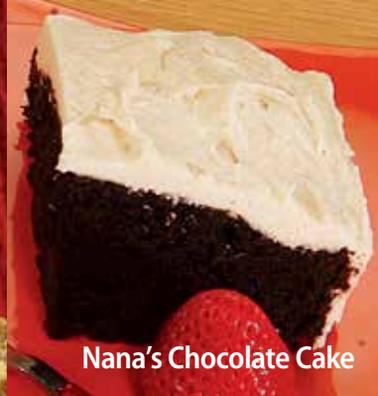




Penzeys Spices

HEAL THE WORLD—COOK DINNER TONIGHT THANKSGIVING 2016



Nana's Chocolate Cake

Thanksgiving400™

-The Countdown Begins-

Need a coupon?
Check out page 2

Aunt Alice's Potato Pie • Jalapeño Cornbread Stuffing • Dutch Apple Pie

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We know that there are weeks on end where the life of a cook can be crazy hectic. But with each email, opened or not, we hope you will be reminded that as a cook, you belong to a totally amazing and amazingly diverse group of people who, through kindness, are making the world a better place one meal at a time. **The kindness of cooks knows no barriers. Cooks rock. You rock.**

When you do have a spare moment, know that we will reward your time with a tasty recipe, a story of the goodness of cooking, or a very worthwhile special offer. Sometimes all three. And where catalogs only allowed us to send out an offer every six weeks, with our emails we can send a new offer pretty much every week. If you are trying to cook on a budget, or just like to make the most of the variety of life, Penzeys One Email is there to help.

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a note from Bill

Thanksgiving400™

We are only five years from 2021, the quadricentennial (400th anniversary) of the first uniquely American Thanksgiving celebrated with the harvest of 1621. As we count down to 2021, our hope is to make Thanksgiving400 a reminder that America was not born July 4th, 1776—that was us declaring our adulthood. America was truly born over the summer of 1621 in the extraordinary kindness of the Wampanoag people towards those delivered on their shores by the Mayflower.

Through their example, the Wampanoag people set in motion a nation much different than any nation before or since. A nation that would not only welcome in newcomers, but also work to help them succeed. All of us whose families came since owe them a great debt. It's America's unique openness to immigration that has made us the world leader we are today. And it's this unique immigration experience we are trying to share with the stories and recipes in this, our first countdown to Thanksgiving400 issue.

The reason we've started early in our efforts towards celebrating this anniversary, is that I believe there are two very different Thanksgiving400s possible at this point: The Thanksgiving400 where we have begun to make progress towards setting things right for the descendants of those whose kindness launched this nation, and the one where we haven't. The contribution to this country of the Wampanoag people through their kindness and sacrifice is something far too great to let Thanksgiving400 become just one more commemoration of the arrival of Europeans to America. To truly respect their contribution, Thanksgiving400 has to be about beginning to put right what has gone wrong since.

There's no better place to start this effort than in bringing an end to the use of Native American mascots and names in the sporting world. At the heart of this issue is the myth that our country created to justify the unjustifiable crimes committed against the Native American people. This myth that Native Americans were like Lions and Tigers and Bears whose savagery justified their removal, has taken far too great a toll on all of our humanity. Native Americans are people whose humanity deserves equal respect.

This issue is not just about the past or only about Native Americans. Look at the political contributions of Washington's NFL owner. Think about why, here in Wisconsin, our extremist Governor and State Legislature went to such great lengths to overturn the law phasing out Native American sports mascots and names in publicly funded schools. The reality is, the open racism at the heart of the Republican Party's election strategy this season did not arrive spontaneously. Public acceptance of racism against Native Americans is an intentional tool being used to make all racism acceptable. For everyone's sake, it's time to bring the use of Native American mascots and naming to an end. It's the decent thing to do.

And if you've not yet signed up for our email list, you should. It's worth it. Please do me a favor and, when you get to pages 60-61, take a moment to read what our customers are saying about the email list. I'm sure I'm prejudiced, but I really don't believe any other business anywhere has customers quite like ours.

And thanks for all you do. Your cooking fuels the acts of kindness, big and small, that Heal the World. You make a great difference.

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

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 anise 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 1/4 cup: Place 2 TB. bell peppers in a cup, add water to the 2 oz. (1/4 cup) mark. Soak 15 minutes.

Green Bell Pepper Flakes 3/8" Cut Californian

1/4 cup jar (net .3 oz.) #32137 \$2.95
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.) #32237 \$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

Berberé Seasoning **SALT FREE**

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

1/4 cup jar (net .9 oz.) #12836 \$2.95
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

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

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

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



Marci and her husband, George.



Marci's dad and mom, William and Patricia, on the Kalamazoo campus in 1951.

Marci Duggan

With the tools of his trade in hand, Shmuel Gershon, Marci Duggan's great-grandfather, departed his native Babruysk, Russia, on foot, in quest of a better future for his young family.

"It was the late 1800s, the turn of the century, and for the Jewish community it was a politically charged time leading up to the Russian revolution. Non-Jewish communities led violent attacks against the Jewish society. In 1902, a huge fire burned in the center of town, the Jewish quarter, and in addition to this, the Russian government was forcing young Jewish men to leave their homes as soldiers for their country. They were sent to Siberia ... few returned."

Shmuel felt he had no choice but to leave his young wife, Tillie, and son, Max, behind, for now. Traveling on foot, he arrived in the Netherlands, working as a shoemaker along the way. It was here that he purchased passage to Liverpool, England. From England he sailed to Canada and then on to America. In 1904 he settled in St. Louis, Missouri.

A strapping young man, Shmuel was capable of hard physical labor and immediately went to work digging ditches.

Marci says, "He did run into some prejudice here as well, and told of a fellow worker who would throw rocks down on him, trying to hurt him. After getting hit in the head with a boulder,

there was a physical altercation and the abuse stopped."

Samuel, the English translation for Shmuel, continued to work hard, saving his money. At last he was able to send for his family, who joined him in St. Louis in 1905. The following year, Philip was born and became the second of nine children born to Samuel and Tillie.

By 1917, Samuel moved his family to Chicago and seven years later, now a naturalized citizen, he opened his first shoe repair shop.

Samuel's son Philip helped to supplement the family's income by participating in dance contests. "He was an excellent dancer," says Marci. "My grandfather's specialty was the Charleston. At one of the competitions he met a petite, dark-haired girl by the name of Martha Rutsay. They became dance partners, winning the Charleston Championship of Chicago. Soon after they fell in love and decided to marry.

"Now remember, my grandfather was Jewish and Martha was Catholic. This caused great anxiety for Martha's mother, so to help, my grandfather chose to convert to Catholicism. I'd love to say her family realized the error of their prejudice, but they didn't, and derided my grandfather for much of his life, even as he was supporting them financially as he was the only family member employed during the depression."

Years later, Marci found a letter that Martha had written to her husband and his parents which read in part:

"If it were not for you, I would not have the most considerate husband in the world. You have treated me as if I were a goddess in every way. The difference in our religion didn't seem to matter. It has been my good fortune to be part of this family and I wish the world could know about the Jewish people as I have known them. They are wonderful. Many, many thanks for a wonderful husband and father to my two children."

"I think this letter shows that Samuel and Tillie were very kind and loving people," says Marci.

Tillie passed away in 1946. Samuel, by then living in Los Angeles, eventually remarried. "His new wife, Rose, made the best chicken soup ... with chicken feet in the broth," Marci recalls. "As a little girl, I thought that was the scariest thing! My family would visit every few weeks. Great-grandfather was a kind man with a nice smile. He and Rose were always so happy to see us.

"My father, William Gershon, chose to use his veteran's educational benefits to earn a college degree. While at school he became friends with a fun-loving girl, Patricia Doty, who hung out in his crowd. They began dating and soon my dad popped the question and my mom happily said, yes!



Great-Grandpa Sam's Chicken (or Turkey) Vegetable Soup

Colds don't stand a chance when faced with the power of this hearty soup.

- 1 4-lb. chicken, excess fat and giblets removed (or your Thanksgiving turkey carcass with a good amount of meat left on)
- 12 Cups cold water
- 1 tsp. SALT (Marci likes SEA SALT)
- 1-2 TB. CHICKEN SOUP BASE (recipe calls for the full 2)
- 1 Cup small diced yellow onion (about 1 medium onion)
- 1 Cup small diced celery (about 3 ribs)
- 1 Cup sliced peeled carrots (about 3 medium)
- 1 Cup sliced mushrooms
- 1 Cup large diced zucchini (1 small, peel if desired)
- 1/8 tsp. PENZEYS PEPPER
- 1/4 tsp. PENZEYS ROASTED GARLIC
- 1/4 tsp. salt
- 1/4 tsp. LEMON PEPPER
- 1/2 tsp. THYME
- 2 shakes Tabasco sauce, optional (2 shakes of CAYENNE PEPPER would work as well)

chicken is cooked through. The thigh joints will separate easily from the chicken. Not a worry with precooked turkey, but 1-2 hours simmering makes for best soup flavor. Remove the poultry from the pot and set aside to cool. Add the SOUP BASE, vegetables and SEASONINGS to the simmering stock. As soon as the chicken is cool enough to handle, discard the skin and bones. Cut the chicken or turkey into bite-sized pieces and add to the soup. When the vegetables are to your desired tenderness, add cooked noodles, rice or leftover mashed potatoes to the soup and serve.

Prep. time: 30 minutes
 Cooking time: 90 minutes
 Serves: 14

Nutritional Information: Servings 14; Serving Size 1 cup (310g); Calories 170; Calories from fat 80; Total fat 8g; Cholesterol 55mg; Sodium 630mg; Carbohydrate 4g; Dietary Fiber <1g; Sugars 2g; Protein 17g.



Great-grandparents, Samuel Gershon and Tillie Decker, sons Max and Philip (Marci's grandfather), 1906.

Place the chicken or turkey carcass in a large stockpot and cover with the water. Add the SEA SALT. Cover and bring to a boil. Skim off any foam that rises to the top during cooking. Reduce to a low boil and cook for 1 hour or until the

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 1/2 cup peanut oil. Stir, pour into glass jar, strain peppers out if desired. Great mixed with soy sauce for a hot dipping sauce, use 1/3 cup soy, 1 TB. chili oil, and a dash of ginger and garlic. Mix in 1-2 TB. in 1 cup ketchup for BBQ sauce.

60,000 heat units

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



ANCHO: 3,000

ANCHO (GROUND): 3,000



GUAJILLO: 6,000



ALEPPO: 10,000



CASCABEL: 11,000

SANAAM: 40,000



CHIPOTLE (GROUND): 15,000

CHIPOTLE: 15,000



CRUSHED RED (MEDIUM HOT): 20,000



JALAPEÑO: 25,000



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 0.9 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 SALT FREE 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



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



Dutch Apple Pie

This recipe from Marci also works well for a double-crust pie.

Crust:

- 1 Cup + 3 TB. all-purpose flour
- 1/8 tsp. SALT (Marci uses SEA SALT)
- 1/2 TB. sugar
- 1/2 Cup cold shortening (Marci swears by Crisco)
- 3-4 TB. ice water

Filling:

- 7 large Granny Smith apples
- 2 TB. lemon juice (1 lemon)
- 3/4 Cup sugar
- 1/3 Cup all-purpose flour
- 2 tsp. APPLE PIE SPICE
- 1/8 tsp. salt
- 1 TB. butter

Topping:

- 3/4 Cup all-purpose flour
- 1 tsp. APPLE PIE SPICE
- 1/2 Cup packed light brown sugar
- 3/4 Cup rolled oats
- 1/2 Cup (1 stick) cold butter

For the crust, in a large bowl, combine the flour, SALT and sugar. Cut in the cold shortening using two forks to smooch and chop the shortening and dry ingredients together. Once the mixture is the consistency of small gravel, drizzle the ice water over the dough 1 TB. at a time, stirring vigorously with the fork. As soon as the dough starts coming together, gather it in your hands and form a disc. Wrap in plastic wrap and refrigerate for at least 1 hour. Generously flour a clean work surface. Remove the dough from the refrigerator and let sit

for 5 minutes. Roll out the dough, gently flipping occasionally, until the circle is large enough to fit a 9-inch pie plate with some overhang. Gently place in the pie plate and crimp the edges. If the filling isn't ready, gently cover with plastic wrap and chill until ready to fill.

Preheat oven to 400°. For the filling, peel the apples, cut in half and place in a large bowl of water. Add the lemon juice. In a medium bowl, combine the sugar, flour, PIE SPICE and salt. Work on the apples a few at a time, leaving the remainder in the lemon water. Core the apples, quarter and slice into a large bowl. Add the flour mixture and stir to combine. Spoon the apples into the crust, packing them fairly tightly. Dot with the butter.

For the topping, combine the flour, PIE SPICE, brown sugar and oats in a food processor*. Pulse a couple of times. Cut the cold butter into pieces and add to the processor. Pulse several times, checking as you do until the mixture starts becoming a little clumpy. Top the pie with the mixture, pressing it together as you go until the pie is completely covered with the topping. Bake at 400° for 1 hour. After 30 minutes, check the pie every 10 minutes to monitor the browning. If the pie is getting too brown, cover with foil and continue to bake until the filling is cooked through.

*You can divide in two and use a blender, or even work the topping together with your hands, though the oats will be whole then, but still fine and tasty!

Prep. time: 45 minutes plus dough chilling time

Baking time: 1 hour

Serves: 8

Nutritional Information: Servings 8; Serving Size 1 piece (310g); Calories 620; Calories from fat 240; Total fat 26g; Cholesterol 35mg; Sodium 170mg; Carbohydrate 93g; Dietary Fiber 7g; Sugars 54g; Protein 5g.

“Patricia’s mother was not thrilled that her daughter would marry a man with Jewish blood. Now you recall, my father was raised Catholic, so it wasn’t a religious matter, it was a matter of his heritage, and the trouble began.”

Patricia, to her credit, stood firm, which was not an easy task for an 18-year-old who had been raised to please others and be obedient. Unsure if her mother would attend the wedding, William and Patricia proceeded with their wedding plans. Her mother did attend.

Marci adds, “It was only one week later when there was a knock at the newlyweds’ door. It was my father’s mother-in-law, looking scared to death, not knowing what kind of welcome to expect. My dad welcomed her in and the healing began.

“As a young child, I never knew there had been any tension in our family. We visited happily and lovingly over the years. My father has always been my hero and that is one of the reasons. He has always taught my brothers, Phil and Grant, and myself to judge people by who they are, not how they look. This is a lesson that has stuck with us throughout our lives.”

William and Patricia found joy in their work and worked hard all their lives. “My father worked for the Social Security administration and my mom taught piano in our home throughout our childhood. She was an excellent musician and shared her love and talent with many.

