

The background of the image is a rustic wooden surface with several small glass jars containing different types of spices. There are jars with dried green herbs, brown powders, and whole spices. Some spices are spilled onto the wood, including a bright red powder and some whole dark seeds. The overall scene is a close-up, top-down view of a spice collection.

# SPICE BLENDS AND HOW TO USE THEM

I love using spices!

Make your own blends to save money and to use real ingredients!

# SO EXCITED TO SHARE THESE GREAT SPICE BLENDS WITH YOU!



It was spices that got me started selling  
utensils on Amazon

**MY NAME IS DANIELLE.....  
I OWN COOKING GODS  
AND I LOVE USING SPICES!**



Round spoons just don't fit  
into narrow jars.  
Look at the rectangular  
spoons - they are shaped  
with functionality in mind



I have a favorite curry recipe - Every time I made it, there would be a mess from me trying to find the spices - Some were in jars and some were in packets and not everything was labelled and yes a few times the wrong spice was added because I was not paying attention.

If you like order when you cook, then I know you will love our Pantry and Spice Jar Label set

So to keep up the EXCITEMENT levels here is a link to our AMAZING set of 281 Chalkboard style labels...AND I am giving you a 25% discount code you can use to get them at a VERY sweet price!



Click on the image for a direct link to  
our Amazon store ( USA CUSTOMERS  
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Your 25% discount code to use on either store - PANTRYLABELS

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## CAJUN SPICE BLEND

Mix all elements together and use as desired to season food.

- 6 tablespoons Smoked paprika
- ¼ cup kosher salt
- 2 tablespoons Ground black pepper
- 2 tablespoons Ground white pepper
- 2 tablespoons Garlic powder
- 2 tablespoons Onion powder
- 1 tablespoon Dried Thyme
- 1 tablespoons Cayenne pepper
- 1 teaspoon Dried oregano

## FLAVOUR PROFILE

Cajun is a spicy and kind of sweet seasoning. Some of the first notes that you can feel are the paprika, the garlic, and the onion. Then the herbal notes appear and finish the palate.

This spice is moderately strong. In the right proportions, it enhances food taste.

**Description:** It is a combination of classic French aromas with inspiration from Louisiana. It is classic and contemporary at the same time. Creole cooking is generally associated with New Orleans, while Cajun is a blend from Louisiana.

**Recommended Uses:** Pasta, chicken, meat, rice, barbecue, fish, seafood. As it is salty and spicy, you need to use care to prevent exaggerations. If it is possible, add little by little to food, try it.

## HOW TO USE IT

- **Beef:** To marinate, add ½ teaspoon per pound to have a delicate seasoning. Add 1 teaspoon per pound if you prefer it stronger and spicy. Let beef rest in the fridge for at least 2 hours or overnight (covered). You can also season and cook meat right away if you are in a hurry.
- **Chicken:** To marinate, add 1/3 teaspoon per pound, to have a delicate seasoning. Add 1 teaspoon per pound if you prefer it stronger and spicy. Let chicken rest in the fridge for at least 2 hours or overnight (covered). You can also season and cook chicken right away if you are in a hurry.
- **Seafood:** Use 1/3 teaspoon per pound of the fresh ingredient. Season and cook right away.
- **Eggs:** Add ¼ teaspoon per egg, when making omelets, egg salads and deviled eggs. On devilled eggs, it is great to sprinkle this spice.
- **Veggie Stir-fry:** Add ½ teaspoon to 1 tsp on a medium saucepan, full of veggies. When preparing on frying pans, it is good to sprinkle with a pinch at a time and taste. Roasted Veggies: Sprinkle roasted veggies with ½ teaspoon per pound. Before roasting, you can drizzle veggies with olive oil and then sprinkle with the Cajun to make it stick to the veggies.
- **Salads:** Sprinkle a large bowl of salad with 1/3 teaspoon You can also prepare drizzles to go with, in general, use 1 teaspoon of Cajun for a cup of sauce.
- **Pasta:** To finish the pasta dish, sprinkle 1 teaspoon of Cajun seasoning over a medium pasta saucepan and mix.
- **Sauces:** Each cup of sauce might need from ½ teaspoon to 1 teaspoon, depending on the spiciness desired



