

Alfredo Sauce

1/2 cup butter
1 packet of cream cheese
2 teaspoons garlic powder
2 cups milk
1/2 cup grated Parmesan cheese
black pepper

Melt butter in a medium, non-stick saucepan over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly, thin with milk if cooked too long. Toss with hot pasta to serve.

Taco Seasoning

1/2 cup chilli powder
1/4 cup onion powder
1/8 cup ground cumin
1 tablespoon garlic powder
1 tablespoon paprika
1 tablespoon sea salt
Put ingredients into a jar and shake.

Dry Onion Soup Mix

2/3 cups dried, minced onion
3 teaspoons parsley flakes
2 teaspoons onion powder
2 teaspoons turmeric
1 teaspoon celery salt
1 teaspoon sea salt
1 teaspoon sugar
1/2 teaspoon ground pepper
Mix all ingredients in a jar, then give the jar a good shake. Shake the jar to mix the ingredients well before each use.
Use 4 tablespoons in a recipe in place of 1 packet of onion soup mix. Store this in a dry, cool place.

Ranch

5 tablespoons dried minced onions
7 teaspoons parsley flakes
4 teaspoons salt
1 teaspoon garlic powder
Mix together and store in an air tight container.
For dressing: Mix 2 tablespoons dry mix with 1 cup mayonnaise and 1 cup buttermilk or sour cream.
For dip: Mix 2 tablespoons dry mix with 2 cups sour cream.
Mix up a few hours before serving, so the flavours all blend.

Italian Seasoning

(makes 1 cup)
2 tablespoons. garlic powder
4 tablespoons onion powder
2 1/2 tablespoons. dried oregano
4 tablespoons dried parsley
2 tablespoons salt
1/2 tablespoon pepper
1 teaspoon dried thyme
2 teaspoons celery flakes
Mix all ingredients together well.

Italian Dressing

Mix: 2 tablespoons of the above Italian Seasoning Mix with 1/4 cup apple cider vinegar, 1 tablespoon water, 1/2 cup olive oil.

Fajita Seasoning Mix

1 tablespoon cornstarch
2 teaspoons chilli powder
1 teaspoon sugar
1/2 teaspoon salt
1 teaspoon paprika
1/2 teaspoon onion powder
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon garlic powder
1/2 teaspoon cayenne pepper
1/4 teaspoon cumin
Mix all ingredients together.

To use:

Coat your meat and vegetables lightly with olive oil - then coat with the dry mix to prepare for cooking.

Spicy BBQ Rub

1 tablespoon smoked paprika
2 tablespoons garlic powder
2 teaspoons onion powder
1/2 teaspoon black pepper
2 teaspoons chilli powder
2 teaspoons ground cumin
1/2 teaspoon cayenne
1 tablespoon dried chives
2 tablespoons brown sugar
1 teaspoon sea salt
1 tablespoon sugar
Mix all the ingredients in a bowl. Pat meat dry and rub all over liberally.

Seasoned Flour {Homemade Shake 'n Bake}

In a jar or airtight container combine:

1 cup flour
1 1/2 teaspoons salt
1 1/2 teaspoons celery salt
1 1/2 teaspoons black pepper
1 tablespoon mustard powder
1 tablespoon garlic powder
2 tablespoons paprika
1/2 teaspoon ground ginger
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon dried oregano

Shake well to combine. Store the seasoned flour in the jar until ready to use. (It will keep for ages!)

To use, you will need:

1 cup bread crumbs (per batch)

Combine 4 tablespoons of the seasoned flour with 1 cup of breadcrumbs, being sure to mix well.

Coat chicken pieces and bake according to preferred method.

Notes: I rub my chicken pieces with some olive oil prior to rolling them in the seasoned flour/bread crumb mixture. Then I place the pieces in a baking dish and bake at 180°C until juices should run clear.

Jamaican Spice Rub

3 tablespoons brown sugar, 3 tablespoons paprika

1 tablespoon cinnamon

1 tablespoon salt

2 teaspoons ginger, 1 teaspoon allspice

1 teaspoon cayenne pepper

3/4 teaspoon grated nutmeg

3/4 teaspoon freshly ground black pepper

Combine all the ingredients in a medium bowl, then place the rub in an airtight container. Makes about 1/2 cup.

Brush prawns or chicken with oil, then coat with 1 tablespoon of the seasoning. For maximum flavour, let the rubbed chicken or prawns rest several hours before cooking

Montreal Spice Rub

2 tablespoons paprika

2 tablespoons granulated or dried minced onion

2 tablespoons granulated or dried minced garlic

2 tablespoons coarse salt

1 1/2 tablespoons coarse-ground black pepper

1 1/2 tablespoons dill weed

1 tablespoon ground coriander seeds

1 1/2 teaspoons cayenne pepper

Combine all the ingredients in a medium bowl, then place the rub in an airtight container. Makes about 2/3 cup.

