

Penzeys Spices

LOVE PEOPLE - COOK THEM TASTY FOOD

THANKSGIVING 2015



Cocoa Snowflakes



*Give Thanks
for nurses!*



Tasty Cranberry
Orange Relish



Yam & Apple Bake



Bucket o' Great Gravy



KICK OFF THE HOLIDAYS WITH COCOA!

From your first hot mug on that first frosty Sunday afternoon to the cocoa snowflakes on Santa's cookie plate Christmas Eve, Penzeys best Natural Cocoa makes holiday memories magical!



Homemade Hot Chocolate

It's like a warm hug in a mug.

- 4 Cups milk
- 3 TB. granulated white sugar
- 2-3 TB. NATURAL COCOA POWDER
- 3 dashes PURE VANILLA EXTRACT
- 3 pinches PENZEYS CINNAMON
- mini marshmallows to taste
- CINNAMON STICKS for stirring

Combine milk, sugar, NATURAL COCOA POWDER, PURE VANILLA EXTRACT and PENZEYS CINNAMON in a medium sized heavy-bottomed saucepan. Whisk or stir briskly to dissolve COCOA into milk. Warm over medium-low heat until steaming, stirring frequently. Pour into mugs, top with mini-marshmallows and use peppermint sticks or long cinnamon sticks for stirrers.

Prep. time: 1 minute

Cooking time: 8-10 minutes

Serves: 4

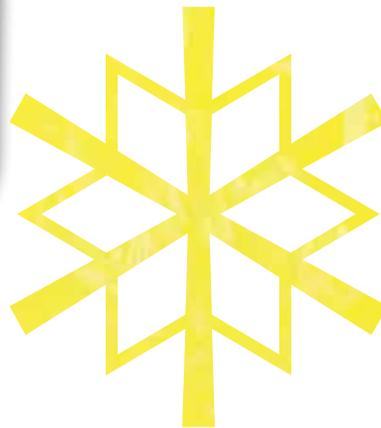


Cocoa Snowflakes

Natural High Fat Cocoa Powder

Strong, dark chocolate flavor—our top choice. The best cocoa for bringing life to your brownies, cakes and cookies. High fat cocoa is the richest grade of cocoa available in the world today. Perfect for all your baking needs.

1/2 cup jar (net 2.1 oz.) #42356 \$ 4.95



For this recipe, go to www.penzeys.com and click on Stories and Recipes.

Thanksgiving 2015

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a note from Bill

Thanksgiving 2015 - Exciting times!

I'm thankful to have been pretty much born into the spice business. I have such great memories of growing up working in my parents' small spice store on the northwest side of Milwaukee. And though unexpected, what a great thing for my father to push me to start my own business, fresh out of school, what will be thirty years ago this January. What an experience and what an education.

To meet face to face with so many cooks, often first generation Americans, and learn of their unique uses for spices and spice combinations was incredibly valuable. But even more valuable than the differences in the spices they bought, and the ways they used them, was experiencing the kindness these cooks had in common. Cooks really do cook out of a desire to connect to their lives and the lives of those around them. The gift of growing up, year after year, seeing the goodness set in motion by the kindness and compassion of cooks is something I will always be thankful for.

There is no better example of people who connect with kindness, compassion and empathy to heal the world and create better futures for all than nurses. More and more it seems like the story our time will be remembered for is the growing understanding of the impact inequality has on all our lives and the work we must do to overcome it. So often today, it's nurses who are on the front lines of this struggle, healing the damage inequality brings. We all have so much to be thankful for that these kind, strong people have chosen to do this work with their lives. They are heroes, and have great recipes, too.

And introducing our new Love People—Cook them tasty food Gift Boxes! These boxes are something special. Everything we've learned over all these decades about spices and about all the goodness cooking brings to life has been lovingly tucked inside these bright-happy-fun boxes.

The Love People boxes are great for cooks at every stage. Our spices will wow the most experienced of cooks. And the choice of family favorite colors, matching Love People bumper magnet, friendly Kind Heart pin, and cook booklet featuring cooks and recipes that radiate the goodness of cooking will lure even first timers out into the kitchen to give them a try.

These boxes are great deals at their regular prices of \$44.95 & \$29.95, but at the special introductory price of just \$29.95 and \$19.95 these are a steal. If you have your heart set on one of the colors, you might not want to put off ordering until the middle of December, because I think these are going to fly.