“Then in 1980, my mom decided, after some encouragement from her friends, to start selling her baked treats. Well, word spread and soon she was doing a brisk business using the ovens in their home.

“At one point, an order was placed for 33 pies. My dad took a day off work, as Mom insisted the pies be fresh. Mom

and Dad, true to form, worked as a team through the night and delivered 33 fresh pies the next morning!

“She kept this business going for 4 years until she joined my dad in buying their own travel agency, which they ran until they retired.

“My mother passed away in 2016, after a lengthy, debilitating illness. Dad took very good care of his wife of 65 years. There is something very special about a lifetime love.

“I have been together with my husband, George Duggan, for 25 years. We have a son, Aaron, and daughter, Mara, who is married to Anthony. Mara hopes to one day open her own donut shop and Anthony’s passion is writing rock music.

“I am a retired chef and George has primarily been a grade school teacher. He left teaching to help me run my last restaurant—a breakfast, lunch and dinner spot in the quaint town of Markleeville, California.

“I remember we would close the restaurant on Thanksgiving at 2 pm. I would prepare a huge dinner that we would set up in the main dining room. Anyone was welcome—our treat. Those who came in were our treasured guests, in the true tradition of Thanksgiving.”

Currently settled in Mountain Ranch, California, Marci and George, along with their son and his family, are facing the challenge of a lifetime. Together, thirteen years ago, they bought a 10-acre country property and were quite happy until the Butte Fire struck last September. They lost every structure and most of the trees on the property. “It was a very scary time,” says Marci.

Now, a year later, they are starting to rebuild. Marci and George come for two days each week from Carson City where they are renting a house. George works on the property and Marci cooks for the workers.

Their son, who is a carpenter, and daughter-in-law, Lorna, an avid gardener, live in a travel trailer on the property, and are constantly working. Many of Aaron’s friends volunteer their help during the week and on weekends. These are the kinds of weekends that Marci and her family find most encouraging.

It will most likely be another year before they can move into their homes.

Marci says, “So many have helped, and thanks to Penzeys, my spice cabinet is beginning to fill up once again. This just touches my heart.

“I have been passionate about food all my life. I tend to remember my childhood by what we ate—those little open-faced hamburgers my folks made for parties in the ’60s, the chicken feet floating in Rose’s soup or when I was 9 years old, the wonderful, cold fried chicken my grandmother would pack for picnics.”

Even today, Marci loves experimenting in the kitchen and discovering a new dish, figuring out how to make it her own. She loves feeding people and watching their reactions as they get their first taste.

She says, “In our family, we all love to cook and enjoy good food. Our Thanksgiving dinner will have the Jalapeño Cornbread Stuffing, which is non-negotiable. I tried something new one year and there was nearly anarchy at the table.

“We will serve pumpkin and apple pies. My mom’s apple pie is one of the best in the world. My grandson, Cole, who has just entered college, added his soufflé appetizers to the family tradition, and we often play a rousing game of cards later in the evening.

“To me, Thanksgiving is just what the name says. It’s a time to reflect, to think back on the year and all the good things that have happened to me and those around me ... to be grateful!”

—Lani Haag



Dad's Potato Latkes

Marci likes her latkes with sour cream and applesauce for "full decadent pleasure."

- 3 lbs. peeled russet potatoes (6-8 medium large)
- 2 small to medium onions
- 3 eggs
- 3-4 TB. flour
- 1 tsp. salt
- ½ tsp. PENZEYS PEPPER oil for frying

Preheat oven to 225°. Grate potatoes and onions on a box grater, largest holes, into a colander in your sink. There will be a lot of moisture during this process and you want to get rid of most of it. Marci works in batches, and every 3 potatoes or so she pushes down on the mass with her hands trying to get the majority of the moisture out and transfers that part to a large mixing bowl. There should be about 3 batches put into the large bowl. Pat dry again and add the rest of the ingredients*. Heat about ¼-½ inch of oil or shortening in a large skillet over medium-high, and when hot, add batter carefully in large spoonfuls and flatten a bit into pancakes. Leave some room between the latkes to make it easier to flip and they will be crispier if not crowded in the pan. Cook on the first side until the edges are nice and crispy, 3-5 minutes depending on the heat of your oil, then flip and cook another

few minutes until crispy. Place on a plate on paper towels and keep them warm in the oven. While you are making them, liquid will accumulate in the bottom of the batter bowl, drain as you can and try to avoid super wet pancakes. Watch the heat of your oil, back off the temp if there is lots of spattering or the latkes get brown very quickly.

*A tip: if everything is very wet, keep the potato/onion mix in three batches, adding 1 egg and 1 TB. flour, along with salt and pepper, to each third. Mix and fry the latkes, then press out the liquid from the next batch before mixing it with flour and egg, and so on. Works great!

Prep. time: 30 minutes

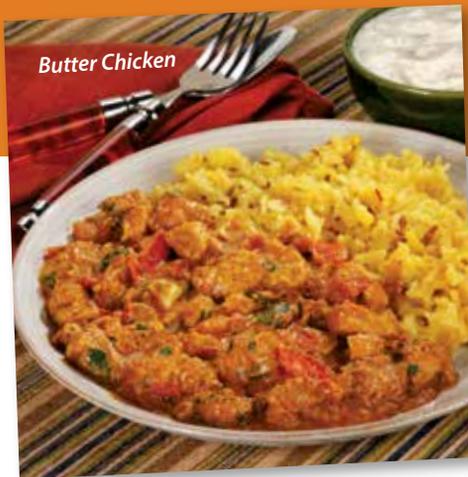
Cooking time: 6 minutes or so per batch

Yield: about 1 dozen

Nutritional Information: Servings 12; Serving Size 1 latke (136g); Calories 150; Calories from fat 50; Total fat 6g; Cholesterol 45mg; Sodium 220mg; Carbohydrate 22g; Dietary Fiber 2g; Sugars 1g; Protein 4g.



Marci's grandparents, Philip and Martha "cuttin' the rug" at their son's wedding..



Butter Chicken

Curry Powders

Maharajah-Style Curry Powder **SALT FREE**

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

1/4 cup jar (net 1.1 oz.) #12636 \$ 9.95
 1/2 cup jar (net 2.3 oz.) #12652 \$ 17.95
 1 cup jar (net 4.5 oz.) #12681 \$ 29.95

Penzeys Curry **SALT FREE**

Penzeys Curry—for everything you're making right Now! Bright, fresh and gingery, perfect for all your curry needs. Penzeys Curry combines fabulous curry flavor with our bright, fresh, vibrant ginger and garlic bits. A touch more cumin, a little less turmeric. 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 filets. 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

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

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

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

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**



4/S Special Seasoned Sea Salt

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

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



4/S Special Seasoned Sea Salt

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

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

Fox Point Seasoning

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

1/4 cup jar (net .6 oz.) #21537 **\$5.45**
1/2 cup jar (net 1.4 oz.) #21553 **\$9.95**
1 cup jar (net 2.5 oz.) #21582 **\$18.95**
2 cup jar (net 5.2 oz.) #21524 **\$37.95**
4 cup jar (net 10.0 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**

Pure Extracts

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

Pure Almond Extract

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

2 fluid ounce bottle #93132 **\$4.95**
4 fluid ounce bottle #93158 **\$8.95**
8 fluid ounce bottle #93187 **\$16.99**
16 fluid ounce bottle #93116 **\$30.99**

Pure Lemon Extract

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

2 fluid ounce bottle #93237 **\$4.95**
4 fluid ounce bottle #93253 **\$8.95**
8 fluid ounce bottle #93282 **\$16.99**
16 fluid ounce bottle #93211 **\$30.99**

Pure Orange Extract

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

2 fluid ounce bottle #93332 **\$4.95**
4 fluid ounce bottle #93358 **\$8.95**
8 fluid ounce bottle #93387 **\$16.99**
16 fluid ounce bottle #93316 **\$30.99**

VANILLA EXTRACT
ON PAGE 50.





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.

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

Garlic

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

Granulated Garlic Powder

- 1/4 cup jar (net 1.3 oz.) #44439 \$ 3.45
- 1/2 cup jar (net 2.9 oz.) #44455 \$ 5.95
- 3/4 cup bag (net 4.4 oz.) #44445 \$ 7.49
- 1 1/2 cup bag (net 8.8 oz.) #44487 \$ 11.29
- 3 cup bag (net 17.6 oz.) #44416 \$ 16.99

Minced Garlic

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

Penzeys Minced Garlic

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

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

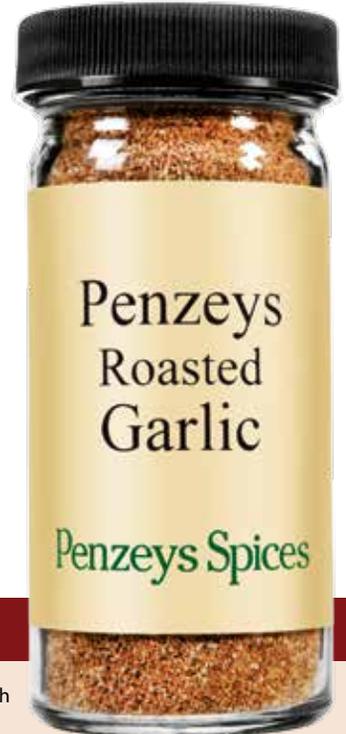
Penzeys Roasted Garlic

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

- 1/4 cup jar (net 1.2 oz.) #43937 \$ 3.99
- 1/2 cup jar (net 2.7 oz.) #43953 \$ 6.95
- 3/4 cup bag (net 4.1 oz.) #43943 \$ 8.69



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! 1/4 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 1/2 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

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.



Gingersnap Cookies

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

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.



Bill, Joyce and daughter Elissa.

Joyce Ayadi Hinckley

Saving an empty chair at the table for an honored, absent guest is a tradition in more than one culture.

Bill Ayadi and Joyce Ayadi Hinckley really like the idea of keeping an open seat at their Thanksgiving celebration, but they have to be practical. “It’s more a metaphorical empty chair,” Bill says. “We usually need all the chairs—for Thanksgiving, we decided to make a large family of people who did not have a family around.”

That decision led several years ago to Joyce inviting people from other countries to share the celebration, a tradition that shows no sign of stopping: friends, neighbors, international students are all welcome to the table.

“Thanksgiving is a holiday for people being good to other people. It’s a relationship between people of different cultures. A time of forgiveness, friendship and to celebrate the harvest of a good year,” says Bill.

Bill and Joyce live in Sterling, Massachusetts, where Bill tends several fruit trees, a large garden and a beehive. An engineer by trade, he’s

recently had to devise ways to thwart an unwelcome visitor to his hive. “A bear is coming. I’m finding a way to scare him away, using an alarm to make an annoyance,” he says.

The home-grown fruits, vegetables and honey find their way into the couple’s cooking, which Joyce calls “Mediterranean fusion with hints of Yankee.”

This merger shows up in their Thanksgiving meal, too. “Thanksgiving is the archetypal American holiday. You can structure it to include any culinary tradition,” she says.

The tradition, in this case, is that of Bill’s native country, Tunisia.

Facing arrest for demonstrating against the government, Bechir Ayadi left Tunisia in 1967 “with \$50 and a suitcase containing a change of clothing, a Quran and blanket woven by his grandmother,” says Joyce. (“Bechir” became “Bill” when he became an American citizen several years later.)

He made his way through northern Africa to Paris, where he met Joyce.

“I met Bill six hours after I got off the plane in Paris.” Joyce was an American studying abroad, and as she learned her way around, Bill offered to be a guide.

Their common language was French, and on that first day, Joyce understood enough of the language to accept an invitation to dinner.

Bill also tended her through an illness in Paris, finding a doctor for her and making soup as she recovered.

This promising start led to his immigration to the U.S. in 1970, along with a successful career and a family.

Now years later, as a community volunteer and an informed voter, “He takes his responsibilities as a citizen seriously. He gives thanks most days for the blessings America brings,” says



Cream of Almost Any Vegetable Soup

While it may not be the most elegant title, it really lets you know how versatile this soup is.

- 4 TB. butter, divided
- 3-4 hand-sized russet potatoes, peeled and sliced (around 2 lbs.)
- 1 large onion, peeled and sliced
- 6 Cups chopped hard vegetables (carrots, broccoli, cauliflower), peeled as necessary
- 8 Cups chopped leafy vegetables (spinach, watercress, kale)
- ¼-2 tsp. salt, to taste
- ¼-2 tsp. PENZEYS PEPPER, to taste
- 1-2 tsp. MURAL OF FLAVOR or FOX POINT SEASONING would be a delicious, optional addition
- 4 Cups chicken or vegetable broth (or 4 Cups water mixed with 2 tsp. CHICKEN or VEGETABLE SOUP BASE) or water
- 1 Cup (or a bit more) milk (whole milk would be creamiest)

Clean and chop the vegetables. Heat 2 TB. of the butter in a large stockpot over medium heat. Add the potatoes, onion, vegetables, salt, PEPPER and SEASONING, if using. Cook a minute, stirring, then add the broth or water, reduce heat to medium and cook until vegetables are soft. Stir regularly to prevent sticking. Add the milk and purée with an immersion blender or purée in small batches using a regular blender. Add the remaining butter, taste for seasoning and add additional milk if you desire a thinner consistency.

Prep. time: 30 minutes

Cooking time: 30 minutes

Serves: 10

Nutritional Information: Servings 10; Serving Size 1 cup (304g); Calories 150; Calories from fat 50; Total fat 6g; Cholesterol 15mg; Sodium 360mg; Carbohydrate 22g; Dietary Fiber 3g; Sugars 4g; Protein 5g.



Joyce.

Bill relates Thanksgiving to the Islamic festival Eid Al-Adha, or Feast of the Sacrifice. “It’s a time of forgiveness, getting together, family visiting, traditional foods and supporting dishes.”

Most of the dishes for Eid Al-Adha change depending on the season, as it follows the lunar calendar and shifts 10-11 days each year “The traditional food is lamb, because God sent Abraham a lamb to sacrifice,” Bill says.

He’s fine with the traditional centerpiece of his Thanksgiving meal being the turkey. “On the years when it’s not our turn, there’s no smell of turkey. It’s the smell in the house, the ambiance.”

Bill takes special pride in introducing international guests to the quintessential feast of his adopted country. “You see the wonder on their faces. There are so many dishes, and they wonder, ‘Are all the Americans eating food like this every day?’ ”

Tunisia sits on the Mediterranean coast and is near a historical spice route, which gave an international influence to the regional food.

Blending that complexity with the “frugality and creativity” of Yankee cooking for Thanksgiving makes it the “ultimate American holiday,” says Joyce.