# CAJUN GARLIC PASTA WITH SHRIMP

4 PORTIONS – 30 MINUTES COOKING TIME- 20 MINUTES PREPARATION TIME

- 1 ½ Pound fresh shrimp
  - 2/3 tsp. Cajun Spice blend
  - 1 package pasta, spaghetti or other
  - 1/2 small fresh chili pepper, seeded and chopped
  - 1 garlic clove, minced
  - 1 tbsp. Olive oil, more to drizzle
  - 3 tbsp. Fresh parsley, chopped
  - Salt as desired
  - Ground pepper to serve as desired
  - Juice of ½ lemon
- 1** Start bringing some water to the boil in a large pasta pot (about 3 liters). When it boils, add in 1 teaspoon of salt and the pasta. Cook the pasta until al dente. If preferred, follow the package instructions, each manufacturer recommends a different method.
  - 2** While pasta is cooking, season shrimp with the Cajun spice blend. Then add garlic and chili pepper to shrimp.
  - 3** Heat olive oil and add in the shrimp to cook. Use medium-high heat to sauté
  - 4** Once pasta is cooked, drain it and mix with the cooked shrimp. Adjust any salt or spices, sprinkle with more Cajun if desired.
  - 5** To serve, drizzle with more olive oil and lemon juice.





## INDIAN CURRY POWDER

Mix all elements together and use as desired to season food

- 2 tablespoons Cumin powder
- 2 tablespoons White Pepper powder
- 2 tablespoons Coriander powder
- ¼ cup Turmeric powder
- 1 teaspoon Ginger powder
- 1 tablespoon Dry mustard
- 1 teaspoon Black pepper powder
- 1 teaspoon Cinnamon powder
- 1/3 teaspoon Cardamom powder
- ½ teaspoon Cayenne pepper
- ½ teaspoon Clove Powder

## HOW TO USE IT

- **Beef:** Add ½ teaspoon per pound to a medium-strong seasoning. Add 1 teaspoon per pound to a very strong flavor. Let beef rest, covered, in the fridge for at least 1 hour or overnight. You can also add curry and cook beef right away. For stews and creamy beef dishes, you might add more curry by the final 5 minutes of cooking, add ¼ teaspoon at a time and taste until you reach the perfect balance. You need to add salt to food, as curry is unsalted.
- **Lamb:** Add 1 teaspoon per pound to have a medium-strong seasoning. Add 1 ½ tsp per pound to a very strong flavor. Let lamb rest, covered, in the fridge for at least 1 hour or overnight. You can also add curry and cook lamb right away. For stews and creamy lamb dishes, you might add more curry by the final 5 minutes of cooking, add a ¼ teaspoon at a time and taste until you reach the perfect balance. You need to add salt to food, as curry is unsalted.
- **Chicken:** Add 1/3 teaspoon per pound to a medium-strong seasoning. Add 1 teaspoon per pound to a very strong flavor. Let chicken rest, covered, in the fridge for at least 1 hour or overnight. You can also add curry and cook chicken right away. For stews, soups and creamy dishes, you might add more curry by the final 5 minutes of cooking, add a ¼ teaspoon at a time and taste until you reach the perfect balance. You need to add salt to food, as curry is unsalted.
- **Eggs:** Use ¼ teaspoon per egg in omelets and scrambled eggs. Complement with salt.
- **Veggie Stir-fry:** Cauliflower is a vegetable that goes really well with curry. Other vegetables can also be a match, like broccoli, mushrooms, carrot, kale, and leek. Add a ¼ teaspoon at a time to stir-fries and taste. In general, ½ teaspoon will season well a medium saucepan of veggies. Complement with salt. **Roasted Veggies:** Drizzle vegetables with olive oil and sprinkle with curry. Then roast them, complementing with salt. In general, ½ teaspoon of curry season well a medium baking pan filled with veggies.
- **Salads:** Make salad drizzles with coconut milk, olive oil, and heavy cream. Use ½ teaspoon of curry per cup of sauce. Complement with salt. [Continued over the page](#)