And when is high fat a good thing? When you're talking Natural Cocoa. Trying to find a spice to feature for this catalog, I have to say even with all my years of experience, Cocoa was not the first thing that came to mind when thinking of Thanksgiving. But looking over numbers from years past it's clear in the couple weeks leading up to Thanksgiving that Cocoa gets hot this time of year. Makes sense because like the holidays, Cocoa is all about creating great memories, and our really tasty Natural high fat Cocoa does just that. Do your best to pick up a jar if you can.

Happy Thanksgiving,

Bill

bill@penzeys.com

Spice Tips

HOW MUCH SHOULD I BUY?

A good guideline is to buy a one year's supply of herbs or ground spices, and a one to two year supply of whole spices. The government's guideline for freshness dating is four years for whole spices and two years for ground. Some people say six months is the longest spices should be stored, but most spices are harvested only once a year, so it does not make sense to discard them every six months. On the other hand, two years is too long to store finely powdered spices. Each spice contains hundreds of flavor components. It is the quantity and balance of these components that determines the quality of the spice. These flavor components will dissipate at different rates. A top quality spice may be better at two years old than a low quality spice at two months. When in doubt about a spice, just smell it. If it smells strong and spicy, use it. If not, toss it.

HOW SHOULD I STORE THEM?

Spices must be stored properly to maintain strong, fresh flavor. Heat, light, moisture and air all speed the loss of flavor and color. Glass or barrier plastic containers (such as those we use at Penzeys) are very good. DO NOT store your spices near a heat source: on top of the stove, dishwasher, refrigerator or microwave, or near the sink or a heating vent. The best way to avoid light is to put the spices inside a cupboard or a drawer. If an open spice rack is being used, place it out of direct sunlight.

Some folks say that all spices should be stored in the refrigerator or the freezer. Whole, crushed and ground chili peppers (including paprika, as well as sesame seed and poppy seed) will stay fresh and colorful longer in cool storage, especially in the summer months. Other than vanilla beans and extract, the flavor of spices will not be damaged by cold. The only problem with spices being stored in the fridge is that they tend to be used less (out of sight, out of mind). So we recommend keeping smaller quantities of spices out in the cooking area and larger backup supplies in the refrigerator or freezer.

Adobo Seasoning **SALT FREE**

A traditional and popular Mexican spice mix. Not hot, but spicy and rich in flavor, and salt-free. Use 1/4 - 1 tsp. per pound and rub on chicken, fish and pork. Great for easy guacamole, just mix 1 tsp. Adobo Seasoning in 1 TB. water, add to 2 mashed avocados with a squeeze of lemon or lime juice, a shake of salt and a pinch of hot pepper. *Hand-mixed from: garlic, onion, black pepper, Mexican oregano, cumin and cayenne red pepper.*

1/4 cup jar (net 1.1 oz.) #10137 **\$3.95**
1/2 cup jar (net 2.5 oz.) #10153 **\$6.95**
3/4 cup bag (net 3.8 oz.) #10143 **\$8.69**
1 1/2 cup bag (net 7.5 oz.) #10185 **\$12.99**

Ajwain Seed

Ajwain (or Ajowan) is traditional to many Indian and Pakistani dishes. From Pakistan.

1/4 cup jar (net .8 oz.) #50139 **\$3.45**
1/2 cup jar (net 1.9 oz.) #50155 **\$5.95**
3/4 cup bag (net 2.9 oz.) #50145 **\$7.49**

Allspice

Allspice is one of the most popular baking spices. Sweet and warm, ground allspice is particularly good in pumpkin pie, banana bread and cookies. Allspice is also the main flavor in barbecue sauce and is used whole for canning, soups, and mulled wine or cider.

Whole Honduran Allspice

1/4 cup jar (net .6 oz.) #50234 **\$2.95**
1/2 cup jar (net 1.5 oz.) #50250 **\$4.95**
3/4 cup bag (net 2.3 oz.) #50240 **\$6.29**
1 1/2 cup bag (net 4.6 oz.) #50282 **\$9.49**

Ground Honduran Allspice

1/4 cup jar (net 1.0 oz.) #40231 **\$3.45**
1/2 cup jar (net 2.0 oz.) #40257 **\$5.95**
3/4 cup bag (net 3.0 oz.) #40247 **\$7.49**

Anise Seeds

Sweet licorice taste, used in cookies, sausage and sauces throughout the Mediterranean.