“It’s different cultures combining the best of what they offer to make something uniquely American.”

—Natalie Wysong

Aunt Alice’s Potato Pie

Joyce shares, “This recipe was given to me by my Aunt Alice who lived in Springhill, Nova Scotia from 1913 to 1963. It is traditional to the Scottish community in the Canadian Maritimes and was made during WWI and after.”

- 2 unbaked pie crusts
- 2 TB. butter
- 5-6 hand-sized russet potatoes, peeled and sliced (about 3 lbs.)
- 1 large onion, peeled and sliced
- ¼-1 tsp. salt, to taste
- ¼-1 tsp. PENZEYS PEPPER, to taste
- ½ tsp. OREGANO or THYME, optional
- 2-4 TB. water
- 2 TB. milk

Heat the butter in a large skillet over medium-low heat. Add the potatoes, onion, salt, PEPPER, and HERBS, if using. Add 1-2 TB. water and cook until soft, about 20 minutes. Stir/flip occasionally, adding more water if necessary to prevent sticking.

Preheat oven to 350°. Grease two 9-inch pie plates (glass works best). Place a pie crust in each pan. Pat so the center covers the bottom of the plate, but do not press the crust up the sides. Divide the potato mixture between the plates. Fold the sides of the crust over the mixture. The crust will not entirely cover the filling. Drizzle 1 TB. of milk over the center of each pie. Bake at 350° for 45 minutes or until the crust is golden.

Prep. time: 30 minutes (plus 15 for making your own crusts)

Cooking time: 45 minutes

Serves: 8

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

- 1½ sticks butter (¾ cup)
- 1½ Cups flour
- 1 tsp. sugar
- ½ tsp. salt
- 3-5 TB. milk

To prepare the crust, cut the butter into small pieces; it doesn’t have to be cold, but it should not be warm to the point of melting. Add the flour, salt, and sugar to the butter and rub by hand to combine. Switch to a spoon and add the milk in a thin stream, mixing until it just holds together. You may not need all the milk. Form into a disc, cover in plastic wrap and chill for half an hour. Sprinkle table and top of dough with flour, roll gently from the center to the edges until it is large enough to fill the 9” pie plate, turning it over a few times so it doesn’t stick. Lift gently into pan.

Nutritional Information: Servings 8; Serving Size 1 piece (215g); Calories 380; Calories from fat 190; Total fat 21g; Cholesterol 55mg; Sodium 370mg; Carbohydrate 45g; Dietary Fiber 3g; Sugars 3g; Protein 6g.

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 mayo (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 1/5 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) 1 7/8" diameter x 4 1/4" high, shaker top with medium holes, black lid, blank labels #95107 \$1.69
- B. 4 fl. oz. (1/2 cup) 2 3/8" diameter x 2 3/4" high, spoon out top, black lid, blank labels #95202 \$1.69
- C. 8 fl. oz. (1 cup) 2 1/2" diameter x 4 1/2" high, spoon out top, black lid, blank labels #95307 \$2.25
- D. 16 fl. oz. (2 cup) 3 3/4" diameter x 3 7/8" high, spoon out top, black lid, blank labels #95402 \$2.65
- E. 32 fl. oz. (4 cup) 3 7/8" diameter x 6 7/8" high, spoon out top, black lid, blank labels #95507 \$3.79
- G. 8 fl. oz. (1 cup) 2 1/4" diameter x 5 1/4" high, shaker top with medium holes, black lid, blank labels #95615 \$2.25

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**

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 1.2 oz.) #28431 **\$ 3.95**
1/2 cup jar (net 2.8 oz.) #28457 **\$ 6.95**
3/4 cup bag (net 4.0 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**

Marjoram

Marjoram is one of the tastiest herbs. Sweet and rich, it is perfect on just about everything. Add marjoram to soups, stews, tomato sauces, scalloped potatoes and coleslaw. Marjoram is also one of the secret flavors for Southern-fried chicken and fish—combine with sage, thyme, pepper and salt before breading. 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**

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**

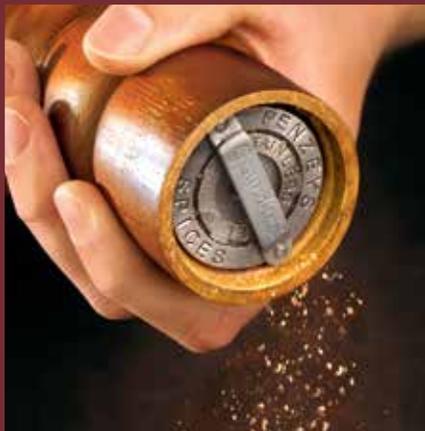
Hot Canadian Mustard Powder (hot)

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**





Pepper

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

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

Penzeys 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**



Billy's Tagine

Joyce Hinckley (story on page 22) writes, "This dish is an egg-based casserole that uses the three-step technique common in many Tunisian dishes: begin with a sauce and then add vegetables and finish with the featured ingredient. French influence can be seen in the use of Gruyère cheese and maritime trading history in the addition of cinnamon to the beef in the sauce. There are many varieties of tagine, but this one is Daddy's favorite."

Meat Sauce:

- 1 lb. extra lean ground beef
- 1 small onion, finely diced
- 2 TB. olive oil, divided
- 2 TB. tomato paste
- 1 tsp. TURKISH SEASONING or PENZEYS CINNAMON
- 1½ Cups water
- 1 28-oz. can cannellini beans
- salt, to taste
- PENZEYS PEPPER, to taste

Vegetable Middle:

- 3 Cups chopped fresh parsley (1 large bunch)
- 4 oz. Gruyère cheese, small diced
- ½ Cup grated Parmesan cheese
- ½ Cup bread crumbs

Finish:

- 6 large eggs, room temperature
- ⅓ Cup bread crumbs

For the meat sauce, add half of the oil to a large skillet and heat over medium heat. Add the meat and cook until crumbled and almost cooked through, about 5 minutes. Add the onion and cook until onion becomes translucent, 3-5 minutes. Push the meat and onion to the side to make a space. Pour the remaining oil in the open space and add the tomato paste. Sauté until the paste becomes fragrant, 1-2 minutes. Mix the paste in with the meat and onions. Add the TURKISH SEASONING or CINNAMON. Cook for 1 minute and then add the water. Reduce the heat to a simmer and cook for 10 minutes. If the sauce looks dry, add extra water ¼ cup at a time to maintain a moist but not soupy mix. Rinse the beans and add to the skillet. Cook for 5 minutes. Add salt and PEPPER to taste. Set aside to cool. Note: This can be made ahead of time to this point and refrigerated for up to 24 hours.

Preheat oven to 350°. Lightly grease a 9x13 casserole dish and set aside. Place the cooled meat sauce in a large bowl. Add the parsley, cheeses and bread crumbs. Mix gently. In a separate bowl, beat the eggs well. Add a splash of water if necessary to get the eggs nice and thoroughly mixed. Add the eggs to the sauce/vegetable mixture and gently mix. Spoon into the casserole dish. Sprinkle the bread crumbs over the top and bake at 350° for 30-40 minutes or until the sides are browned and the dish is firmly set. Cut in squares or wedges to serve.

Prep. time: 30 minutes with pre-cooking

Cooking time: 35-40 minutes

Serves: 9-12

Nutritional Information: Servings 12; Serving Size 1 cup (214g); Calories 260; Calories from fat 110; Total fat 13g; Cholesterol 140mg; Sodium 410mg; Carbohydrate 18g; Dietary Fiber 4g; Sugars 3g; Protein 20g.

Sweet Couscous

If you like rice pudding, give this tasty twist a try.

- 1½ Cups orange juice
- 1 Cup raisins
- ½ Cup dried apricots, diced
- 1 12-oz. box plain couscous
- 1 TB. butter (optional)
- 1 tsp. PENZEYS CINNAMON
- 1 Cup powdered sugar, divided
- 1 Cup chopped almonds (unsalted, cooked and peeled) or pine nuts
- 1 Cup chopped dates
- ½ tsp. rose flower water (optional)

Garnishes:

- 10 whole dried apricots
- 20 whole almonds or pine nuts
- 20 dates

In a saucepan, combine the orange juice, raisins and apricots. Simmer over low heat for 10 minutes. Put the couscous in a large bowl. Strain the fruit from the saucepan and set aside. Pour the orange juice over the couscous and add the butter (if using). Mix thoroughly and let stand until the couscous absorbs the juice and becomes soft and fluffy. If the juice does not sufficiently soften the couscous, gradually add hot water by the tablespoon, waiting 2-3 minutes after each addition until the desired consistency. Add the CINNAMON and sift in half of the powdered sugar. Mix well. Taste for sweetness. You are looking for a mild sweetness that does not overpower the orange flavor. Sift in more powdered sugar to your desired level of sweetness. Add the fruits, nuts and rose flower water (if using). Mix well. Place the couscous on a large platter and, with clean hands, press firmly into an oval shape. The mound should be slightly flattened on top and the sides should be smooth and gently sloping. Use the whole fruits and nuts to decorate.

Prep. time: 20 minutes

Cooking time: 10 minutes

Serves: 8-10

Nutritional Information: Servings 10; Serving Size 1 cup (162g); Calories 460; Calories from fat 70; Total fat 8g; Cholesterol 5mg; Sodium 15mg; Carbohydrate 91g; Dietary Fiber 8g; Sugars 53g; Protein 9g.

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**

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**

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

Lemon Pepper is one of the most popular and versatile seasonings ever. 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 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)

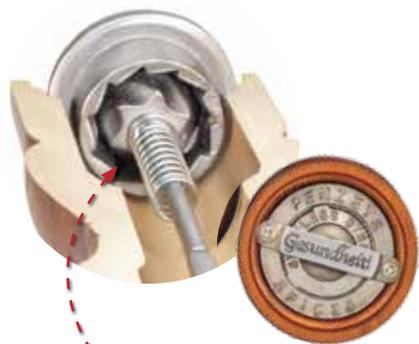
- 6" Peppermill & Salt Shaker Set (Dark Finish) #91196 \$ 34.95
- 6" Peppermill & Salt Shaker Set (Natural Finish) #91183 \$ 34.95
- 8" Peppermill & Salt Shaker Set (Dark Finish) #91491 \$ 49.95
- 8" Peppermill & Salt Shaker Set (Natural Finish) #91488 \$ 49.95

Note: Local sales taxes apply.



AVAILABLE IN 2 SIZES AND 2 FINISHES

6" Peppermill and Salt Shaker shown above in Dark Finish



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

SALT SHAKERS HAVE LARGER HOLES FOR COARSE-STYLE FLAKE SALT



8" Peppermill and Salt Shaker shown in Natural Finish



Jalapeño Cornbread Stuffing

Don't tuck this recipe from Marci Duggan away with your Thanksgiving recipes; you'll want to make the cornbread all year round. Turn to page 8 to read about Marci.

Cornbread:

- 1½ Cups yellow cornmeal
- 2 Cups flour
- 1⅞ Cups sugar
- 2 TB. baking powder
- 1 tsp. salt
- 2 Cups milk
- 2 eggs, lightly beaten
- 1 stick butter, melted and cooled
- 1½ TB. minced jalapeño pepper

Stuffing:

- ¾ lb. country pork sausage
- 1 Cup diced bell peppers
- 1½ TB. minced jalapeño pepper
- 1 Cup diced onion
- ¾ Cup diced celery
- 1 tsp. THYME
- ½ tsp. PENZEYS ROASTED GARLIC
- 1 tsp. RUBBED SAGE
- ½ tsp. CAJUN SEASONING
- ⅛ tsp. PENZEYS PEPPER
- ½ tsp. salt
- 1½-1¾ Cups hot chicken broth (or 1½-2 tsp. CHICKEN SOUP BASE mixed with 1½-1¾ Cups hot water)
- 2 TB. melted butter

Susan's Turkey Brine

"About 12 years ago I wanted to find a new way to enhance the flavor of our turkey, keep it moist, and simplify the process. With new additions to our family, the turkey kept getting bigger, so I began experimenting with spices that I thought would enhance the flavor," says Susie. "I think it is the most delicious turkey you have ever eaten," says sister, Nancy, "and it works great on a small turkey in my oven, too!" To read Susie's story, turn to page 51.

- 1 gallon water, chicken broth, or a mixture of both
- 1½ Cups KOSHER-STYLE FLAKE SALT
- 1-2 CINNAMON STICKS
- 6-7 WHOLE CLOVES
- 3 WHOLE BAY LEAVES
- ¼ Cup minced onion (or 2 TB. MINCED WHITE ONION)
- 1 TB. minced fresh garlic (or 1 tsp. PENZEYS MINCED GARLIC)
- 1 tsp. SMOKED SPANISH-STYLE PAPRIKA
- 1 tsp. WHOLE ALLSPICE
- ½ lemon, pulsed in a blender with peel
- 1 TB. grated fresh ginger (or 1 tsp. PENZEYS MINCED GINGER)
- 1 Cup brown sugar

In a large stockpot, combine all of the ingredients, minus the turkey. Bring to a boil. Remove from the heat and let cool completely. Wash the turkey

thoroughly. Place it in a container large enough to comfortably hold the bird. The average 12-14 pounder will fit in a large stockpot. A giant bird will need a large, food-grade plastic bucket or a cooler. Add the cooled brine and enough water to cover the bird and let soak, fully submerged, for at least 12 hours. The smaller bird in the stockpot can go in the fridge for 24-48 hours. The larger bird in a cooler should stick to 12 hours, and the contents of several ice cube trays should be added over the course of the soaking. If you are in a cold climate, putting the cooler with ice on the porch is even better. Remove the turkey and clean very well to remove all of the salt. Dry inside and out. If you like crispy brown skin, this patting dry is very important! We patted ours and then put it on the roasting rack in the fridge uncovered for an hour, patted again and then proceeded. Paint with melted butter and roast at 375° for 20 minutes, then reduce oven temperature to 325°. Baste the turkey every 20 minutes or so. An unstuffed turkey (we don't recommend cooking stuffing in the turkey) takes roughly 15 minutes per pound to roast; we rely on a watchful eye and a meat thermometer, which should read 160° when inserted in the thick thigh meat.

Prep. time: 30 minutes plus 12-24 hours brining time

Cooking time: 2-4 hours depending on size of bird
Serves: 10-20, depending on size

For the cornbread, preheat oven to 400°. In a large bowl, combine the cornmeal, flour, sugar, baking powder and salt. In a second bowl, combine the milk, eggs, butter and jalapeño pepper. Add the wet ingredients to the dry, mixing just until combined. Pour into a greased 9x13 pan and bake at 400° until golden brown, about 20 minutes. Remove from the oven and let cool before making the stuffing.

