



J E F F R E Y S A A D

Thank you for purchasing my spice blends! I look forward to helping you make your next meal a proud, tasty moment!

If you have questions or comments please go to www.jeffreysaad.com and leave me a comment. I will get back to you right away.

Cooking tips for the spice blends:

There is a no salt in the blend so make sure to season your food with salt as well before cooking.

Italian

- Heat 2 TB of the spice mix in some olive oil with a clove of chopped garlic. As soon as you hear a sizzle add your tomato sauce. Simmer and then add your cooked pasta. Let your cooked pasta simmer in the sauce for a couple minutes to absorb the sauce and the flavor of the spices.
- You can do the same thing above but instead of using tomato sauce use a little more high quality olive oil for a simple, full-flavored pasta dish.
- Add to any of your favorite Italian recipes to give them a punch of flavor.
- Use in your favorite meatball recipe.
- One Tb spice and 1/3 C. chicken broth per can of Bush's Cannellini beans. Stir together in a pot and simmer until hot. Drizzle with extra virgin olive oil and serve as a delicious side dish or add your favorite protein to make a meal.

Mexican

Coat your white fish, chicken or pork liberally with the spice. Sprinkle with salt and a TB of orange juice and/or lime juice. Rub to create an even coating. (Placing your hand in a sandwich bag is a good idea to prevent your fingers from getting orange from the spice). Sauté in a pan until golden orange and cooked through (fish will easily finish cooking in a sauté pan. For the chicken or pork you can then:

1. Finish in a 350-degree oven.
OR
2. Add to a pot of sautéed sliced onions. Add another 2 TB of the spice and cover with chicken stock. Bring to a simmer and then turn down to very low. Cover and cook until meat can be shredded into the sauce with two forks. Great for tacos, burritos or served over rice.
3. Makes great tacos (In ground beef or pork as well as rubbed on whole cuts of meat) with some shredded cabbage, pickled red onions, avocado and cotija cheese (see my blog at www.jeffreysaad.com).
4. 1 Tb of spice and 1/3 C. chicken broth per can of Bush's black beans. Mix together and simmer until hot. A great side dish or add your favorite protein to make a Mexican meal.

Mexican BBQ

Rub on chicken, pork or steak and grill or broil in the oven. Mix additional spice mixture into molasses, brown sugar and Worcestershire to create a glaze. Rub this glaze on meat in the last minutes of grilling or broiling!

1 Tb spice and 1/3 C. chicken broth per can of Bush's Pinto Beans. Stir together and simmer until hot. Perfect side dish for grilled meat, or top with a fried egg and a spoonful of salsa for a killer brunch!

Indian

- Use in place of curry powder.
- Mix into yogurt with lemon juice and garlic. Add chicken, marinate for a few hours or overnight if you desire (not required). Wipe off

- excess marinade, season with salt and pepper and grill or oven roast.
- Coat chicken or white fish liberally, sprinkle with salt and sauté or roast in the oven until golden yellow. Serve with mint yogurt.
 - Sprinkle liberally over your egg while frying.

Chinese

- Rub liberally over cubed pieces of chicken thigh meat and cook over very high heat in the wok. Serve over rice with your favorite sauce.
- Rub liberally over shrimp or calamari and sauté or cook in a wok until golden. Serve with sautéed or steamed bok choy or vegetables of choice.
- Add to your favorite chicken soup along with a splash of rice wine vinegar for a great soup.