28."
#88118 **$5.95**
***$4.95** each with the purchase of any gift box.

Heal the World Magnet

#78008 **$3.95**

Love People Gift Boxes

A wonderful selection of spices and seasonings for every cook. Share the love and happiness that come from cooking with these cheerful gifts. Choose from four festive colors!

REGULAR BOX CONTAINS: 1/4 cup jars of Penzeys Curry, Frozen Pizza Seasoning, Penzeys Cinnamon, Mural of Flavor, Penzeys Roasted Garlic, Penzeys Minced Garlic, Turkish Oregano, Sandwich Sprinkle, a Kind Heart pin and a Love People bumper magnet.
Love People Regular (purple) #82716 **$29.95**
Love People Regular (yellow) #82729 **$29.95**
Love People Regular (orange) #82732 **$29.95**
Love People Regular (blue) #82745 **$29.95**

DELUXE BOX CONTAINS: 1/4 cup jars of Penzeys Roasted Garlic, Penzeys Minced Garlic, Turkish Oregano and Sandwich Sprinkle. 1/2 cup jars of Penzeys Curry, Frozen Pizza Seasoning, Penzeys Cinnamon and Mural of Flavor, plus a 2-ounce bottle of Single Strength Vanilla, a Kind Heart pin and a Love People bumper magnet.
Love People Deluxe (purple) #82811 **$44.95**
Love People Deluxe (yellow) #82824 **$44.95**
Love People Deluxe (orange) #82837 **$44.95**
Love People Deluxe (blue) #82840 **$44.95**



See SPICE INDEX on page 61

Cajun Rice Dressing

This side is bursting with flavor. It's so good, you may want to make it as a main course.

- 1 lb. boudin sausage (a traditional, rich white pork, rice and seasoned sausage; if you can't find it you could use andouille for a different, but complementary sausage)
- 1 lb. ground beef
- 1 lb. ground pork
- ¼ Cup vegetable oil
- ¼ Cup all-purpose flour
- 1½ Cups chopped yellow onion (2 medium-large onions)
- 1 Cup chopped green bell pepper (1 pepper)
- ½ Cup chopped celery (1-2 ribs)
- 1 TB. minced garlic (or 1½ tsp. PENZEYS MINCED GARLIC rehydrated in 1 TB. water)
- 2 6-oz. cans mushroom steak sauce (sold by steak and hot sauce; essentially it is dark mushroom gravy)
- 2 Cups beef stock or broth (or 2 Cups water mixed with 1 tsp. BEEF SOUP BASE)
- 1 TB. CAJUN or CHESAPEAKE BAY SEASONING (Damian uses a local Creole seasoning which is similar to our CHESAPEAKE BAY SEASONING with a bit of extra CAYENNE. CAJUN SEASONING would also be a great choice.)
- ¼-½ tsp. CRACKED BLACK PEPPER, to taste
- 3 Cups cooked white rice
- chopped green onion, to garnish (we used the green parts of 4 green onions)
- hot sauce, to taste (we used 1 TB.)

Place the boudin in a saucepan. Cover with water and bring to a boil. Reduce the heat and simmer for about 20 minutes. Set aside to cool. Once cooled, chop until finely minced.

Preheat oven to 350°. Grease a 9x13 baking dish and set aside. In a large skillet, brown and crumble the ground beef and pork. Drain and set aside. In the same skillet, start a roux by heating the oil over medium-low heat. Stir in the flour. Cook, stirring constantly, until the mixture is a caramel color, around 10 minutes. Stir in the onion, bell pepper and celery. Cook and stir for about 5 minutes. Add the garlic and cook for 1 minute. Stir in the mushroom steak sauce and beef stock. Add the browned meat and boudin. Stir in the SEASONING of choice, PEPPER and rice and mix well. Taste and adjust the seasonings. Add hot sauce to taste. Scoop into the baking dish. Cover tightly with foil and bake at 350° for 30 minutes. Be sure to have extra hot sauce on the table for those who like more kick.

Prep. time: 45 minutes
Cooking time: 30 minutes
Serves: 10-12

Nutritional Information: Servings 11; Serving Size 1 cup (239g); Calories 370; Calories from fat 200; Total fat 22g; Cholesterol 85mg; Sodium 600mg; Carbohydrate 18g; Dietary Fiber 1g; Sugars 2g; Protein 24g.



Peas and Pancetta

Perk up your peas with this delicious recipe from Kate. To read about Kate and her family, turn to page 16.