For the stuffing, preheat the oven to 350°. Crumble the sausage and brown in a large skillet. When it is nearly cooked, 7 minutes or so, add the peppers, onion, celery and SEASONINGS. Cook until the sausage is browned and the vegetables have softened—5 minutes or so. Crumble the cornbread into a large bowl. Add the sausage/vegetable mixture. Stir in the chicken broth until the mixture is moist. Spoon into a greased 9x13 pan and spread out evenly. Drizzle with the melted butter. Cover with foil and bake at 350° for 30 minutes. Remove the foil and bake for an additional 15 minutes to get the top a little crunchy.

Prep. time: 20 minutes

Cooking time: 45 minutes

Serves: 18

Nutritional Information: Servings 18; Serving Size 1 cup (141g); Calories 280; Calories from fat 120; Total fat 13g; Cholesterol 55mg; Sodium 730mg; Carbohydrate 35g; Dietary Fiber 1g; Sugars 15g; Protein 7g.

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Lucy Bartlett

“Daddy always said that his greatest accomplishment in life was that he was able to bring Jane and her family from Vietnam, during the course of the war, to the United States, and to see them lead successful lives here in America,” says Lucy Bartlett of her father, William Trimble Ezzard.

“My dad was an honest man, a Christian, southern gentleman who was always looking for a way to help others. W.T., as folks called him, was a career Army officer who retired as a Lt. Colonel in the '70s. He served his country during WWII, the Korean War and two tours in Vietnam. When his country called, he answered,” says Lucy from her home in Tiger, Georgia.

While on his first deployment to Vietnam, W.T. taught English in his free time. He was admired by his students, and a young woman in his class invited him to her home to meet her mother, brothers and sisters. After several invitations he accepted.

Being the man he was, W.T. decided to sponsor one of the boys as a student in the United States. Working with the Catholic nuns in the area, he began the process.

The brothers were given IQ tests,

Lucy helping to make her brother John's 80th birthday extra special!



unfortunately not in their native Chinese, and did not test well. The family recommended that W.T. sponsor their younger sister, Jane Tu, instead—whose performance did stand out. He agreed, contacted his wife of 60 years, Ruth, with the news and prepared Jane for a 10-year commitment beginning with preparatory school and then on to college.

Jane graduated from Brenau College, earned her master's degree from Clemson University, and went on to have a productive career as a dietitian. Jane married Dr. Robert Chang who specializes in medical research. Together they have two children, Kaliq Trimble (in honor of W.T.) and their daughter Joscelyn, both responsible young adults doing important work and making a difference in the world.

“I think my mother was the real hero,” says Lucy. “After raising five children of her own, my mother received word to head to the airport to meet a young woman who would look to her for all she needed to know to achieve success in the United States.

“My mom, being Miss Ruth, handled the situation in the best way she knew how ... she took Jane shopping. I don't remember much about Jane's new fall clothes, but I can guarantee that Jane got her first lesson in bargain hunting,” Lucy laughs.

“Mother enrolled Jane in Toccoa Falls College to help improve her English and provided support until Dad got home later in the fall. Mom and Dad were quite the team!

“Jane and Miss Ruth became fast friends. Mother always said that Jane kept her young. I suspect it was Mother's influence as a nutritionist and excellent southern cook that led



Cranberry Raspberry Sauce

Top off your turkey sandwich with a dollop of this sauce.

- 12 oz. fresh cranberries
- 10 oz. frozen whole raspberries
- 1 Cup sugar
- 1 piece CEYLON CINNAMON STICK (Lucy used a 1-inch piece; you could use ¼-½ tsp. powdered CEYLON CINNAMON, but it will change the look a bit)

Wash the cranberries and discard any that look questionable. Combine all of the ingredients in a medium saucepan. Slowly bring to a boil, stirring frequently, over medium heat. This takes about 10 minutes. Reduce heat and simmer for 5 minutes. A loose lid may be needed to reduce splatter as the berries pop. Pour into a dish, let cool and then refrigerate. Serve cold.

Prep. time: 10 minutes

Cooking time: 15 minutes

Serves: 8

Nutritional Information: Servings 8; Serving Size 1/2 cup (55g); Calories 80; Calories from fat 0; Total fat 0g; Cholesterol 0mg; Sodium 0mg; Carbohydrate 21g; Dietary Fiber 2g; Sugars 18g; Protein 0g.

Jane to major in nutrition. Mother always said that ‘Jane cooked Chinese with a southern accent!’

“Mother and Jane didn’t cook from recipes. The amazing thing was how my mom could measure out spices in her hand and know exactly how much she was adding. At times we’d check her and she never missed.

“I’ve learned to do that somewhat, but not as well as she did. When I cook my mother’s recipes, it is because I wrote down exactly what she was doing and took notes and measurements along the way.”

Lucy and her brothers and sisters had all completed college and were out of the house by the time their foster sister, Jane, arrived at their parents’ home. Lucy says that her first—and one of her favorite—memories of Jane came at her brother John’s home in Denver. Jane was amazed by her first snowfall, and so excited as she ran all around catching the silvery snowflakes. It must have been a magical moment for her.

Lucy says, “Jane is the bravest woman I have ever known. At only 18, she left her family, her country, city life and all she had ever known to come to the United States to live with a family she had never met, and to attend school in the rural mountains of North Georgia, studying in a language that was not her native tongue. She had to be frightened, but true courage is doing what one needs to do, even when frightened.

“Over the years Mother and Daddy came to consider Jane as one of the family and she has remained so, 40 years later.”

As the situation in Vietnam became more and more dangerous, together Miss Ruth and the Colonel helped Jane sponsor her entire family to the United States—19 in all. These 19 people and their families now number nearly 100.

Story continues on page 36



Leckie Stack’s Wild Rice and Chicken (or Turkey!) Soup

Lucy writes, “Leckie is a neighbor and friend of mine who has a large farm specializing in Asian Pears and wine grapes.” Sounds like a good friend to have!

Stock:

- 1 whole chicken (3-4 lbs.) or 2 bone-in, skin-on chicken breasts (or turkey bones with meat and some extra chopped up turkey leftovers)
- 1 medium onion, quartered (or 2 TB. MINCED WHITE ONION)
- 1 rib celery, quartered
- 2 carrots, peeled and quartered
- 1 WHOLE BAY LEAF
- 2 tsp. salt
- 1 tsp. PENZEYS PEPPER
- 8-10 Cups water

Soup:

- 1¾ Cups water
- ⅔ Cup wild rice
- ¼ Cup butter
- ½ Cup chopped onion
- ½ Cup chopped celery
- ½ Cup peeled and chopped carrots
- 1 TB. minced fresh thyme (1 tsp. THYME)
- 1 tsp. Worcestershire sauce
- 1 Tabasco sauce, to taste
- 2 Cups heavy cream (half & half would be almost as delicious)
- ¼ Cup toasted sliced almonds

In a large stockpot, combine the stock ingredients. Add enough water to cover. Heat to boiling; reduce to a simmer and cook, partially covered, for about 1 hour or until cooked through. Remove the poultry from the pot and set aside to cool a bit. Remove and discard the skin and bones. Cut into bite-sized pieces. Strain the broth, skimming any fat from the surface, if desired.

While the stock cooks, prepare the rice for the soup. In a medium saucepan, bring the water to a boil. Add the wild rice, stir, cover and reduce heat to a low simmer for 45 minutes or until done (swollen and fluffy) and water absorbed. Rinse in cold water in a strainer and set aside.

In a large stockpot, melt the butter over medium heat. Add the onion, celery and carrots and cook until the onion is soft, stirring regularly—8 minutes or so. Add 8-10 cups of the stock and simmer for 20 minutes. Stir in the thyme, Worcestershire and Tabasco. Add the wild rice and poultry. Add the cream and heat to a simmer. Serve topped with the almonds.

Prep. time: 30 minutes

Cooking time: 90 minutes

Serves: 14

Nutritional Information: Servings 14; Serving Size 1 cup (293g); Calories 230; Calories from fat 130; Total fat 15g; Cholesterol 60mg; Sodium 430mg; Carbohydrate 9g; Dietary Fiber 1g; Sugars 1g; Protein 15g.

Story continued from page 34

Lucy says, "They are all amazing people and honorable citizens of the United States. The second generation are all professionals and their children, the third generation, all outstanding students. They are all part of the future of our nation."

After the Colonel's retirement, he and Miss Ruth returned to the family farm in Rabun County. He kept a box at the vegetable stand for people to put the money in after weighing their own veggies. The folks who lived on the lake loved his produce and always stopped on their way to the grocery store to purchase all they could from him.

He also had a self-pick blueberry field that Lucy, her husband, Harry, and her brother John attempt to keep going today. Families have picked berries here for generations.

In 1982, Jane's brothers, who were sponsored by the Colonel and living in New Orleans, came into town to celebrate Miss Ruth and the Colonel's 50th wedding anniversary.

Lucy says, "My dad was very careful in what he said to them, because if he said even one word about needing

help, they would have quickly packed up everything, including their careers, and moved to Georgia to help him on the farm, to show their gratitude in all the family has done for them."

Today, Lucy keeps the memory of her father alive in much the same way he did ... always trying to pitch in wherever she can, always making a difference.

Lucy and her husband have raised two children, Beverly and William. Lucy spent her career teaching, mostly in special education for young adults.

"Now I do a great deal of cooking, and gardening, and I'm active in my church. I spent much of my early retirement working to keep an unnecessary interstate from cutting through the mountains of Georgia, North Carolina and Tennessee.

"We try to live in harmony with our environment and protect our beloved mountains as much as possible."

—Lani Haag



Ruth and W.T. Ezzard, 1959



Kaliq and Katherine on their wedding day!



Sour Cream Turkey Casserole

Leftover Thanksgiving turkey has never tasted better.

- 6-8 Cups leftover stuffing (or one batch of your favorite stuffing)
- 4-6 Cups leftover turkey, cubed (or one roasted turkey breast, cubed)

Sauce 1:

- 1/2 Cup butter (1 stick) or margarine
- 1/2 Cup flour
- 1/2-2 tsp. salt, to taste
- 1/4 - 1 tsp. PENZEYS PEPPER, to taste
- 4 Cups chicken broth (or 4 Cups water mixed with 2 tsp. CHICKEN or TURKEY SOUP BASE)

- 6 eggs, slightly beaten

Sauce 2:

- 2 TB. butter
- 1 Cup fresh, sliced mushrooms
- 2 TB. flour
- 1 Cup milk
- 1 Cup sour cream
- 1/4 Cup pimento (chopped roasted red bell pepper)

Preheat oven to 325°. Spread the stuffing in a greased 9x13 pan and a 9x9 (or 8x8 if that's what you have) pan. Sprinkle the turkey over the stuffing in each pan. Prepare the first sauce by melting the butter in a medium saucepan over low heat. Sift in the flour, salt and PEPPER, whisking/stirring vigorously to combine. Raise heat to medium, add the chicken broth a bit at a time, and stir until thick. Remove from the heat and let cool slightly. Add the eggs and stir well. Pour over the turkey. Prepare the second sauce by melting the butter in a large frying pan over medium heat. Add the mushrooms and cook, stirring frequently, until browned. Add the flour and stir. Drizzle in the milk and cook until thickened. Remove from the heat and stir in the sour cream and pimento. Pour evenly over the casseroles. At this point, you can bake both casseroles or wrap and freeze one for later. Bake at 325° for 45 minutes for a smaller pan, 60 minutes for a larger pan.

Prep. time: 30 minutes

Cooking time: 45-60 minutes

Serves: 12

Nutritional Information: Servings 12; Serving Size 1 cup (364g); Calories 490; Calories from fat 230; Total fat 26g; Cholesterol 205mg; Sodium 930mg; Carbohydrate 28g; Dietary Fiber 1g; Sugars 5g; Protein 36g.



Jane's family celebrating the wedding of her son, Kaliq, and his bride, Katherine.



Cheese Pecan Crisps

Every party needs these Pecan Crisps. Try adding some caraway seeds for an extra punch of flavor.

- ½ Cup butter (1 stick), softened (Lucy uses unsalted)
- 1 lb. extra sharp cheddar cheese, finely grated (or ½ lb. extra sharp and ½ lb. sharp)
- 2 Cups flour
- 1 tsp. salt
- ¼-½ tsp. CAYENNE PEPPER
- ¼ tsp. HUNGARIAN-STYLE SWEET PAPRIKA
- 1 Cup small chopped pecans

In a large bowl, combine the butter and cheese. In a second bowl, sift together the flour, salt and SPICES. Add to the cheese mixture and mix well using your hands or a food processor on low. If the mixture is too dry, microwave for 15 seconds at a time to soften the butter. Add the pecans and mix well. Divide the dough into 3 parts and roll into logs, pressing with your hands to help it hold together. Wrap in waxed paper and refrigerate overnight, or at least 4 hours, until firm.

Preheat oven to 350°. Spray cookie sheets with cooking spray. Place a piece of parchment paper on the sheets and then turn over so the parchment paper is greased. Slice the logs into about 6 dozen slices, about ¼ inch thick, and place on the pans. Bake at 350° for 8-10 minutes until set and golden. Remove from the pans to cooling racks while still warm.

Prep. time: 30 minutes

Baking time: 8-10 minutes per pan

Yield: about 6 dozen

Nutritional Information: Servings 36; Serving Size 2 crisps (26g); Calories 120; Calories from fat 80; Total fat 9g; Cholesterol 20mg; Sodium 150mg; Carbohydrate 6g; Dietary Fiber 0g; Sugars 0g; Protein 4g.



Chex Mix

Lucy notes you don't have to use the official Chex brand to make this tasty snack. We found this a great recipe to make gluten free as well. Just skip the wheat Chex and use more Corn and Rice Chex, buy GF mini pretzels and use twice as many, and then skip the bagel chips. YUM either way.

- 3 Cups Corn Chex
- 3 Cups Wheat Chex
- 3 Cups Rice Chex
- 1 Cup nuts (Lucy uses pecans)
- 1 Cup garlic bite-sized bagel chips
- 1 Cup bite-sized pretzels
- 6 TB. butter
- 2 TB. Worcestershire sauce
- 1½ tsp. 4/S SEASONED SALT
- ¾ tsp. GRANULATED GARLIC POWDER
- ½ tsp. ONION POWDER

Preheat oven to 250°. In a large baking pan, combine the cereal, nuts, bagel chips and pretzels. Melt the butter, add the Worcestershire and stir. Pour over the cereal mixture. Evenly sprinkle with the 4/S, GARLIC and ONION POWDER. Stir well. Bake at 250° for 60-90 minutes, until nice and crispy, stirring well every 15 minutes.