Whole Spanish Anise Seeds

1/4 cup jar (net .9 oz.) #50339 **\$3.45**
1/2 cup jar (net 2.2 oz.) #50355 **\$5.95**
3/4 cup bag (net 3.3 oz.) #50345 **\$7.49**

Cracked Spanish Anise Seeds

1/4 cup jar (net 1.1 oz.) #40431 **\$3.45**
1/2 cup jar (net 2.2 oz.) #40457 **\$5.95**
3/4 cup bag (net 3.3 oz.) #40447 **\$7.49**

Ground Spanish Anise Seeds

1/4 cup jar (net .9 oz.) #40336 **\$3.45**
1/2 cup jar (net 2.2 oz.) #40352 **\$5.95**
3/4 cup bag (net 3.3 oz.) #40342 **\$7.49**

Annatto Seeds

A must for South American, Caribbean & Mexican cooking.

1/4 cup jar (net 1.2 oz.) #50539 **\$3.29**
1/2 cup jar (net 2.8 oz.) #50555 **\$5.49**
3/4 cup bag (net 4.2 oz.) #50545 **\$6.99**

Apple Pie Spice

Use 1-2 tsp. for an 8-inch apple pie. Great for muffins, use 1/2 tsp. per cup of batter. For sugar cookies, add 1-2 tsp. per batch. Sprinkle on regular or French toast, add to waffle or pancake batter, 1/4 tsp. per cup. *Hand-mixed from: China and Korintje cinnamon, nutmeg, mace and cloves.*

1/4 cup jar (net 1.0 oz.) #10232 **\$3.95**
1/2 cup jar (net 2.2 oz.) #10258 **\$6.95**
3/4 cup bag (net 3.3 oz.) #10248 **\$8.69**

Arizona Dreaming **SALT FREE**

Arizona Dreaming is simply a delicious all-purpose coming together of spices. The flavors of South of the Border combined in the ways that Americans love so much. Great for just about everything, use frequently to season: vegetables, rice, beans, beef, pork, scrambled huevos, ground turkey, cheese, salad dressings. Free from salt. *Hand-mixed from: ancho chili pepper, black pepper, onion, garlic, paprika, spices, cumin, citric acid, Mexican oregano, cilantro, lemon peel, chipotle pepper, red pepper, jalapeño, cocoa and natural smoke flavoring.*

1/4 cup jar (net .9 oz.) #15837 **\$3.95**
1/2 cup jar (net 2.1 oz.) #15853 **\$6.95**
3/4 cup bag (net 3.2 oz.) #15843 **\$8.69**
1 1/2 cup bag (net 6.4 oz.) #15885 **\$12.99**

Arrowroot Starch

Arrowroot has long been used in making clear glazes for fruit pies. Because of its superior thickening ability (use half as much as flour) and clear look, arrowroot is excellent for stir-fry sauce. **To thicken sauces or gravies:** Use 1-2 tsp. (dissolved in a bit of cool water) per cup. Push food to one side of pan. Tip pan for juices to collect on one side and drizzle in arrowroot-water slurry. Stir over medium heat until slightly thickened, toss to coat food and serve.

1/4 cup jar (net 1.1 oz.) #40536 **\$2.95**
1/2 cup jar (net 2.5 oz.) #40552 **\$4.95**
3/4 cup bag (net 3.8 oz.) #40542 **\$6.29**
1 1/2 cup bag (net 7.6 oz.) #40584 **\$9.49**
3 cup bag (net 15.2 oz.) #40513 **\$14.29**

Baking Spice

Whether you are baking cookies or just heating oatmeal, Baking Spice makes it easy to add delicious flavor. Sprinkle on hot cereals, or add to pancake batter, 1/4 tsp. in 2 cups. Add 1 tsp. to box mixes for cake or brownies. Try it in muffins, coffee cakes, pies, and banana bread. Add up the spices your recipe calls for and use the same amount of Baking Spice instead. *Hand-mixed from: Ceylon & China cinnamon, anise, allspice, mace and cardamom.*

1/4 cup jar (net .7 oz.) #11734 **\$3.95**
1/2 cup jar (net 1.7 oz.) #11750 **\$6.95**
3/4 cup bag (net 2.6 oz.) #11740 **\$8.69**