## FLAVOUR PROFILE

Curry is a spice blend with a complex profile. Each different curry will hold unique qualities. However, in general, it is spicy, savory, with toasted and sweet notes. It is warm and comforting.

**Description:** Curry is a spice blend originated in India that has become really famous. In traditional India, many families have their own curry recipe. By the other side, the western international culinary has created standard curry blends and embraced it for the use in many different recipes.

**Recommended Uses:** It could be used almost everywhere, with precaution. Especially on beef, chicken, lamb, pasta, rice, creamy dishes, soups, and vegetables. Its complex and with a body, so foods need to be enhanced and do not disappear behind the curry.



# LAMB CURRY WITH PEAS & RICE

2 PORTIONS – 35 MINUTES COOKING TIME - 1H 15 MINUTES PREPARATION TIME

- 1 Pound lamb cubed
- 1 1/2 tsp. Curry Spice blend
- 1/2 small onion chopped
- 1 cup of ripe tomatoes chopped
- 1 cup of frozen peas
- 1 garlic clove minced
- 1 tbsp. Fresh parsley, chopped
- 4 tbsp coconut milk
- 1 tsp Brown sugar
- Salt as needed
- 2 tbsp olive oil
- 1 cup of rice
- 2 cups of hot water

1. Season lamb with curry and place in the fridge for at least 1 hour (covered).
2. When you are ready to cook, start with the rice. Heat 1 tablespoon of olive oil in a saucepan and add in rice and about 1/2 teaspoon of salt. Fry the rice for about 2 minutes and add in hot water. Reduce the heat and cook rice until soft.
3. While rice is cooking, heat remaining olive oil in another saucepan. Sauté lamb until browned. Then stir in onion, brown sugar and garlic. Let ingredients brown a bit and stir in tomatoes.
4. Cook over low heat until tomatoes are dissolved. Then stir in peas and coconut milk. Add more curry blend and salt if desired. Serve with the rice and sprinkle with fresh parsley.

## HOW TO USE IT From previous page

- **Pasta:** Cheese and curry are a match. Sprinkle 1/2 teaspoon of curry over a pizza before baking. Also sprinkle 1 teaspoon of curry over a medium skillet with creamy pasta, mixing. Complement with salt.
- **Sauces:** Make sauces with coconut milk, olive oil, and heavy cream. Use 1/2 teaspoon of curry per cup of sauce. Complement with salt. Curry is more soluble in oils than in water, so it is good to make sauces based in fats. Use salt to complete seasoning.





## MEXICAN SPICE BLEND

Mix all elements together and use as desired to season food.

- 4 tablespoons chili powder
- 3 tablespoons cumin powder
- 3 tablespoons coriander powder
- 2 teaspoons garlic powder
- 3 tablespoons smoked paprika
- 4 tablespoons dried oregano
- 1 tablespoon sea salt
- 1 tablespoon black pepper powder

## FLAVOUR PROFILE

It is spicy and herbal, with a balanced body and very known spices in the combination. Cumin and oregano are remarkable in this spice blend.

**Description:** This Mexican spice blend is a version of Mexican flavors adapted to the American taste. It is spicy and slightly sweet but not so exotic. It gives a warm feeling to dishes, especially tacos, quesadillas, enchiladas, carnitas, and chilies.