Prep. time: 10 minutes

Cooking time: 60-90 minutes

Serves: 10

Nutritional Information: Servings 10; Serving Size 1 cup (70g); Calories 310; Calories from fat 150; Total fat 16g; Cholesterol 20mg; Sodium 770mg; Carbohydrate 39g; Dietary Fiber 4g; Sugars 5g; Protein 5g.

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.) #55582 \$ 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 1/2 tsp. of freshly ground nutmeg. West Indian nutmeg is a bit stronger than East Indian nutmeg; use about 2/3 of what your recipe calls for.

Fine Ground East Indian Nutmeg

1/4 cup jar (net 1.0 oz.) #45636 \$ 3.95
1/2 cup jar (net 2.2 oz.) #45652 \$ 6.95
3/4 cup bag (net 3.3 oz.) #45642 \$ 8.69

Fine Ground West Indian Nutmeg

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

Whole West Indian Nutmeg

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

Old World Seasoning

Old World Seasoning is a popular, lower salt, all-purpose blend. Sprinkle on chicken, beef and fish before baking, 1-2 tsp. per pound. Perfect for 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 1/3 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 1/2 tsp. each black pepper and garlic, add to 1/2 cup olive oil and 2 TB. balsamic or red wine vinegar. Add salt to taste and a dash of honey and/or brown mustard for green or pasta salads, chicken, lamb, fish, or vegetables. MEXICAN OREGANO is strong, pungent and less sweet, great for chili.

For easy guacamole, mash 2 ripe avocados with the juice of 1 lime, 1/2 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



Cathy's Grandma Jo—Johanna Triffo —about age 14, circa 1914.

Cathy Mejia

“They wanted to move to America for a chance at a better life.”

That’s what Cathy Mejia of Kalamazoo, Michigan, knows about her great-grandparents’ decision to leave Austria. So in 1910, following two of their sons who made the trip a few years earlier, Magdalena and Anton Triffo sold all of their possessions, with the exception of their house, and set sail for Ellis Island.

That was just the beginning of what turned into a two-year journey for Cathy’s grandmother, Johanna, who was just 10 years old at the time. She recalls the stories her grandmother told about their trip.

“The trip across the Atlantic seemed very long to her, and they all slept and ate together in one big room. Three days into the trip they were all confined to the room as they traveled through the edge of a hurricane.”

Upon their arrival at Ellis Island, their hopes for a new life in America were quickly dashed after confusion arose surrounding their sponsorship.

“Ellis Island officials sent a telegram to Grandma’s brothers, who were living in the Chicago area, asking if they sponsored the family. Apparently they didn’t understand they both had to sign the telegram, so only one of them did.”

Immigration officials accused Johanna’s father of lying about having sponsorship. Language barriers made it difficult for the family to explain

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Pumpkin Nut Bread

Nicely spiced, this is the perfect fall treat.

- 1½ Cups sugar
- 1⅔ Cups flour
- ¾ tsp. salt
- ¼ tsp. baking powder
- 1 tsp. baking soda
- ¼-½ tsp. GROUND CLOVES (recipe calls for ½, but Penzeys ground cloves pack a punch)
- ½ tsp. GROUND NUTMEG
- ½ tsp. PENZEYS CINNAMON
- 2 eggs
- ½ Cup water
- ½ Cup canola oil or applesauce
- 1 15-oz. can pumpkin purée
- ⅓ Cup raisins
- ⅓ Cup chopped pecans

Preheat oven to 325°. Grease and flour a 9x5 loaf pan and set aside. In a large bowl, combine the sugar, flour, salt, baking powder, baking soda and SPICES. In a second large bowl, whisk together the eggs, water and oil or applesauce. Stir in the pumpkin. Gradually add the dry ingredients, stirring by hand until well mixed. Fold in the raisins and nuts. Pour into the bread pan and spread to even out the top. Bake at 325° for 1 hour, 15 minutes to 1 hour, 40 minutes or until a toothpick inserted in the bread comes out clean. It takes a long time to get the interior fully baked but is well worth it! Let cool for a few minutes before running a knife around the edges. Let cool for 30 minutes before carefully removing from the pan (it is a heavy loaf and can crack) to fully cool.

Prep. time: 15 minutes

Baking time: 1 hour, 15 minutes to 1 hour, 40 minutes

Serves: 10

Nutritional Information using oil: Servings 10; Serving Size 1 slice (135g); Calories 360; Calories from fat 140; Total fat 15g; Cholesterol 35mg; Sodium 330mg; Carbohydrate 54g; Dietary Fiber 3g; Sugars 32g; Protein 4g.



Cathy proudly holds the plate her grandmother received in appreciation for helping a family around the house. “One of her first, and prized, possessions,” says Cathy.



Cathy and her Grandma Jo pictured in July 1955. “I had just turned 1 that April,” says Cathy.

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their situation, but eventually they were able to make an appeal to President Howard Taft.

As they waited for a reply to their appeal, the Triffo family spent a tense week living on Ellis Island.

“The family was separated, and they were called by nationality to the sleeping quarters every night, where they had to fight for a bed to sleep in,” says Cathy.

Their request was ultimately denied, and they were deported to Austria. Luckily, the only possession they hadn’t sold was their house.

“It took two more years for the brothers to save money for passage,” says Cathy. “On July 9, 1912, they boarded the Vulturina in Rotterdam and sailed to Halifax, Canada. My grandma remembers this ship having much better quarters and food. They went by train to Montreal and on to Chicago where her brother Joe met them at Union Station.”

The family continued on to Naperville, Illinois, where Joe and Jake were boarding with a family that came from their same village in Austria.

Cathy still enjoys listening to audio tapes her grandmother recorded over the years. “Grandma said on the tape that there was a huge meal on the table waiting for them when they got to the house in Naperville. She said, ‘I can still see all the food—we kids thought white bread was cake. What a celebration we had!’

“My grandma was 12 when she started working for a family keeping house, cleaning and cooking,” says Cathy. “She has a plate, that I now have, that the lady gave her in appreciation of her hard work—one of her first, and prized, possessions.”

In 1916 the family relocated to Detroit in hopes of finding better work opportunities. “That’s where my grandma met my grandpa—he had emigrated with his family from the Alsace-Lorraine province in France.

Cathy says her own mom was amazed when she and her husband Paul got married and ended up in Naperville. “It was the first city where my grandmother lived. It’s like we were coming full circle.”

Cathy has fond childhood memories of spending time with her Grandma Jo.

“My brother and I would spend a week during the summer with Grandma Jo and Grandpa Al. I loved these weeks because we played lots of games and I helped her with meal preparation as well as clean up.”

Cathy says her grandmother was a fantastic cook.

“For her, a great meal was all about family gathering to share good food, good conversation and laughter.”

Cathy’s grandmother had written down some of her recipes, “which was amazing since she taught herself to read and write English.

“I’ll always remember her nut bread—scrumptious! And her

cabbage rolls are legend,” says Cathy. “She served them with plain vinegar or with a tomato sauce. My 87-year-old uncle still makes these today. Two years ago, my husband and I made the trip to Toledo with my niece so we could make cabbage rolls with my aunt, uncle and cousin.”

Cathy says after cutting back on cooking a bit while she worked full time, she is back to cooking from scratch a lot more often.

“I have raided my grandma’s recipe box! One recipe, meatloaf, was not written down but was taught to me by Mom who learned it from my grandma.”

Cathy says she has modified it a bit to accommodate her husband’s low sodium diet. She reaches for salt-free seasonings and has swapped out the ground beef for ground turkey—making it appropriate to share in honor of Thanksgiving.

“I like to think my grandma and my mom would approve,” says Cathy.

“I have wonderful memories of holidays spent at my grandma’s table,” says Cathy. “I am so grateful for the journey my grandmother made and how she valued family, faith, friends and how food was a connection to all of them.”

—Traci Parker



Ground Turkey Meatloaf

This recipe from Cathy is a healthier take on a classic comfort food.

- 20 oz. ground turkey
- 1/2 Cup bread crumbs (2 slices of bread pulsed in blender), crushed dry stuffing mix or crushed garlic fat-free croutons
- 1 TB. brown sugar
- 3 TB. ketchup (Cathy uses low sodium)
- 1/4 Cup diced onion (1 small)
- 1 tsp. GRANULATED GARLIC POWDER
- 2 tsp. Worcestershire sauce (Cathy uses low sodium)
- 1 tsp. PENZEYS PEPPER
- 1 tsp. MURAL OF FLAVOR
- 1 egg

Preheat oven to 375°. In a large bowl, combine all of the ingredients and mix well. Spray 4 mini loaf pans or one 9x5 loaf pan with nonstick cooking spray. Divide the mixture among the 4 pans (or 1 pan). Press down slightly to even out the top. Bake at 375° for 25-30 minutes for mini loaves or 45-50 minutes for a single loaf. Let rest 5 minutes before serving.

Prep. time: 20 minutes

Cooking time: 25-50 minutes

Serves: 4

Nutritional Information: Servings 4; Serving Size 1 mini loaf (194g); Calories 250; Calories from fat 35; Total fat 4g; Cholesterol 105mg; Sodium 200mg; Carbohydrate 17g; Dietary Fiber 1g; Sugars 6g; Protein 39g.

Vinegar Stuffed Cabbage Rolls

Cathy and her family serve these sprinkled with extra salt and pepper or an extra sprinkle of vinegar. They may also be served with a side of tomato sauce if desired.

- 1 large head green cabbage
- 3 lbs. ground pork
- 3/4 Cup long grain rice, uncooked, rinsed
- 1 large onion, finely diced
- 1/2-2 tsp. salt, to taste plus 1 tsp. for cabbage boiling water
- 1/4-1 tsp. PENZEYS PEPPER, to taste
- 2-3 tsp. KRAKOW NIGHTS instead of salt and pepper would be appropriate and delicious!
- 1/4-1/2 tsp. GRANULATED GARLIC POWDER, to taste
- 1-2 Cups water to add to stuffing mix
- 2-4 Cups white vinegar

In a large bowl, combine the pork, rice, onion, salt, PEPPER (or KRAKOW NIGHTS) and GARLIC. Add water so the mixture is loose and soupy so the rice doesn't stick together. Set aside.

Bring a large pot of water with 1 tsp. salt to a boil. Remove the outer damaged leaves of the cabbage and set aside. Core the cabbage and place the whole cabbage, core side down, in the pot. Boil for 5-10 minutes. The leaves will start to separate from the head. Remove each leaf and cool slightly. Be prepared to start stuffing leaves while still pliable (this is easiest with two people—one to remove the leaves and one to stuff).

Cut the center vein from the leaf and place a scoop of the pork mixture at the core end. Fold the sides over and roll up the leaf. Place on a platter seam side down. Be careful not to tear the leaves when rolling. Repeat until all of the stuffing is used.

Line a large pot with the damaged cabbage leaves. Place all of the cabbage rolls, seam side down, in the pot. Cover with water and bring to a simmer. Add 2 cups of vinegar, cover and continue cooking for 2 hours. Continue adding vinegar as liquid level lowers (to taste—if the first 2 cups is enough for you, add water if needed), ensuring the cabbage rolls have enough vinegar/water to cook. Remove the cabbage rolls and serve immediately.

Prep. time: 1 hour

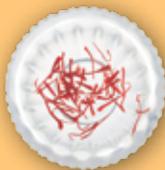
Cooking time: 2 hours

Yield: 30

Nutritional Information: Servings 15; Serving Size 1 roll (202g); Calories 250; Calories from fat 120; Total fat 13g; Cholesterol 60mg; Sodium 140mg; Carbohydrate 13g; Dietary Fiber 2g; Sugars 3g; Protein 18g.

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)
- 1/2 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; 1/2 tsp. Pasta Sprinkle per serving; and a splash of balsamic or red wine vinegar. For spaghetti, lasagna, or pizza, add Pasta Sprinkle to the tomato sauce, 1-2 tsp. per quart. *Hand-mixed from: California basil, Turkish oregano, French thyme and minced garlic.*



1/4 cup jar (net .2 oz.) #14630 \$ 2.95
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

Pie Spice

Perfectly mixed for every pie. Heavy on the cinnamon, rich with vanilla, sweet with just a bit of spice. Start with 2 teaspoons mixed into fruit and berry pies, and another teaspoon sprinkled on top or mixed with a crumble top. For deeper, richer pies like pumpkin or chocolate, start with 1 tablespoon. For light, uncooked pies like strawberry, start with 1 teaspoon. *Hand-mixed from: cinnamon (China, Korintje, Ceylon, Vietnamese), vanilla sugar (sugar, vanilla bean), mace, ginger, nutmeg, anise seed and clove.*

1/4 cup jar (net 1.0 oz.) #10737 \$ 3.95
1/2 cup jar (net 2.3 oz.) #10753 \$ 6.95
3/4 cup bag (net 3.4 oz.) #10740 \$ 8.69

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 1/2 tsp. of Poultry Seasoning for each 4 cups of dressing. Poultry Seasoning is also nice rubbed on chicken, turkey, and pork. *Hand-mixed from: sage, white pepper, bell peppers, lemon peel, savory, rosemary, dill weed, allspice, thyme, marjoram and ginger.*

1/4 cup jar (net .6 oz.) #15037 \$ 3.45
1/2 cup jar (net 1.2 oz.) #15053 \$ 5.95
3/4 cup bag (net 1.8 oz.) #15043 \$ 7.49
1 1/2 cup bag (net 3.6 oz.) #15080 \$ 11.29

Pumpkin Pie Spice

A sweet and spicy addition to all kinds of baked goods. Use 2-3 tsp. in a 9-inch pie, but don't stop there. An all-purpose baking spice, perfect for banana bread, carrot cake, muffins, coffee cake, use 1/2 tsp. per cup batter. *Hand-mixed from: China cinnamon, allspice, nutmeg, ginger, mace and cloves.*

1/4 cup jar (net 1.0 oz.) #15132 \$ 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

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

Penzeys Salsa & Pico **SALT FREE**

Penzeys Salsa & Pico turns a tomato into a party! Still warm from the garden sun or right from a can, just add 1-2 tsp. to 1 cup chopped or puréed tomato for a quick and easy reason to gather around a table to dip a chip. Don't wait, get yours today. Tasty-Tasty-Tasty! *Hand mixed from: Shallots, cumin, garlic, black pepper, Mexican oregano, paprika, cilantro, jalapeno pepper, chipotle pepper*

1/4 cup jar (net .7 oz.) #16739 \$ 3.45
1/2 cup jar (net 1.7 oz.) #16755 \$ 5.95
3/4 cup bag (net 2.7 oz.) #16742 \$ 7.49



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 1/4 cup vinegar and 1/3 cup oil, shake, and drizzle on your favorite sandwich.