Brush steak or hamburger patties with oil. Coat the steak with 1 tablespoon of rub, the patties with 1 teaspoon each, or mix 1 tablespoon of the seasoning into the minced beef before forming the burgers. For maximum flavour, let the meat rest several hours before cooking.

Chicken Spice Mix

2 cups plain flour

1 tablespoon salt

1 teaspoon celery salt

1 tablespoon black pepper

2 tablespoons dry mustard

4 teaspoons paprika

1 tablespoon garlic powder

5 teaspoons dried thyme

1 teaspoon ground ginger

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

In a medium bowl, stir together the flour, salt, celery salt, pepper, dry mustard, paprika, garlic powder, thyme, ginger, basil and oregano. Keep mixture in an airtight container.

To use: Steam chicken until tender, dip pieces in beaten egg then roll in the spice mixture. Deep fry for 3 minutes on each side.

Curry Powder

1/2 cup Paprika

1/4 cup Cumin

1 tablespoon Fennel Powder

2 tablespoons Ground Mustard Powder

3 tablespoons ground Coriander (optional)

1/4 cup ground Turmeric

1 tablespoon ground Cardamon (optional)

1 teaspoon Cinnamon Powder

Mix all ingredients in a bowl, jar or food processor and store in an air-tight container until ready to use. Can be used on meats, vegetables or in soups.

Rajin' Cajun Seasoning

1/2 cup Paprika
1/3 cup Himalayan Salt or sea salt
1/4 cup Garlic Powder
2 Tablespoons Black Pepper
2 Tablespoons Onion Powder
1 Tablespoon Cayenne Pepper (optional- won't be spicy without this)
2 Tablespoons Oregano
1 Tablespoon Thyme

Mix all ingredients in jar or food processor and store in an airtight container. Good on stir fries, eggs, casseroles, and chicken. Can add more or less Cayenne to get to your taste.

Lemon Pepper Seasoning

The zest from 4-6 lemons

6 Tablespoons ground black pepper (or whole peppercorns if you are using fresh lemon)
5 Tablespoons Himalayan Salt or Sea Salt

If using fresh lemon Zest, thoroughly zest the lemons and spread the fresh lemon out on a baking sheet. Put into the oven on the lowest setting and leave until completely dried. Mine took about 70 minutes, but yours make take more or less time. When completely dried, mix with the peppercorns and salt in a food processor until well mixed.

Fajita Seasoning

1/4 cup Chilli Powder
2 tablespoons Sea Salt
2 tablespoons Paprika
1 tablespoon Onion Powder
1 tablespoon Garlic Powder
1 teaspoon Cayenne Powder (optional)
1 tablespoon Cumin Powder

Mix well in bowl or jar and store in airtight container until use. Use about 1 teaspoon per chicken breast or steak when making fajitas.

Spaghetti Sauce Seasoning

2 cups dry minced onion
3 tablespoons oregano
2 tablespoons dried green pepper flakes
4 teaspoons dried basil
1 tablespoon dry minced garlic
4 teaspoons salt
4 tablespoons dried parsley
1 heaped tablespoon Italian seasoning mix

To use:

Combine:

3/4 cup dry mix
1 lb. cooked ground beef
3 cans of crushed tomatoes
1 cup fresh or canned mushrooms
one cup chopped onions

Cajun Blackened Spice Mix

- 1 tablespoon Paprika
- 2 1/2 tablespoon Salt
- 1 tablespoon Onion powder
- 1 tablespoon Garlic powder
- 1 tablespoon Cayenne pepper
- 3/4 tablespoon White pepper
- 3/4 tablespoon Black pepper
- 1/2 tablespoon Thyme
- 1/2 tablespoon Oregano
- 1/4 tablespoon Sage

Combine dry spices and seal in ziploc or vacuum seal bag (or jar). Measure all into a ziploc bag, seal & shake to combine. Pour into a spice jar or bottle.

Crispy Chicken/Pork Coating Mix

- 3 Cups Corn flake crumbs
- 1 Cup Wheat germ
- 1/2 Cup Sesame seeds
- 4 Teaspoons dried parsley, crushed
- 1 Tablespoon Paprika
- 2 Teaspoons Salt
- 1 Teaspoon Dry mustard
- 1 Teaspoon Celery salt
- 1 Teaspoon Onion powder
- 1/2 Teaspoon Ground pepper

Measure all ingredients into a gal ziploc bag, seal & Shake.

To Use: Measure 3/4 - 1 c. Coating Mix into a large ziploc bag, add meat, seal & shake