- 1 lb. frozen peas
- ½ lb. finely diced pancetta
- 3 shallots, peeled and thinly sliced
- 2 TB. olive oil
- ⅛-¼ tsp. CRUSHED RED PEPPER FLAKES (to taste)
- ¼ tsp. THYME (optional)

Heat olive oil in a large frying pan over medium heat. Add the pancetta and cook, stirring frequently, until golden brown and the fat has rendered off, 15-20 minutes. Remove pancetta to drain on a paper towel-lined plate. If there is more than about ¼ Cup of oil left in the pan, drain some off and discard. Add the shallots, CRUSHED RED PEPPERS and THYME (if using) to the pan and cook until softened, stirring regularly, about 10 minutes. Add the peas and cook until just warmed through, 5-10 minutes. Stir gently every few minutes. Transfer to a serving bowl. Add the pancetta and stir to combine.

Prep. time: 10 minutes
Cooking time: 30 minutes
Serves: 7

Nutritional Information: Servings 7; Serving Size 1/2 cup (112g); Calories 150; Calories from fat 50; Total fat 5g; Cholesterol 25mg; Sodium 240mg; Carbohydrate 13g; Dietary Fiber 3g; Sugars 3g; Protein 13g.



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one for the Road to Compromise

Just as we were beginning to reconnect with the cooks whose stories had been in our pages this year, an email appeared in my inbox from Pat Nolan. We first met Pat almost ten years ago. In our previous issue we had just done a story on the 50th anniversary of the start of Johnny Cash's career. In searching for a topic for our next issue we found ourselves asking what would Johnny Cash do if he had the opportunity to share cooking recipes and stories. It seemed obvious he would seek out the recipes of restorative justice.

To be honest, even I was not sure that stories of prison reform would work for us. Most of the people we hoped to feature were even more skeptical. Back then Penzeys was not very well known. At a time when not a lot of people were returning our calls, Pat took the time to share his story, his life and his recipes with us. Pat Nolan's kindness was a piece of us finding the path to where we are today. Reading Pat's email, I knew we needed to find a place for him. Pat Nolan belongs in our holiday issue, and not just for what he has meant to Penzeys' past, but also for what he and his fellow brave pioneers of compromise mean for our future.

I love the story of Christmas. Christmas could have been the story of an all-powerful voice, coming out of nowhere and commanding us how to live, but it isn't. Christmas arrives as a baby, who, over the course of a generation, the course of a lifetime, encourages everyone towards a path of kindness that leads to a better future. In a less biblical, but still important way, I think we are on the verge of arriving at another time of important change. In our shifting demographics, the age of the power of the majority is reaching its end. Babies born this December really will live in a new age of compromise, whether the rest of us are ready for it or not.

This age of compromise is clearly still a ways off, but it's not too early, in the spirit of the holiday season, to begin to visualize what this positive change could look like. If you will it, it is no dream.

Love People. Cook them tasty food.

Bill

bill@penzeys.com



Pat Nolan

The FBI raid on California Assemblyman Pat Nolan's office came in 1988. It took the US Attorney's office 5 years to figure out an indictment. He was reelected twice during this period yet when the indictment came, he was facing a maximum of 21 years and a minimum of 8 for taking a campaign contribution from an FBI sting operation. His son Jamie was just 10 months old and his daughters Courtney and Katie were 5 and 4. "With my children so young, I had to choose. I would miss most of their childhood at a minimum or all of their childhood if it was the maximum. Or say I did something I didn't do and instead do the sentence of 33 months. So to me the calculus was easy. My family is too important to me." He took a plea deal and admitted to racketeering. He ended up serving 29 months. "I sucked it up and went to prison and I was able to come home to my family while I was still young."

Family has always been important to Pat Nolan. A fifth generation Californian, he grew up with eight brothers and sisters in Los Angeles and even attended the same parish grade school as his grandparents. At the age of 4 he started to learn Irish dancing. "My parents were looking for a healthy activity for my sisters when they became teenagers. They saw an ad for the Irish Rovers and my sisters joined. When the rest of us came along we were taught by my sisters and we joined the group." Once all of the Nolan children were old enough to dance they formed their own group. "We were The Nine Dancing Nolans." The pay wasn't great but the venues they danced had some perks. "Disneyland, before they had the electrical parade, used to have groups come march in the parade and then perform in the park in return for free services. We did that probably thirty or forty times." They went on to be regulars at the Los Angeles International Folk Dance Festival. The family kept the group together for many years but alas, children get older and they stopped performing in the early 1960s.

