

Seasoning Without Salt

Choose one or more of the following to season your dishes:

BEEF

bay leaf, dry mustard powder, green pepper, marjoram, nutmeg, onion, pepper, sage, thyme, rosemary, garlic, curry powder

CHICKEN

green pepper, lemon juice, marjoram, paprika, parsley, poultry seasonings, sage, thyme, savoury, rosemary, garlic, curry powder, ginger, cranberry sauce

FISH

bay leaf, curry powder, dry mustard powder, green pepper, lemon juice, marjoram, paprika, dill, parsley, thyme, lemongrass, ginger



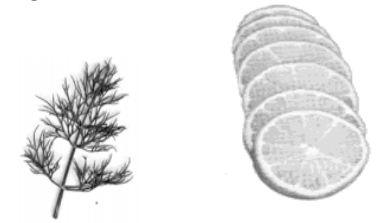
LAMB

curry powder, garlic, mint, mint jelly, pineapple, rosemary, oregano, thyme, red currant jelly

Shake'N'Season

2 ml (1/4 tsp) basil	15 ml (1 Tbsp) dry mustard
3 ml (1/2 tsp) black pepper	5 ml (1 tsp) thyme
15 ml (1 Tbsp) onion powder	1 ml (1/8 tsp) celery seed
2 ml (1/4 tsp) paprika	1 ml (1/8 tsp) rosemary

Blend and add to empty shaker with a few grains of rice to allow for easy flow



PORK

apple, applesauce, onion, sage, pineapple, thyme, basil, oregano, marjoram, black pepper, garlic



VEAL

apricot, bay leaf, curry powder, ginger, marjoram, oregano, lemon juice



POTATO

mace, onion, parsley, garlic, chives



RICE

chives, green pepper, onion, paprika, parsley, saffron, cinnamon, whole cloves, bay leaf