**Recommended Uses:** Especially Mexican-style dishes, for beef, pork, chicken, soups, dishes based on cheese, some sauces. It is pretty versatile and easy to use. Feel free to play around

## HOW TO USE IT

- **Beef:** Use in tacos and other Mexican beef dishes. Sprinkle  $\frac{1}{4}$  teaspoon of Mexican spice blend over a single portion of tacos, enchiladas, and beef nachos. For a large serving tray, you can sprinkle 2 teaspoons right before serving. This spice is better fresh, but you can use to season meats right before cooking (1 teaspoon per pound). You might need to use salt to complement.
- **Chicken:** Use in chicken tacos and other Mexican chicken dishes. Sprinkle  $\frac{1}{3}$  teaspoon of Mexican spice blend over a single portion of tacos, enchiladas, and nachos. For a large serving tray, you can sprinkle  $1\frac{1}{2}$  teaspoon right before serving. This spice is better fresh, but you can use to season chicken right before cooking them (1 teaspoon per pound). Also, 1 teaspoon per pound of cooked shredded chicken makes a great basis for any dish. You might need to use salt to complement.
- **Veggie Dishes:** Add 1 teaspoon of Mexican spice blend to a medium saucepan of veggies. If vegetarian nachos, quesadillas, tacos and other Mexican vegetarian dishes, use a  $\frac{1}{4}$  teaspoon to sprinkle over a single portion and 2 full teaspoons to sprinkle over a large serving plate. You might need to use salt to complement.
- **Chilies:** For a spicy seasoned black bean chili, use 3 teaspoons of Mexican spice blend to season a full large saucepan of it. If combined with fresh chili peppers, reduce to 2 teaspoons and use salt to complement.
- **Pasta:** Spicy pasta is great with it. After preparing a plain sauce, cheese sauce or tomato sauce, add in some Mexican spice blend. When cooking a medium skillet of pasta, 1 teaspoon of Mexican spice blend will do the job.
- It also goes really well on Mexican-style pizza, sprinkles  $\frac{1}{2}$  teaspoon over pizza before baking.



## BEEF NACHOS TO SHARE

4 PORTIONS – 30 MINUTES COOKING TIME- 40 MINUTES PREPARATION TIME

- 1 Pound sirloin, thinly sliced
- 1 ½ tsp. Mexican style spice blend
- 1 ½ cup ripe tomatoes, chopped
- 3 tbsp. Fresh cilantro, chopped
- 4 cups tortillas chips
- 1 cup avocado, chopped
- 1 ½ cups cheese (mozzarella or other), shredded
- 2 tbsp. Olive oil
- Salt as needed

- 1** Heat olive oil in a frying pan and sauté beef slices. When browned, remove from frying pan and set aside
- 2** Preheat oven to 325 F.
- 3** In a greased baking tray, place tortilla chips, top with beef slices, sprinkle with cilantro and cheese
- 4** Bake in the oven for about 15 minutes or until cheese is melted.
- 5** Remove from oven and add nachos to serving plates. Top with fresh tomatoes and avocado.
- 6** Sprinkle with Mexican spice blend right before serving. Add more salt as needed.





## LEMON PEPPER BLEND

Mix all elements together -  
Use a grinder to incorporate zest.

- ¼ cup black pepper powder
- 2 tablespoons dried lemon zest (see recipe notes)
- 1 tablespoon dried onion
- 1 tablespoon dried thyme
- 1 teaspoon coriander powder
- 1 tablespoon chili pepper flakes
- 3 tablespoons dried parsley

## FLAVOUR PROFILE

Lemon Pepper spicy blend is a curious and fun spice. It is savory, a little bit acid, citric and full of different pepper notes. It is fresh and vibrant, giving life to a large variety of dishes.

**Description:** Lemon pepper is made of a pepper mix with added lemon zest. It is versatile and helps to season food in a different way. It is similar to everyday spice blends but with a citric surprise.