Pat was elected to the California State Assembly in 1978 at the age of 28 and The Nine Dancing Nolans, well, most of them, danced again. "When I got in the Assembly we started up again. I used to throw a St. Patrick's party every year and my brothers and sisters and I would dance."

Maybe the negotiations involved in being the sixth of nine dancing children caused Pat to become active in politics. He worked on all four of Ronald Reagan's campaigns for President. "Few people remember he ran in 1968 against Richard Nixon." He even had the honor of being a delegate for Reagan at the 1980 Republican National Convention. He was elected to his assembly seat eight times over the course of 16 years and was known for being tough on crime. "I was a very strong law and order guy. I carried several tough-on-crime bills and supported the dramatic expansion of prisons in California." Part of this toughness came because his old neighborhood in L.A., where three generations of his family grew up, was changing. "The neighborhood had deteriorated and crime was just awful. So I supported all those policies because I thought it would make people safer. Then I went to prison and saw that those policies

In the Oval Office, behind President Bush, as he signs the Prison Rape Elimination Act.



Pat Nolan continued

Right of the Nine Dancing Nolans. My brother Jack was missing. We are wearing costumes that my Mom and sisters designed and sewed.

Left to right: Maureen, Tom, Michele, Pat, Mike, Bijou, Denise, and Bill

I had been so ardently advocating really weren't turning the folks' lives around. People weren't coming out of prison better than they went in."

After finishing his sentence he began a career with and eventually became president of Justice Fellowship, which is the criminal justice reform arm of Prison Fellowship Ministries, founded by former Nixon aide Chuck Colson of Watergate fame. "Now I'm in a position to help talk to conservatives, because I am a conservative Republican, about these policies we've all supported that aren't really working. Aren't making us safer."

Pat says that he did not change his philosophy, "But I changed how I apply that philosophy. As I sat in prison I wondered, as a conservative who was suspicious of the bureaucracy and how ill served the public often is, why would I turn a blind eye to the corrections department? And why wasn't I holding them accountable for public safety? We entrust them with tens of thousands of inmates each year yet two out of three end up committing a crime and are rearrested within three years. Well, in any other business that would be called a failure."

"I supported all those policies because I thought it would make people safer. Then I went to prison and saw that those policies I had been so ardently advocating really weren't turning the folks' lives around. People weren't coming out of prison better than they went in."

Irish Soda Bread

"My dad was all Irish, and my mom had no Irish blood. Yet, they both encouraged us to celebrate our Irish heritage. We did Irish dancing together as the "Nine Dancing Nolans" at such venues as the Los Angeles Philharmonic Auditorium and Bovard Auditorium. We performed on numerous occasions at Disneyland, including many St. Patrick's Day celebrations. Irish Soda Bread is a special treat we always enjoyed."

- 2 Cups flour
- ⅓ Cup sugar
- 2½ tsp. baking powder
- ½ tsp. salt
- ¼ Cup butter
- 1 Cup raisins
- 2 TB caraway seeds (or to taste)
- ½ Cup buttermilk
- pinch of baking soda
- 1 egg

Preheat oven to 350°. Sift together the flour, sugar, baking powder, and salt. Cut the butter into slices and work into the dry ingredients with your fingers. Place the raisins in warm water for a few minutes, then drain and dry them and add them to mixture. Add the caraway seeds.

In a separate bowl mix together the buttermilk and baking soda. Add the egg and mix again.

Gradually mix wet ingredients into dry. Add more buttermilk if too dry, more flour if too wet. Mix with a spoon. Then, with floured hands, shape into a small round ball. Place on a greased and floured pan and do not flatten, leave as a round ball. Draw a cross on top with a dull knife and bake at 350° for 40-50 minutes. When golden brown, remove from oven and wipe top with a little butter and sprinkle with a little bit of sugar as well.

Prep. time. 15 minutes
Baking time. 40-50 minutes
Yield. 1 large loaf (about 8 servings)

RESTORATIVE JUSTICE





"The purpose of the corrections department is not stronger prisons. It's a safer community. Prisons exist so we're protected. Now part of that function is quarantine, we keep people locked up so we're safer. But the sad thing is a lot of the folks we lock up aren't dangerous. We're just mad at them. They haven't followed our rules." Today he is promoting the Second Chance Act in Congress. It is designed to assist states in retooling how their departments of correction function. "The preparation for release should begin when they enter prison not just at the back end. It should all be aimed at equipping them to make good decisions when they get out. Part of the bill is funds to help establish mentoring programs in communities so there's a loving member of the community that has met with them in prison and helped them develop a life plan. The mentor helps hold them accountable when they get out and helps them think through the challenges they face when they get out."