To make homemade croutons (great for using up odds and ends of leftover bread): for each 2 cups of cubed bread (4 regular slices), use 1 TB. seasoning. Traditional and very flavorful when sautéed in 1-2 TB. butter or olive oil (toss over medium heat for 3-4 minutes, until golden brown). For crispy, low-fat croutons, coat lightly with a vegetable oil spray, season and bake at 375° until brown (8-15 minutes), turning twice while cooking. *Hand-mixed from: coarse salt, garlic, black pepper, basil, oregano, rosemary, thyme and marjoram.*

1/4 cup jar (net 1.2 oz.) #27539 \$ 3.95
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

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 ½ cup red wine vinegar and ½ cup olive oil, refrigerate. *Hand-mixed from: sugar, brown mustard, salt, garlic, black pepper, lemon, onion, French tarragon, white pepper, chives, thyme and cracked rosemary.*

1/4 cup jar (net 1.3 oz.) #26132 \$ 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, ½ cup red wine vinegar (or ¼ cup balsamic vinegar and 2 TB. water), plus 1 tsp. sugar if desired. Use to dress vegetable salads, chicken and pasta salads, or a plain lettuce salad. For gyros, mix 1 TB. in 1 TB. water. Let stand 5 minutes, add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. with 1 cup yogurt and 2 TB. cucumber for gyro sauce. Also great on grilled,

baked or fried fish or chicken, rub on 1 tsp. per lb. *Hand-mixed from: coarse salt, Turkish oregano, garlic, lemon, black pepper and marjoram.*

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

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

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

Penzeys Air-Dried Shallots

Our new air-dried shallots have a delicious, roasty flavor and are wonderfully inexpensive. Throw them right into soup, gravy, pot roast and other juicy dishes, or rehydrate for a few minutes covered in water and then sprinkle on top of chicken breasts before baking, veggies for sautéing and in salads and eggs. 1-2 tsp. is roughly equal to a fresh shallot. Try on pretty much all meats, poultry, fish and vegetables from the delicate to the hearty.

1/4 cup jar (net 0.5 oz.) #49034 \$ 2.49
1/2 cup jar (net 1.2 oz.) #49050 \$ 3.95
3/4 cup bag (net 1.8 oz.) #49047 \$ 4.99
1 1/2 cup bag (net 3.6 oz.) #49089 \$ 7.49

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. 1-2 tsp. of freeze-dried shallots equals one clove fresh shallots. From California.

1/4" Chopped Shallots

1/2 cup jar (net .4 oz.) #58056 \$ 6.95
1 cup jar (net .7 oz.) #58085 \$ 11.95
2 cup jar (net 1.4 oz.) #58027 \$ 22.95

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

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

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 1/2 tsp. per pound. Bake, grill or broil and enjoy.

French Thyme, chopped leaves

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

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 1/2-1 tsp. per pound, grill or broil. Great for boneless/skinless chicken breasts, season and freeze, two in a package, they'll be ready when you are. *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 1.1 oz.) #28536 \$ 3.95
1/2 cup jar (net 2.7 oz.) #28552 \$ 6.95
3/4 cup bag (net 3.8 oz.) #28542 \$ 8.69



Taco Seasonings

Taco Seasoning

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

1/4 cup jar (net 1.4 oz.) #23531 \$ 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 $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Beef Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Beef Base has more flavor and less salt. Plain beef broth is wonderful when you're under the weather, or add noodles or vegetables for a quick lunch. To "beef up" the flavor of soup, stew or gravy, add 2-3 tsp. Beef Base. For 2 quarts of soup or stew, add 2-3 tsp. Beef Base. For gravy, add 1 tsp. Beef Base to 2-3 TB. beef drippings to enhance the flavor of 2 cups gravy.

(net 8.0 oz.) #90186 \$ 9.95

Chicken Soup Base and Seasoning

For rich chicken stock use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Chicken Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Chicken Base has more flavor and less salt. Plain broth is great when you're on a diet, or add noodles and vegetables for a quick lunch. When making rice, add 1 tsp. Chicken Base to the water for rich flavor. Chicken base is used to fortify the flavor of soup, stew or gravy. For 2 quarts of soup or stew, add 2-3 tsp. Chicken Base. For gravy, add 1 tsp. Chicken Base to 2-3 TB. chicken drippings to enhance the flavor of 2 cups gravy.

(net 8.0 oz.) #90281 \$ 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 $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Ham Base per cup (8 oz.) water. For ham gravy, add 1 tsp. Ham Base to 2-3 TB. drippings from baked ham to enhance the flavor of 2 cups gravy. Ham Base gives a flavorful boost to plain vegetables or rice, just add a bit to the cooking water.

(net 8.0 oz.) #90586 \$ 9.95

Pork Soup Base and Seasoning

For rich roast pork flavored stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Pork Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Pork Soup Base has more flavor and less salt. Try making pork noodle soup for a nice change of pace, just use pork instead of chicken or beef, and add 1 TB. Pork Soup Base to 2 quarts soup to enhance the flavor. For truly great gravy, add 1 tsp. Pork Base to 2-3 TB. drippings from pork roast or pork chops for 2 cups gravy.

(net 8.0 oz.) #90881 \$ 9.95

Seafood Soup Base and Seasoning

For rich seafood stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Seafood Base for each cup (8 oz.) hot water. Seafood stock is a great base for chowder, gumbo or bisque, or to use in place of clam juice. To make quick linguine with clam sauce, cook 1 lb. pasta. While pasta is cooking, heat 2 TB. olive oil in a large pan over medium heat. Add 2-4 minced garlic cloves and 1 can clams, reserving the juice. Sauté for 2 minutes, add clam juice, $\frac{1}{2}$ cup water and 1-2 tsp. Seafood Base. Cook over medium heat 3-5 minutes, stirring, until reduced by about half. Serve over cooked, drained pasta.

(net 8.0 oz.) #90986 \$ 9.95

Turkey Soup Base and Seasoning

For rich turkey stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Turkey Base for each cup hot water. This is equivalent to 1 bouillon cube, though Turkey Base has more flavor and less salt. Plain broth is good food for those times you're under the weather, or add vegetables or noodles for a quick lunch. Turkey Base is often used to extend turkey gravy for holiday dinners, or to fortify the flavor of dishes made with turkey leftovers, such as soup, stew or casseroles. For 2 quarts of soup or stew made with leftovers, add 2-3 tsp. Turkey Base. For gravy, add 2 tsp. Turkey Base with 4-5 TB. turkey drippings for 3 cups gravy.

(net 8.0 oz.) #90386 \$ 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.



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

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



Cathy's Chili

Cool fall weather calls for chili, and this recipe from Cathy Mejia (story on page 39), is sure to become a favorite.

1-1½ lbs. lean ground beef
1 tsp. ENGLISH PRIME RIB RUB
1 large onion, coarsely chopped
1 6-oz. can tomato paste (Cathy uses no salt added)
1 12-oz. can tomato sauce (Cathy uses no salt added)
1 15-oz. can diced tomatoes (Cathy uses no salt added)
1 15-oz. can kidney beans, rinsed and drained
3-4 oz. water
2 TB. Worcestershire sauce (Cathy uses low sodium)
1 tsp. ENGLISH PRIME RIB RUB
1 tsp. GRANULATED GARLIC POWDER
1 tsp. CHILI POWDER
1 tsp. GROUND CUMIN

Place the onion in a large pot and cook over low heat until softened, stirring regularly. Add the ground beef and ENGLISH PRIME RIB RUB. Increase the heat to medium and cook until the meat is browned. Drain off any fat. Add the remaining ingredients to the pot and bring to a boil, stirring frequently. Reduce the heat to a simmer and cook for at least 1 hour, stirring every 15 minutes. Taste and add more CHILI POWDER and CUMIN if desired.

Prep. time: 15 minutes

Cooking time: 1 hour or more as desired

Serves: 6-8

Nutritional Information: Servings 8; Serving Size 1 cup (291g); Calories 270; Calories from fat 80; Total fat 9g; Cholesterol 55mg; Sodium 250mg; Carbohydrate 24g; Dietary Fiber 8g; Sugars 8g; Protein 23g.

Lynn Maday

“Family is everything.”

Lynn Maday has spent nearly her whole life on the Bad River Band reservation. Located on the south shore of Lake Superior, it is an area of abundant fresh water and other natural resources.

She works at the Bureau of Indian Affairs in nearby Ashland, Wisconsin.

Her community had been in the news due to a proposed iron ore mine a couple of years back. She witnessed her elderly aunts make the long bus trip down to Madison to voice their concerns about how it would affect their way of life and the quality of the ecosystem they inhabited.

“We take care of our natural resources,” Lynn explains. “We are thinking seven generations into the future.”

The Seven Generation Principle is a concept, originating among the Iroquois, that urges current humans to live and work for the benefit of those roughly 140 years into the future. Essentially, will the decisions made today benefit their children seven generations from now?

Circumstances may not always be easy, but the Bad River Band supports each other and there is no shortage of love in the community.

“We continue to struggle, but we persevere,” explains Lynn. “We are a proud people that love our community. We take care of each

other, we take care of our Elders, we cherish our children and serve our community.”

Neighbors are family, too, in their community. Thinking back to that first Thanksgiving nearly 400 years ago, the Native Americans were more than neighborly to the European settlers; they welcomed them into their land and, in essence, their community.

For Lynn, the spirit of welcoming is alive and well.

“You may not be blood, but you are still family to us. People don’t knock. Our doors are always open for our family,” says Lynn. “Kindness is a way of life here. There has never been a lot of money, but when people come to visit we feed each other.”

Family meals are always special for Lynn.

“I grew up getting together for Sunday dinner at my Grandma Pat’s house. We always had a roast and enjoyed time with our cousins running around in the woods,” remembers Lynn. “I never realized how small my grandma’s house was until I was a parent at Christmas. Eight hundred square feet was a bit of a challenge for 50 people and a toddler that wanted to crawl around. But it was family and that is all that mattered.”

Especially this time of year. The sense of community and family is never more apparent than during the holidays like Thanksgiving. “When we gather to celebrate, my family will be over 50 people in a small house full of the smells of a traditional dinner,” she explains. “We will have turkey, ham, sweet potatoes, gravy, wild rice,

rutabagas, cabbage, cranberries, stuffing ... and a variety of pies.”

Lynn looks forward to sharing this special time with her extended family.

“We will laugh and tell stories, plan our Black Friday shopping trips and just be together as family.”

Caring for each other is something every generation understands. Although no longer with her in body, Grandma Pat’s spirit and influence lives on in her granddaughter.

“She was the matriarch of our family,” explains Lynn. “She was my hero, my teacher, my confidante, shopping partner and honored grandma. She told you what she thought, stood strong by what was fair and right and defended her family without hesitation. She was generous and thoughtful, always thinking of others and her eyes lit up when you walked in the room.”

Grandma Pat’s big heart is also alive and well in Lynn’s son, Pierce.

“Pierce started a maple syrup business so our Elders and neighbors can have maple syrup. He asked for small donations to buy the equipment he needed. He doesn’t make a profit from it, but everyone is able to enjoy fresh maple syrup. Little things make a big difference,” she says.

Lynn knows the perseverance of her people and the inherent kindness they share.

“We’ve faced challenges throughout our history and will remain strong, learning from our Elders and educating our youth. We will keep our community together,” says Lynn.

“After all, we are all family.”

—Andy Jankowski



Lynn with her beloved Grandma Pat. Her grandma had a large influence on Lynn while she was growing up. Grandma Pat “was generous and thoughtful—always thinking of others and her eyes lit up when you walked in the room.”



Fry Bread

Fry Bread is a traditional Native American recipe. It can be topped with savory meat or served with jam or honey.

- 4-4 ¼ Cups flour
- ¼ Cup baking powder
- ½ Cup sugar
- ½ tsp. salt
- ½-1 Cup very warm water
- 1 12-oz. can evaporated milk
- oil for frying

In a large bowl, combine 4 Cups flour, baking powder, sugar and salt. Add the milk and ½ Cup warm water and mix. You want the dough to be soft and slightly sticky; if too dry add water a tablespoon or two at a time, if too wet add extra flour a tablespoon or two at a time, stirring vigorously or kneading until a very soft ball forms. Cover and place in a warm place for 1 hour.

In a large frying pan, heat ½ inch of oil or shortening over medium heat. Grab a golf ball-sized piece of dough and roll into a ball. Work with your hands into a disc, then place on the table and flatten into a larger circle and place in the pan. Fry until golden brown, turning once, roughly 3 minutes per side. Don't fry more than a few at a time, or they won't brown properly. They should puff a bit and be golden. Place on a paper towel-lined plate to drain.

Prep. time: 30 minutes plus 1 hour resting time

Cooking time: 6-8 minutes per batch

Yield: 14

Nutritional Information: Servings 14; Serving Size 1 piece (82g); Calories 220; Calories from fat 60; Total fat 7g; Cholesterol 10mg; Sodium 450mg; Carbohydrate 34g; Dietary Fiber <1g; Sugars 7g; Protein 5g.

Sweet Potato Casserole

Every turkey needs a sidekick, and this casserole really delivers.

- 5-6 sweet potatoes (3-4 lbs.)
- 1 Cup heavy cream (whole milk or half & half would work, but it is a holiday!)
- ½ Cup butter (1 stick), softened
- ½ Cup brown sugar
- ½ tsp. salt
- ¼ tsp. PENZEYS PEPPER
- 1 Cup chopped pecans

Preheat oven to 400°. Scrub the sweet potatoes and poke with a fork. Bake until soft, about 1 hour. Remove from the oven and let cool. Reduce the oven heat to 375°. Cut the sweet potatoes in half lengthwise and scoop the insides into a bowl. Add the cream, butter, brown sugar, salt and PEPPER. Mix well. Spoon into a greased 9x13 casserole dish and spread evenly. Sprinkle with the pecans and bake at 375° for 30 minutes.

NOTE: The potatoes can be baked a day ahead and stored in the fridge, or the whole casserole can be prepared and assembled, minus the final nut topping, covered and refrigerated overnight. In this case, bring to room temperature before popping in the oven, or reduce baking temp to 350° and double the baking time.

Prep. time: 75 minutes

Cooking time: 30 minutes

Serves: 10

Nutritional Information: Servings 10; Serving Size 1 cup (281g); Calories 410; Calories from fat 180; Total fat 20g; Cholesterol 35mg; Sodium 320mg; Carbohydrate 55g; Dietary Fiber 8g; Sugars 17g; Protein 5g.