**Recommended Uses:** Roasted and grilled chicken, seafood, pork, salads.

## RECIPE NOTE!!

Dried lemon zest is also called dried lemon peel. Some stores sell it online, but you can also prepare it at home. To prepare it, remove zest from one lemon (not using the white part), then let zest dry naturally for 2 days, on a plate. You can also preheat the oven to the lowest temperature possible, place zest on a non-sticking baking pan and bake to dry it out (5 minutes or less might be enough). There is also a third option, if you are in a rush, you can use regular lemon zest, however, your spice will only keep for several days if using the zest fresh.

## HOW TO USE IT

- **Chicken:** Season chicken with lemon pepper spice right before cooking. Add 1 teaspoon of blend per pound of chicken. If making roasted chicken, rub the meat with lemon pepper and salt, then place in the oven. Lemon pepper can be sprinkled over chicken right before serving to enhance freshness (a pinch over a served dish should be enough).
- **Seafood:** Season shrimp, octopus, fish and other seafood varieties with lemon pepper. Use 1 tablespoon of lemon juice, ¼ teaspoon of salt and 1 teaspoon of lemon pepper per pound. Cook ingredients frying, grilling or baking. Sprinkle more salt to serve if desired.
- **Pork:** Season pork with 3 tablespoons of lemon juice and 1 teaspoon of lemon pepper per pound. Use some salt to complement. Preferable, marinate pork for at least 3 hours or overnight to enhance the spices.
- **Salad:** You can sprinkle 1 teaspoon of lemon pepper over a large salad bowl. Goes well with vinegar, lemon salad drizzle or pure olive oil.
- **Pasta:** Prepare a pasta with a creamy sauce, like bechamel or cheese sauce. Add ½ teaspoon of lemon pepper to a medium saucepan of pasta. It brings freshness.



# CHICKEN PASTA WITH LEMON PEPPER SPICE

4 PORTIONS – 30 MINUTES COOKING TIME- 15 MINUTES PREPARATION TIME

- 1 Pound chicken breast, cubed
- 1 tsp. Lemon Pepper Spice Blend
- 1 garlic clove, minced
- 2 tbsp. Butter
- 1 cup heavy cream
- 1 package spaghetti (or other pasta variety)
- 2 tbsp. Fresh parsley, chopped
- More salt as needed

- 1** Start bringing some water to the boil in a large pasta pot (about 3 liters). When it boils, add in 1 teaspoon of salt and the pasta. Cook the pasta until al dente. If preferred, follow the package instructions, each manufacturer recommends a different method.
- 2** While the pasta is cooking, start seasoning chicken. Add lemon pepper to chicken breast and use 1/3 teaspoon of salt also.
- 3** Heat butter in a saucepan and add in chicken and garlic. Cook until browned, remove chicken pieces from the saucepan and set aside.
- 4** Add heavy cream to the same saucepan where the chicken was cooked. Cook stirring to liberate flavors
- 5** When pasta is cooked, drain it and add to heavy cream. Mix well to pasta absorb the heavy cream. Stir in cooked chicken and fresh parsley. Adjust the salt and add more lemon pepper if desired.





## CUBAN SPICE BLEND

Mix all elements together -

Use a grinder to incorporate zest..

- 2 tablespoons paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon cumin powder
- 1 tablespoon cayenne pepper
- 1 tablespoon ground black pepper
- 1 tablespoon brown sugar
- ½ teaspoon salt
- 1 teaspoon dried orange peel (see note)

## FLAVOUR PROFILE

This blend is tangy, a little sweet and citric. It has cumin, pepper, garlic and onion, elements that bring a common profile but with a special twist. Cuban spice blend instigates the palate and gives the final touch that any food deserves.

**Description:** There are many varieties of Cuban seasonings, some of them are closely associated with traditional Cuban dishes. This version here aims to combine the Cuban culinary accents and adapt them to the American cuisine.

