

Season's Spice Recipes

"Between these spice blends there are endless possibilities for what you can create in your kitchen, even for a beginner. When I cook at home, I use these spices almost exclusively. All I ever need is a main ingredient, our spices, and whatever else we are having for dinner!"

Mediterranean Spice

This was the first spice blend I developed back in my catering days as a fantastic & easy rub for oven roasted chicken and turkey!

Baked

Roasted Whole Chicken
Baked Chicken Pieces
Baked Chicken Wings

Roasted Turkey

Turkey / Chicken Brine Recipe

1 gallon Water
1.5 cup Sugar
1/2 cup Kosher salt
2 Tbl Mediterranean Spice

Select the smallest container the will fit the bird to reduce the amount of brine required to cover the bird

It may take more brine to cover a turkey, and half recipe for chicken

Brine bird for 24 to 48 hours

Pat dry

Spray or rub with neutral cooking oil

Turkey Roast Tip

One of the biggest problems with roasting a whole turkey is getting it cooked between the breast and thighs without overcooking the breast meat.

First I remove the metal wire holding the drum sticks together

Then I cut the skin between the breast and thigh to allow the heat to get between and cook from both sides.

This also allows the brine to have much better penetration!

Flame Grilled or Pan Fried - Sprinkle on all sides

Grilled Swordfish
Grilled Mahi Mahi
Chicken Breast
Pork Chops

Deep Fry

Mediterranean Flour Recipe

3 Tablespoons Spice to 1 cup flour

Calamari
Shrimp
Chicken Strips
Fried Cauliflower

Flavor

Chicken Salad
Turkey Salad
Mayonnaise, Dijon mustard, Red onion, celery, Mediterranean spice

Rice Pilaf 2 Teaspoons per cup water
Pita Bread - Brush w/ Olive oil, Sprinkle spice, Flame or pan grill
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Bruschetta
Veggie Saute

Honey Ginger Lime Rub

Directions: Sprinkle generously on both sides of fish fillet, scallops or shrimp

Pan fry or griddle with coconut oil or neutral oil on medium heat.
Take care not to over caramelize sugars.

Cajun Spice

When you want to add a Southern flair just sprinkle, rub or add Cajun flavor to the recipe!

Flame Grilled

Sprinkle on both sides of protein to cover. How much will depend on the thickness and how spicy you like

Fish
Burgers
Steaks
Chicken breasts
Pork chops
Cajun shrimp skewers

Pan and Deep Fry

Cajun Flour Recipe

3 Tablespoons Cajun spice
1 cup all purpose flour

Cajun Calamari
Chicken Wings
Fried Zucchini
Fried Green Tomatoes

Flavor

Red Beans/Rice
Jambalaya
Shrimp Creole
Cajun Cream Sauce
Cajun Supreme Sauce
Vegetable Saute
Home fried potatoes

Sprinkle

Popcorn
Tater tots / Fries
Baked potato

Southern Chicken Spice

Created for an easy & perfectly seasoned Southern fried or baked chicken plus much, much more!

Chicken Flour Recipe

3 Tablespoons Spice
1 cup flour

Pan or Deep fried

Fried Buttermilk Chicken
Fried Chicken Strips
Chicken Fried Steak
Chicken Fried Shrimp
Fried Green Tomatoes
Fried Zucchini

Baked

Southwest Spiced Chicken
Cracker Crumb Shake & Baked Chicken
Cornflake Baked Chicken

Southwest Spice

This spice is perfect for your South of the border recipes.
Add to fish, shrimp, beef, chicken or pork when making your meat.

Flavor

Tacos
Fajitas
Burrito
Flautas
Tostada's
Taco Salad
Enchilada Sauce
SW Black Beans
Queso Fundido
Scrambled Eggs

Chipotle Salsa Recipes

Chipotle Shrimp

2 Tbl Coconut oil
1 medium onion Julienne
8 oz mushrooms (optional)
1 teaspoon chopped garlic
1/4 cup water
1/4 cup UglyFish chipotle salsa
1/4 cup catsup
1 teaspoon Tabasco sauce
2 lbs raw, peeled shrimp (31/40 size or larger)
2 Tbs Coconut oil
Sour cream

Sauce

Sauté onions in coconut oil till lightly browned
Add mushrooms & brown on high heat
add garlic & cook one minute
Add water, Chipotle salsa, catsup & Tabasco sauce
Remove sauce from pan

Rinse out pan and return pan to high heat
add Coconut oil to pan
Place shrimp in a single layer
let them cook on high heat to brown
when 2/3 cooked flip and quickly finish cooking (Don't over cook!!)
Stir sauce into shrimp and serve immediately with sour cream

Chipotle Rice

2 Tbs Coconut oil

1 medium onion small dice

1 cup Jasmine rice

1 teaspoon chopped garlic

1 3/4 cup water

1 Tbs Chicken base

2 Tbs UglyFish Chipotle salsa

In deep medium size fry pan

cook onion & rice in coconut oil till onion is lightly browned

Add chopped garlic & cook one minute

Add water, chicken base & chipotle salsa

Bring to a boil

cover pan

Turn to low heat

Cook 15 minutes

Fluff rice with fork