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 \$ 14.95

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 \$ 14.95

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 \$ 9.99

4 fluid ounce bottle #92151 \$ 16.69

8 fluid ounce bottle #92180 \$ 32.49

16 fluid ounce bottle #92119 \$ 56.95

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 \$ 15.49

4 fluid ounce bottle #92256 \$ 27.95

8 fluid ounce bottle #92285 \$ 55.29

16 fluid ounce bottle #92214 \$ 92.49



It's always fun for Susie to bring her traditional, turkey-shaped Challah Bread to the table to celebrate her family's Jewish heritage.

Susie Berger

Susie Berger's grandfather, Heinrick Haesler, was young and rebellious with a great sense of adventure. Already learning the craft of cheesemaking in his hometown of Gsteigwiler, Switzerland, Heinrick, at 17 years old, chose to set out for America to begin what he saw as a new life for himself.

Henry, as he came to be called in America, settled in Fountain Prairie, a small town in south-central Wisconsin. It was there, in October of 1908, that he started on what was to become a successful path into the world of cheesemaking.

Henry met Laura, the daughter of German immigrants, and soon married. Their children Adeline and her younger brother, Henry John, grew up in the cheesemaking towns of Concord, Oconomowoc and Eldorado, where Henry was a member of the Wisconsin Cheesemakers Association. He earned the highest recognition from fellow cheesemakers in the area, at one time being presented with a watch for the best cheese in Wisconsin.

Henry made cheddar and brick cheese. Local dairy farmers delivered the milk early in the morning, and the process would begin. Large steel vats held the milk while it was churned. As

the whey began to form on top, it was skimmed off and fed to the pigs. The curds were pressed into rectangular molds and a brick was placed on top, thus the term, “brick cheese.”

This cheese was set for the day around two in the afternoon. Henry would then complete the paperwork and head to the bank with his daily deposit. He’d meet up with the area cheesemakers in town, have a beer, compare their days and head home, to do it all again tomorrow. There were no days off for the farmers or the cheesemakers.

Laura would make large noon-time meals for the men working in the cheese factory. All the food was made from scratch with ingredients from her garden and the animals raised on the grounds.

Susie says, “My uncle Henry John served in the U.S. Army during WWII, while my mother, Adeline, enrolled in the Oshkosh Teachers College, which later became UW-Oshkosh.

“She met my dad, Charles, during her days at the university. They married and settled in Oshkosh where my mom began teaching in a one-room school house until my older sister Nancy was born.”

Susie’s mother stayed home to raise the girls until they were in junior high, then returned to college to earn her bachelor’s degree in education.

“During this time,” Susie says, “my sister and I began assuming the responsibility of cooking our meals and doing the housework so that my mom could both substitute teach and attend school.

“My mom was a very good cook and loved using spices to enhance the flavor of the wild game my dad brought home from his hunting excursions. He was an avid fisherman and hunter,” Susie says. “He’d bring home venison, ducks, geese, pheasant and a variety of fish. These were the

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Nana’s Chocolate Cake

This cake is incredibly versatile. We used buttercream frosting, but it is also great served with ice cream or simply dusted with cocoa powder.

- 2 Cups all-purpose flour
- 1½ Cups sugar
- 1 Cup NATURAL COCOA
- 2 tsp. baking soda
- ¾ Cup canola oil
- 2 Cups boiling water
- ½ tsp. instant espresso powder (if you can’t find this, you can substitute ¼ Cup brewed strong black coffee, but then reduce the boiling water to 1¾ Cups)
- 2 eggs, beaten
- 2 tsp. PURE VANILLA EXTRACT

Buttercream Frosting:

- 2 sticks butter, room temperature
- 2 tsp. PURE VANILLA EXTRACT
- 4 Cups powdered sugar, sifted
- 6 TB. milk

Preheat oven to 325°. Grease a 9x13 pan or grease two 8-inch round cake pans or two 8x8-inch square pans and line with parchment paper. In a mixing bowl, combine the flour, sugar, COCOA and baking soda. Add the canola oil. Combine the boiling water and the espresso powder (or boiling water and coffee). Stir to dissolve. Add to the batter. Gently combine without over mixing—25-50 stirs by hand. Add the eggs and vanilla and mix again just to combine. The batter will be thin. Pour into the prepared pan(s) and bake at 325° for 30-40 minutes for a 9x13 pan and 22-25 minutes for 8x8 pans. Let cool 10 minutes before turning out of pans (if making 8-inch cakes). Let cool thoroughly before frosting.

To make the Buttercream frosting, cream together the butter and VANILLA on medium speed with an electric mixer. Alternate adding sifted powdered sugar and milk, mixing well on low speed after each addition.

Prep. time: 20 minutes

Baking time: 22-40 minutes

Serves: 12-18, depending on pan size

Nutritional Information: Servings 18; Serving Size 1 piece (148g); Calories 420; Calories from fat 190; Total fat 21g; Cholesterol 50mg; Sodium 220mg; Carbohydrate 57g; Dietary Fiber 2g; Sugars 43g; Protein 3g.



1945 photo of Susie’s grandparents, Henry and Laura and her mother, Adeline as a young woman, dressed in their “Sunday best” as they depart to Beaver Dam for the Wisconsin State Cheese Convention.

foods we grew up on.”

Susie’s family was small. As a young child, at the age of 2, the family sadly lost both grandfathers and her only uncle in the short time of six months. This left the young girls with their parents and two grandmothers to call family. “There were no cousins, aunts or uncles, but the six of us would always share dinner together on Sundays and holidays,” says Susie.

The years passed. Nancy and Susie would both continue their education. Nancy found her career in the management of non-profits serving youth, and later the arts, while Susie pursued a career in nursing.

Susie met her future husband, Maury, in Madison during their college years. Setting out to begin a new life together, Maury and his bride returned to his hometown of Milwaukee where Maury practiced oncology at West Allis Memorial Hospital for 30 years, while Susie worked as an emergency and critical care nurse at Mt. Sinai in Milwaukee. Together they raised two sons, Joel and Aaron, who are now married with children of their own.

After the birth of her boys, Susie’s home became the focus for family gatherings and the Thanksgiving holiday soon became the family’s favorite. Susie always made sure there was room for anyone who needed a “home for the holiday.”

Like her mom, Susie has been quite involved in her community. She volunteered with the Red Cross while in high school and made countless cookies for neighbors and friends, if for nothing more than to just put a smile on their face. Her sons’ teammates loved the treats she would take to their sporting events. Susie also served on the board of directors of the Milwaukee Symphony Orchestra.

Susie says, “After my parents’ retirement, Nancy and my mom

traveled to our grandfather’s hometown in Switzerland. Alongside local family members, they walked the village where our grandfather spent his youth. They enjoyed touring the Alps, where, amongst the grazing cows, our grandfather learned the art of cheesemaking.

“After meeting our relatives, my mother welcomed them to our home for Thanksgiving and enjoyed sharing our American holiday with our Swiss relatives. Over the years we’ve shared several holidays together.”

Nancy, who currently lives in Sarasota, Florida, says, “I’ve always been the one to travel from wherever I was calling home at the time, to join my family for Thanksgiving. Thanks to my mom and my sister, the meal always was and is delicious!

“Susie has had a great passion for cooking, always looking to try a new spice in her recipe. She taught our mom and her sons to spice it up, too! Her sons both enjoy cooking and even her 8-year-old grandson, Max, is getting into the act. She’s actually showing me a few tricks in the kitchen, too!

“My mom would make her famous chocolate cake and pies, and Susie would cook the rest of the meal. There was always a cheese appetizer as a tribute to our Swiss heritage and Susie would make her Challah bread, in the shape of a turkey, served to honor her family’s Jewish heritage.

“Everyone, including Susie’s grandchildren, gathers around the table, taking turns to share their gratitude—which might be a poem, a special moment in one’s memory or to say what they are thankful for today.

“It is a moment of laughter and tears, especially since we lost our father in 2007 and our beloved mom passed peacefully last Christmas morning. We are all so very grateful for her 96 ½ years with us.”

Susie adds, “Our mom was a very intelligent woman. She read books on her Nook, played cards with neighbors and friends, was active in politics and enjoyed her gardens. She had friends of all ages, having outlived most of her life-long friends.

“Mom was always thinking of others. The summer before she passed, we made a special Swiss cookie for a life-long friend, Walter. He was thrilled when they arrived at his home in Phoenix. I just loved sharing recipes and cooking with my mom!

“Mom’s concern for others led to over 5,000 hours of volunteer work at the patient information desk and gift shop at Mercy Hospital in Oshkosh. She remained active in her church quilting group and at home she knit countless caps for newborns at the hospital.”

Susie and Maury moved to Ocala, Florida, in 2000 where Maury continues to practice oncology and hematology. They spend their summers on Lake Butte des Morts in Oshkosh, just down the road from their mom’s home.

Susie says, “Our Thanksgiving celebrations have always been a time of reunion, remembrance and reflection. Our day begins with simply hanging out, catching up with Nancy and our sons and their families. It’s always fun to play with our grandchildren. And football—we are big Packer fans.

“As dinner begins, Maury heads our table and begins our ritual of sharing with each other the things for which we are grateful. He is very compassionate and expresses his gratitude for all of us being together. When our mom was here, he would begin by saying how happy and fortunate we were to still have Mom with us.

“Some of us prepare our expressions of gratitude, and my mom always put



Sharing the joy of family at Thanksgiving are Susie and Nancy's mom, Adeline, Nancy, Susie's husband, Maury and Susie.

a lot of thought into what she wanted to say. She would choose a special reading, something to inspire us, to guide us. I like to compose a poem to express my feelings. Even our little grandchildren express their thanks for a new sister or cousin, or their favorite dish at the table. This ritual really does create a strong bond between us.

"We're all here for the entire weekend, so this gives us time to reconnect and just enjoy family."

Nancy adds, "Susie has always made this all happen by opening her heart, her home, making all the wonderful food and maintaining our family's traditions. This IS our family's holiday!"

Susie, Nancy and the family agree, "The special magic of Thanksgiving is the focus on what we have as a family, what matters most in life and sharing together the joy of family and its ever-changing dynamic. We all give thanks to those who presently sit around our family's Thanksgiving table, and to those whose memory we hold in our hearts."

—Lani Haag



Turkey-Shaped Challah

Whether or not you try your hand at turkey-shaped bread, this recipe is well worth making. If you're not going for a turkey, sprinkle the bread with SESAME SEEDS before baking.

- 3 pkgs. dry yeast (roughly 2 TB. plus $\frac{3}{4}$ tsp. yeast if you are using bulk)
 - 2 TB. sugar
 - $\frac{1}{2}$ Cups warm water
 - $\frac{6}{2}$ -7 Cups unbleached flour or bread flour
 - 2 tsp. salt
 - $\frac{1}{2}$ Cup sugar
 - $\frac{1}{2}$ Cup canola oil
 - 3 eggs, slightly beaten
- For topping:
- 1 egg yolk
 - 1 tsp. cold water

In a small bowl, combine the yeast, sugar and warm water. Stir slightly and let sit for several minutes until frothy and bubbly. If the mix does not do this, discard it and try again with new yeast.

In the mixing bowl of a stand mixer with a dough hook, combine the flour, salt, sugar and oil. Put the mixer on low and add the eggs and yeast mix.

Keep the mixer running. The dough should start to pull away from the sides of the bowl. If dry flour remains, slowly add a drizzle of warm water until the flour is incorporated and clumped around the dough hook. Let the mixer do some work and keep on medium speed to knead the dough. After about 4-5 minutes remove the dough from the bowl and "crash" (drop on the lightly floured table with some force and pick up, flip and drop again several times, kneading as you go). When it is right, the dough is smooth and feels softer, with just a touch of stick.

Put the dough in a large greased bowl or pot. Punch down the dough and then turn it over and cover for 1 hour or until the dough doubles in size. Remove the dough. Punch down and divide into 2 big sections that are then divided again for 2 loaves or cut into $\frac{2}{3}$ and $\frac{1}{3}$ for a big loaf. These instructions are for regular challah; see below for turkey instructions.

Take the $\frac{2}{3}$ of dough and divide into 3 equal parts. Braid tightly onto an ungreased cookie sheet. Take the remaining $\frac{1}{3}$ of the dough and divide into 3 equal pieces and do a tight smaller braid. Place the small braid on top of the bigger loaf and push down to seal it to the bottom. Cover with greased plastic wrap and a dry kitchen towel and let rise 1 more hour.

Preheat oven to 375°. Mix the egg yolk with the cold water and brush the egg wash on the dough (Susie saves the egg wash to brush on the bread if it starts to spread out in the first few minutes of baking). Bake on the middle rack for about 35-40 minutes. If the top begins to brown too quickly, cover with foil. The bottom of the bread should sound hollow when done. You can also put down parchment to keep cookie sheet clean.

If you want to do 2 loaves then divide the dough in half. Each half into $\frac{2}{3}$ and $\frac{1}{3}$ and follow same process of braiding. (You may want to try 2 loaves the first time to get the braiding tight and it will fit better in the freezer or do 1 big very tight braid loaf and cut in $\frac{1}{2}$ for freezing.) To assure a tight top when adding the second braid on top you can make an egg white wash and save the yolk. Use the egg white wash on bottom of where you will place the top braid of dough. This will help seal the parts together. You can also gently push the edges of the top braid into the bottom before you put it in the oven.

For a turkey, use most ($\frac{4}{5}$ of the dough) to make a big tight braid, spinning it into a circle and place on a large greased cookie sheet in the middle of the lower third of the pan. Use the remaining dough to fashion the neck and head (raisin for eye), feet and tail feathers. Place edges under the braid—it should bake together but a little of the egg wash helps.

Prep. time: 3 hours
Baking time: 35-40 minutes
Serves: 20-24

Nutritional Information: Servings 24; Serving Size 1 piece (67g); Calories 200; Calories from fat 50; Total fat 6g; Cholesterol 30mg; Sodium 210mg; Carbohydrate 31g; Dietary Fiber 1g; Sugars 5g; Protein 5g.

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

BAKER'S ASSORTMENT
#81748 \$38.75



GIFT BOXES | 4 JAR



TACO SEASONINGS GIFT BOX
#81948 \$45.55



GRILL & BROIL GIFT BOX
#86743 \$30.75

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.

AMERICAN KITCHEN GIFT BOX
#85483 \$59.29

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



SALT FREE GRILL & BROIL
#86988 \$61.55



HERB GIFT BOX
#80383 \$36.99

GIFT BOXES | 8 JAR

Gifts

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, 4/5, Mural of Flavor, Cajun Seasoning, Galena Street Rub, Bicentennial Rub, Singapore Seasoning, Jerk Chicken/Fish Seasoning, Northwoods Seasoning, Lemon-Pepper, Saté Seasoning, Pork Chop Seasoning, Trinidad Lemon Garlic Marinade, Black & Red Spice, Florida Seasoned Pepper, Southwest Seasoning, Bavarian Rub.