**Recommended Uses:** Marinades, beef, chicken, vegetables, seafood.

## RECIPE NOTE!!

Dried orange zest is also called dried orange peel. Some stores sell it online, but you can also prepare it at home. To prepare it, remove zest from one orange (not using the white part), then let zest dry naturally for 2 days, on a plate. You can also preheat the oven to the lowest temperature possible, place zest on a non-sticking baking pan and bake to dry it out (5 minutes or less might be enough). There is also a third option, if you are in a rush, you can use regular orange zest, however, your spice will only keep for several days if using the zest fresh.

## HOW TO USE IT

- **Chicken:** Marinate the chicken in the spice is the better option. Season 1 pound of chicken with 1 teaspoon of Cuban blend. Let rest in the fridge overnight. You can also make a liquid marinade, by combining 3 tablespoons of lemon juice, 2 teaspoons of the blend and ½ teaspoon of salt, per pound.
- **Seafood:** Season shrimp, octopus, fish and other seafood varieties with this Cuban blend. Use 2 tablespoons of lemon juice, ¼ teaspoon of salt and 1 teaspoon of Cuban blend per pound. Cook ingredients frying, grilling or baking. Great also on fish soups, add about 2 teaspoons of spice in a medium saucepan.
- **Pork:** As pork is a meat with strong fat flavors, it is recommended a long-time marinade. Add 2 teaspoons of Cuban blend, 1 teaspoon of salt and 1 cup of orange juice per pound of pork. Make sure that pork is immersed in the marinade. Let it rest in the fridge overnight. Then drain the pork with a paper towel and prepare as desired.
- **Salad:** You can sprinkle ½ teaspoon of Cuban Blend over a large salad bowl. Goes well with vinegar, lemon drizzles or pure olive oil.
- **Vegetables:** For stir-fry, add 1 teaspoon of Cuban blend to a large frying pan. Use salt to complement if desired. Roasted veggies go well with sprinkled Cuban blend right before serving, use 1 teaspoon per large serving tray.
- **Sandwiches:** If you prepare sandwiches with shredded pork or beef, you can add some Cuban blend to season the meat. Use ½ teaspoon per ½ cup of shredded meat. Add more salt if desired.



# CUBAN-STYLE PORK SANDWICH

2 PORTIONS – 40 MINUTES COOKING TIME- 30 MINUTES + FRIDGE TIME FOR PREPARATION

- 1 Pound pork tenderloin, cut into 2 steaks
- 2 tsp. Cuban Spice Blend
- 1 tsp. Salt
- 1 cup orange juice
- 1 cup Breadcrumbs
- ½ cup all-purpose flour
- 2 eggs, beaten
- 4 tbsp. milk
- 1 red onion, sliced
- 1 cup cabbage, chopped
- ¼ cup pickles, sliced
- 2 tbsp. Mayo
- 1 tbsp. Olive oil
- 2 burger buns, artisanal preferred

- 1** Start making a marinade for the pork. In a bowl, combine orange juice, Cuban spice blend, salt and add pork. Place (covered) in the fridge and let marinate overnight
- 2** When pork is marinated, dry it with a paper towel and set aside.
- 3** In a bowl, mix eggs and milk. Have one plate prepared with all-purpose flour inside and other with breadcrumbs.
- 4** Dip pork pieces into milk mixture, then into the all-purpose flour, into milk mixture again and finally, coat with breadcrumbs.
- 5** Place pork on a greased baking pan and bake in a preheated oven (325 F) until fully cooked. You might need to flip pork in the middle of the cooking.
- 6** In the meantime, prepare onion and cabbage. Preheat olive oil in a frying pan and sauté cabbage and onion. Cook until soft.
- 7** When pork is done, assemble the sandwiches. Start with bread, mayo, pickles, pork, then add onion and cabbage





## BBQ SPICE BLEND

Mix all elements together and use as required

- ¼ cup chili powder
- ¼ cup smoked paprika
- 2 tablespoons sugar
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon celery seeds, ground
- 1 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley

## FLAVOUR PROFILE

This blend is specially made for seasoning your barbecue in the best way. It has smoked notes from paprika that enhance the flavor of the meats. There are classic onion and garlic notes, combined with herbs and spicy elements, like the chili pepper.