Getting out is surprisingly difficult. An example comes from Pat's testimony in front of Congress in 2005.

Shortly after my release from prison to the halfway house, some friends took me to lunch at a local deli. The waiter came over to take our orders. Everyone else told him what they wanted, but I kept poring over the menu. My eyes raced over the columns of choices. I knew that I was supposed to order, but the number of options overwhelmed me. My friends sat in embarrassed silence. I was paralyzed. The waiter looked at me impatiently. I began to panic. How ridiculous that I wasn't able to do such a simple thing as order lunch. Finally, in desperation I ordered the next item my eyes landed on, a turkey sandwich. I didn't even want it, but at least it put an end to this embarrassing incident.

For two years I hadn't been allowed to make any choices about what I ate. Now I was having a hard time making a simple choice that most people face every day. If I had this much difficulty after only a couple of years in prison, think how hard it is for those inmates who haven't made any choices for five, ten, or fifteen years. And what about those who didn't have the wonderful home, the loving family, the strong faith and the good education that I had? They face a baffling array of options and little preparation. Is it any surprise that so many newly released prisoners make some bad choices and end up back in prison?

Pat's wife Gail was instrumental in holding their family together. Pat spent ten months in a Dublin, California correctional facility, about 70 miles from his home in Sacramento. Later he was moved to Spokane, Washington, 1700 miles away. She was able to bring the kids to visit every two months thanks to friends contributing their frequent flyer miles. Pat says, "My wife was just terrific at keeping me a vibrant part of their lives." She regularly sent their homework for him to look at. She would even send the books the kids were reading so he could read them at the same time and discuss them during phone calls. However, they could not share meals together and the food in prison was as Pat describes it, "Awful... I never had a tomato slice. It was always the butt ends. I don't know where the center pieces went but they sure didn't come to us." Because of those years apart, the Nolan family rarely misses a meal together. "Virtually every night we gather around the table. It's very important to them and to me."

And he still occasionally kicks it up with some of the Nine Dancing Nolans. "Yeah but I'm a lot heavier (laughing). It takes its toll on my knees. It doesn't leave you. It's like riding a bicycle." His experiences in prison haven't left him either as evidenced by his life's work and his memories. "Dropping my daughter Courtney off at kindergarten before I went to prison... I literally drove from there to the prison... I mean it's still painful to think about."

With wife Gail and children Courtney, Katie, and Jamie at Disney's California Adventure in 2002. They were 14, 13, and 9. They are 17, 16, and 12 now.

A pound-mutmost rolling at USC's mascot, Tommy Trojan, in the 1974 Rose Parade.

With brother Tom, on the right, when they were altar boys at St. Paul's Parish in Los Angeles.

Pat's Yams

Pat Nolan (story on page 30) likes to use wide yams in this dish—more "meat" and easier to peel. Turn yam to yum!

3	large or 4 medium yams
6	Granny Smith apples
¾	Cup butter (1½ sticks), sliced into pats
½	Cup brown sugar
1	tsp. PENZEYS CINNAMON

Preheat oven to 350°. Place the yams on a foil-lined baking sheet. Bake until the yams are soft, at least 1 hour. Remove from the oven and let cool. Once cool, carefully peel and gently slice into rounds.

Core and peel the apples. Slice into quarters and then slice each quarter into 3 chunks. Spray a casserole dish with nonstick cooking spray. Place a layer of yams in the casserole dish. Top with a layer of apples. Top with 6 pats of butter. Sprinkle with brown sugar and CINNAMON. Repeat until you've used up all the yams. You may need to use another apple. Bake at 350° for at least 90 minutes until nice and brown and gooey on top. Let cool a bit before serving.

Prep. time: 20 minutes plus 1-hour yam baking time
Cooking time: 90 minutes
Serves: 12

Nutritional Information: Servings 12; Serving Size 1/2 cup (167g); Calories 260; Calories from fat 100; Total fat 11g; Cholesterol 30mg; Sodium 125mg; Carbohydrate 39g; Dietary Fiber 3g; Sugars 29g; Protein 1g.

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