#85838 \$128.79

Hot Chocolate Gift Set

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

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

#87737 \$37.59

Pasta & Salad Seasonings 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

GIFTS THAT SAY SO MUCH



WEDDING 9 Jar
#88839 \$39.95

COOKING GIFT BOX
#83021 \$37.95

WEDDING 15 Jar
#88868 \$69.95

Teacher's Gift Box

Let the teachers in your life know how much you appreciate them. At Penzeys we believe that education is the future of everything, so we put together this gift box as a way of showing our admiration and gratitude for everything teachers do.

BOX CONTAINS: 1/4 Cup jar of Smoked Spanish-Style Paprika, 1/2 Cup jar of Penzeys Forward! Salt Free Seasoning, a Teachers Care bumper sticker, a Teach! pin, and a 24-page booklet of stories and recipes.
#83018 **\$9.95**

Two Hearts Gift Crate

All dressed up and ready to go—this crate looks so great it doesn't even need wrapping. Plus, it has everything the happy couple could need to create wonderful meals and memories.

BOX CONTAINS: Black & Red, Regular Chili Powder, Herbes de Provence, Italian Herb Mix, Pasta Sprinkle, Poultry Seasoning, Hot Chocolate Mix, Lemon Pepper, Taco Seasoning, Chip & Dip Seasoning, Sandwich Sprinkle, 4/5 Seasoned Salt, Dill Weed, Parsley, China Cinnamon, Granulated Garlic, Hungarian Sweet Paprika, 8" Peppermill with Tellicherry Peppercorns, 8" Salt shaker, Double Strength Vanilla, Four Peppercorn Blend, Spanish Coupe Saffron and wedding charms.

#87537 **\$204.99**

Wedding 9 Jar

Help the happy couple cook up some memories.

BOX CONTAINS: 1/4 cup jar each of English Prime Rib Rub, Mural of Flavor, Smoked Spanish Paprika, Ruth Ann's Muskego Ave, Sandwich Sprinkle, Thyme, Penzeys Cinnamon, 1/2 cup jar each of Cajun Seasoning, and Penzeys Frozen Pizza Seasoning, a Heal the World magnet, a Heal the World dish towel.

#88839 **\$39.95**

Wedding 15 Jar

All you need is love (a little spice never hurts).

BOX CONTAINS: 1/4 cup jar each of Sandwich Sprinkle, Mural of Flavor, Smoked Spanish Paprika, Turkish Oregano, Penzeys Roasted Garlic, Arizona Dreaming, Forward!, Northwoods, Penzeys Frozen Pizza Seasoning, Cajun, Ruth Ann's Muskego Ave, Fox Point, 1/2 cup jar each of Penzeys Cinnamon and Penzeys 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."

#88123 **\$6.95**

Love People Dish Towel

... Says it all. Actual size of towel is 20" by 28."

#88123 **\$4.95**

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**



What people are saying about Penzeys **One** Email

I love what you are doing — bringing cooking to the world as a force for healing.

Jennie L.

I'm originally from Milwaukee and have used your spices for decades. I just want to tell you how inspired I am by your notes and emails. Best,

Dawnita A.

Just a quick note. Not often that some "advertising" from a company makes me stop and think, or ponder, or perhaps even shift how I view things slightly. Yours did.

Byron F.

Thank you for your essay in the newsletter. My wonderful spices are even better knowing I am supporting a company that believes in repairing the world, rather than tearing it down.

Karen R.

Just LOVE this email. Thank you thank you thank you.

Justine L.

I applaud your far-reaching concern for ALL of the people in our country and your reaching out to customers to help heal the world. Thank you for your efforts!!!

Denise L.

Because of your beliefs I will continue to buy only at Penzeys and encourage my friends both real and virtual 🍌 to shop there as well. Thankful for business people like you.

Kimberly B.

The letter I received today in my email box made me convinced that I am buying from a good company. Thank you.

Peggy H.

With tears, I thank you for this special email. Peace,

Barb

Bravo!

Kathleen D.

Thank you for once again sending us a beautiful message, one that inspires and calls us to action.

Cheryl S.

Just a short note to say I love your products and recipes. Your herbs, spices and extracts are the best. Also love your positive outlook on the US and indeed the world! Many Thanks

Sharon H.

That was heart-stirring! You are unique in the retail world for taking a positive and vocal stand on the important issues of our nation. Thank you.

Lois G.

Here Here! Bravo Señor!

Keep educating us! Keep building community! Please keep encouraging us to unite around food.

BilliJo S.

I don't really have anything special to add, but want you to know that I love your products, and even more so because of your thoughtful and loving attitude. Thank you!

Ruth B.

I love this message!!!! Your products are delicious and make cooking easier, but this message is amazing. In a time of nasty sound bites and nastier drive-thru dinners, your thoughtful letter is refreshing. Thank you.

Wendy W.

Your efforts towards social justice are heartfelt and amazing. You've earned a lifetime customer, not just because your spices are the best, but because your heart is in the right place. Keep doing what you're doing, I appreciate it.

Docia R.

Just wanted to let you know how beautiful this piece is. Thank you so much for sharing this.

Judy G.

PS: Your spices are fantastic!

We need a thousand more open-minded businesses like Penzeys. I will be shopping for stuff from you this Holiday season.

MT

I just wanted to say how much I appreciate your messages of compassion and inclusiveness.

Marcy C.

Your spices make my food tastier, and your philosophy makes my world more tasteful. Thanks for spreading the love. :)

Sarah P.

Thank you such a beautiful email and for speaking out so clearly about promoting kindness towards one another, no matter what color, creed, religion, background, ethnic heritage.

Jan S.

Due to the content in this email: Please remove me from your email list. I will return the mail order I just received. I will never purchase your products again. And yes, I will forward this to family and friends so they will also conclude to NEVER purchase your products again. Thank you,

Lori A.

What I want to tell you is THANKS for linking your corporate message with what some people would call a political message or a religious message but that I would call a truly human message. I will use Penzey's more on my gift list this year because of your attention to gender and human rights issues!

Monte

After reading your email I had to respond with a hearty THANK YOU for your expressions of the importance of celebrating and welcoming the diversity of everyone in and to our country. Diversity makes our country so much richer, keep up the positive writings, and the wonderful products.

Wendy W.

I just want to say that I truly appreciate the spirit and the sentiment behind your company and your actions! Thank You!

Cheryl P.

I have nothing to add but thank you, thank you, THANK YOU!

Jacki W.

What a loving perspective! Thank you for sharing and encouraging respect. :)

Gloria L.

Please keep your wonderful newsletters coming. Aside from email from my kids, grandkids, and friends, it's one of the few online things I actually look forward to!

Karen B.

I love all the stories and recipes, and the foundation in which your company is built. All about family, food and acceptance. Love it.

W. M.

I always enjoy your perspectives on life and America, whether in an email or in the catalogue. Keep it up, and thanks!

Janet L.

No special story here, but I want to say again YOU GUYS ARE AWESOME!!!!

Terry T.

Thank you for your beautiful soulful letter.

Martha B.

Thank you for having great products for us to try. More than that, thank you for your comments about taking good care of one another and for your political comments. There are times that the stories you share have brought me to tears and other times to laughter. I appreciate all of it.

We are a small, family-owned business and really appreciate the time that you take to write things that inspire me and make me think. We know that being involved in our community matters. Thank you for being part of our community.

Diana T.

Just want to thank you for this wonderful email!

Mary F.

Bless you for being such a caring soul! Happy to be a part of the Penzey's club. Be well.

Pat T.

You have again touched our hearts!

Dawn B.

What a beautiful letter and idea. No wonder I love Penzeys!

Leslie J.

Good for you. Thank you for this email.

*Rev. Barbara M. R.
United Church of Christ, ONA pastor*

Outstanding comments. We need more people like you to keep this the great country it is.

Tom & Dee L. (Retired USAF)

I love everything you do and stand for! Sincerely,
Susan M.

we love your spices and all of you who work to make the world brighter. thanks from the heart,
pat t,

I ABSOLUTELY LOVE YOU GUYS!!! I TELL EVERYONE I MEET ABOUT YOU. CONTINUED GROWTH AND SUCCESS

Donna H.

Thank you - well said!
Yours in spices and values,

Rachel W.

I just finished reading your eloquent newsletter and am in tears for our country. Thank you for encouraging kindness and diversity through what we all love to do - cook and eat good food. A long-time customer,

Maureen M.

I love your spices. I also love that the values of the company and people behind them are all focused on love, inclusion, and bringing people together. Bravo!

Janet G.

You always say so eloquently what I want to say. Thank you for your values, your courage, your graciousness and the kindness that underpins it all.

Susan S.

Bravo! Your company gives me hope that a company can be caring and respectful of all cultures, and how better to do that than cooking. Consider this a standing ovation in response to your newsletter today.

Julie H.

We always look forward to the recipes and stories from the community of Penzeys customers, and wish you every success and more to come. Keep doing your good work and inspiring us to do the same.

Kathy B.

Please continue to do what you do and the way that you do it. It gives me hope for now and the future. Most sincerely,

Susan A.

I have loved your spices for years and now I find out that I love your world view as well. The thoughts that you shared in your email today brought tears to my eyes.

Thank you for making the world a kinder place,
Ellen H.

Keep up the great work and great newsletters bringing us folks who look into the positive side of life with cooking for those we love!!

Silvia H.

Words do not suffice but I want to express my deepest appreciation to you and your company for the caring, inclusive, ethical positions that you have exhibited. They reflect what my family believes to be true American values. Thank you!!!
Thank you!!!
With admiration and respect,

Your kindness reaffirmed I am not alone in the kindness fight. God bless,

Anna H.

Thank you for your courage and your compassion. Your products are head and shoulders above the rest and I would purchase them just for their quality. Your dedication to building empathy and kindness means that I also purchase them with a smile on my heart. With gratitude and admiration,

Amee B.

I LOVE Penzey's spices, but I love even more that your company features love, acceptance, and understanding for EVERYONE. The world does need more love.

Kathy

Keep on keeping' on. Truth to power, etc. Love your ideas and spices.

Pam S.

Kudos to all of you! Your stance on kindness, love and acceptance is more of what our country needs. Thank you!!!!

Eileen

I was not expecting a spice newsletter to get so -real-! I was just looking for coupons, so this really made my morning. :)

Andrea

Penny spices....you rock!!! Love your message!!!!

Teresa M.

Thank you for the recipes. What a wonderful company!!! Thank you!

Sonja N.

I, for one, will gladly continue to get my spices from Penzeys, not only because they are delicious and fresh, but to show my support for your kindness and humanity in the way you are choosing to run your business. Thank you. Kindest regards and much respect,

Huong T.

what a neat thing to do

Pam L.

You are not just talking the talk, but walking the walk - and I commend you for taking those steps. I thank you, my children thank you, and one day, my children's children will thank you for the difference you are making in our world, one day at a time.

Beth G.

Kudos to you all for your loving ethics. Live long and prosper.

Kathryn R.

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JRLN

one for the Road to November 25th 2021

These Brussels sprouts are from a recipe given to us by Lynn Maday. Her story, along with her Fry Bread and Sweet Potato Casserole recipes, is on page 48. If you missed them, you should circle back. Lynn Maday's story is pretty much everything I believe cooking to be all about. We first met Lynn a couple years back as we were trying to bring awareness to the proposed digging of what was to be one of the world's largest water acidifying, open pit strip mines. The mine site was located in the Penokee range, at the headwaters of Lake Superior, the world's largest freshwater body.

Lynn Maday and her Bad River Band of the Ojibwe Nation were part of the coalition working to stop the irreversible damage this massive mine would do. With kindness, patience and maybe most importantly, persistence, this group was actually able to derail the mine before it ever got started. Through all of this, those we met from the Bad River Band held firm to the Ojibwe's shared belief that all decisions affecting the environment must first and foremost protect the next seven generations' right to both clean air and clean water. It is this belief that gave them the strength to persist.

With its long progressive and environmental heritage, Wisconsin has been a testing grounds for those wishing to use unlimited political spending to replace laws favoring the common good with laws favoring those capable of writing \$700,000 campaign contribution checks. So many of our State's compassionate traditions are in retreat in the face of this overwhelming spending. The Bad River Band,

through their seven generations belief and their working with the communities around them, have been able to hold the line. There is much we could all learn from them. They have much to share.

A big part of our excitement for Thanksgiving400 is that, just like 1621 set in motion a new and better nation, 2021 has every possibility of unlocking the full potential of the more perfect union our founders always envisioned. With luck, 2016 will be the last election that can be run by appealing to just one color of the American Rainbow. Maybe in 2020 it will be tried one final time, but by 2021 it will become clear that without building bridges to those outside one's own individual group, there will be no possible pathway to being elected to lead this country.

America has always been so very rich in cultures, and traditions, and problem-solving abilities. But for most of our history, it's been a pretty narrow slice of those cultures whose traditions get to be shared with all. By Thanksgiving Day 2021, many more groups will have a seat at the table. The skills and abilities they will bring with them to share will make us even better. Here's to having Lynn Maday's Brussels sprouts waiting for them when they arrive. They are tasty.

Love people—Cook them tasty food!

Bill

bill@penzeys.com



To read more about the Bad River Band's work to save the Penokee Range, visit us at Penzeys.com.



There's beauty around every bend in the Kakagon Sloughs, which feed into Lake Superior.

Brussels Sprouts

Lynn Maday (story on page 48) writes, "This is a twist on the Brussels sprouts my grandma always served at Thanksgiving."

- 2 lbs. Brussels sprouts, cleaned, trimmed and halved
- ¼ Cup olive oil
- ½ tsp. CRACKED ROSEMARY
- ¼ tsp. GRANULATED GARLIC POWDER
- ½ tsp. KOSHER-STYLE FLAKE SALT
- ¼ tsp. PENZEYS PEPPER
- CRUSHED RED PEPPER FLAKES, to taste

Preheat oven to 425°. In a large bowl, combine all of the ingredients. Mix well. Spread in a single layer on a baking sheet or two (don't crowd the sprouts) and bake until roasted but not burnt, about 30-40 minutes, flipping midway through cooking.

Prep. time: 10 minutes

Cooking time: 30-40 minutes

Serves: 8-10

Nutritional Information: Servings 8; Serving Size 1/2 cup (121g); Calories 110; Calories from fat 70; Total fat 7g; Cholesterol 0mg; Sodium 100mg; Carbohydrate 10g; Dietary Fiber 4g; Sugars 3g; Protein 4g.

Lynn Maday's Brussels Sprouts



Penzeys Spices

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