**Description:** The possibilities for barbecue seasonings are endless. However, this one here aims to improve greatly the classic barbecue items, like chicken, beef, and pork. This seasoning is a delicate touch of magic over your BBQ.

**Recommended Uses:** BBQ items, like pork, chicken, beef, lamb, veggies.

## HOW TO USE IT

- **Chicken:** Rub chicken with the seasoning and let rest in the fridge (covered) for at least 3 hours, so the seasoning is fixed. Then prepare the BBQ as usual. For 1 pound of chicken, use 2 teaspoons of seasoning and ½ teaspoon of salt if desired. You can also prepare chicken in the oven.
- **Steak:** Rub steak with the seasoning and let rest in the fridge (covered) for at least 3 hours, so the seasoning is fixed. Then prepare the BBQ as usual. For 1 pound of steak, use 3 teaspoons of seasoning and ½ teaspoon of salt (optional). You can also prepare the steak in the oven.
- **Pork:** Drizzle pork with lemon juice, rub pork with the seasoning and let rest in the fridge (covered) for at least 3 hours, so the seasoning is fixed. Then prepare the BBQ as usual. For 1 pound of pork (tenderloin, ribs...) use 2 ½ teaspoons of seasoning and ½ teaspoon of salt (optional). You can also prepare the pork in the oven. You can serve with an extra portion of BBQ sauce (or other varieties).
- **Lamb:** Rub lamb with the seasoning and let rest in the fridge (covered) for at least 3 hours, so the seasoning is fixed. Then prepare the BBQ as usual. For 1 pound of lamb, use 2 ½ teaspoons of seasoning and ½ teaspoon of salt (optional). A good idea is to serve lamb with a rosemary flavored olive oil. To prepare this flavored olive oil, simply combine 1 tablespoon of chopped rosemary and ¼ cup of olive oil. You can also prepare the lamb in the oven.
- **Vegetables:** Vegetables for BBQ go better with some brushed oil. So, brush vegetables with olive oil and sprinkle them with the seasoning. For 1 medium bowl full of veggies, use 3 tablespoons of olive oil and 1 tablespoon of the seasoning, an additional 1 teaspoon of salt is optional. Prepare bell peppers, eggplants, zucchinis, mushrooms and other veggies as desired, on a BBQ grill or in the oven.



# SPECIAL BBQ PORK WITH MUSTARD SAUCE

5 PORTIONS – 50 MINUTES COOKING TIME- 15 MINUTES+ FRIDGE TIME FOR THE PREPARATION

- 2 Pounds Pork Loin
- 5 tsp. Special BBQ Seasoning
- 1 tsp. salt
- 4 tbsp. Fresh parsley, chopped
- 6 tbsp. Dijon mustard
- 2 tbsp. Olive oil
- More salt as needed

- 1 Season pork with Special BBQ Seasoning and salt. Cover with plastic wrap and let marinate inside the fridge for at least 3 hours or overnight.
- 2 When meat is marinated, brush it with olive oil.
- 3 Place pork on a preheated BBQ Grill. Start sealing both sides of the meat (use high heat), then turn BBQ right down and let it cook.
- 4 When pork is cooked, sprinkle with parsley and drizzle with Dijon mustard to serve.

## COOKING GUIDE FOR PORK

Cooking pork on the BBQ grill maybe a little confronting

Using a meat thermometer will give you the most accurate way of knowing when the pork is done.

Desired internal temperature at the thickest part should be 145 F or 65 C

You can start the cooking on the BBQ grill and finish it in the oven.

Sear the pork for 3 minutes on each side on a hot grill. Then transfer into the oven on 375 for 30 mins. Let it rest for 10 mins.

Slice into the widest part and the meat should be pale white with a hint of pink and the juices will be clear.