

Seasoning Without Salt

PR 76034 (4-2005)

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, savory, 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



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



Shake 'N Season

2 ml (1/4 tsp) Basil
3 ml (1/2 tsp) Black Pepper
15 ml (1Tbsp) Onion Powder
2 ml (1/4 tsp) Paprika
15 ml (1Tbsp) Dry Mustard
5 ml (1 tsp) Thyme
1 ml (1/8 tsp) Celery Seed
1 ml (1/8 tsp) Rosemary

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