Bangkok Blend **SALT FREE**

For flavorful Thai-style cooking. Nice for seasoned noodles. *Hand-mixed from: sweet peppers, garlic, ginger, black pepper, galangal, hot peppers, lemongrass, basil and cilantro.*

1/4 cup jar (net 1.0 oz.) #10337 **\$4.45**
1/2 cup jar (net 2.4 oz.) #10353 **\$7.95**
3/4 cup bag (net 3.6 oz.) #10343 **\$9.99**

BBQ 3000

Cook it slow or fast, on the grill or in the oven, gas or charcoal, it's all good. Brush boneless/skinless chicken breasts with olive oil and 1-2 tsp. BBQ 3000 per pound, grill over direct medium-high heat 3-5 minutes per side, covered. *Hand-mixed from: salt, paprika, black pepper, nutmeg, mustard, allspice, citric acid, garlic powder, ginger, sage, thyme, white pepper, cinnamon and natural smoke flavor.*

1/4 cup jar (net 1.2 oz.) #20235 **\$3.95**
1/2 cup jar (net 2.5 oz.) #20251 **\$7.75**
3/4 cup bag (net 3.8 oz.) #20241 **\$9.69**
1 1/2 cup bag (net 7.6 oz.) #20283 **\$14.49**

BBQ 3001

The next step in the evolution of flavor. Whether you're grilling, broiling, roasting or stir-frying, a sprinkle of BBQ 3001 will bring a burst of life to every dish. For tender and delicious ribs, rub on 2-3 tsp. per pound and then slow cook in the oven at 240° for 3-4 hours. For extra smoky flavor, grill over indirect heat for 2-4 hours. Sprinkle BBQ 3001 on veggies (especially great on zucchini), grilled or pan-seared fish and skewered shrimp. Healthy, quick and tasty. *Hand-mixed from: paprika, black pepper, salt, mustard, nutmeg, citric acid, garlic, allspice, sugar, ginger, thyme, sage, white pepper, red pepper, cinnamon, natural smoke flavoring and vanilla beans.*

1/4 cup jar (net 1.0 oz.) #22239 **\$4.45**
1/2 cup jar (net 2.3 oz.) #22255 **\$7.95**
3/4 cup bag (net 3.5 oz.) #22245 **\$9.99**
1 1/2 cup bag (net 7.0 oz.) #22287 **\$14.99**

Barbecue of the Americas

Mix 2-3 tsp. seasoning in 2 cups tomato sauce—brush on ribs toward the end of cooking, or bake chicken breasts or pork chops in the oven and brush with sauce for the final ten minutes of cooking. This blend is perfect for any grilled food, from quickly grilled steaks to slower cooked whole chicken. Great for fish and skewers with meat and vegetables. *Hand-mixed from: flake salt, paprika, allspice, cayenne pepper, nutmeg, black pepper, thyme, ginger, white pepper and Korintje cinnamon.*

1/4 cup jar (net 1.2 oz.) #23931 **\$4.45**
1/2 cup jar (net 2.5 oz.) #23957 **\$7.95**
3/4 cup bag (net 3.8 oz.) #23947 **\$9.99**
1 1/2 cup bag (net 7.6 oz.) #23989 **\$14.99**

Basil

Basil is the perfect herb for pasta, tomato sauce, and chicken. The flavor of sweet basil is almost addictive and there is little that a bit of basil can't improve. Known as a tomato's best friend, add basil to salads, soups, fish and vegetables. Basil is a wonderful addition to meat and poultry as well. Add basil toward the end of cooking for the strongest flavor. California basil is a little stronger than French basil, due mainly to better dehydration technology, and is the basil of choice for Italian and American cooking. French basil has a bit of anise flavor many people enjoy.

Coarse-Cut Sweet California Basil

The basil for all Italian cooking, perfect with tomatoes

1/4 cup jar (net .2 oz.) #30133 **\$2.45**
1/2 cup jar (net .4 oz.) #30159 **\$3.95**
3/4 cup bag (net .6 oz.) #30145 **\$4.99**
1 1/2 cup bag (net 1.2 oz.) #30189 **\$7.49**
3 cup bag (net 2.4 oz.) #30111 **\$11.29**

Broken Leaf Sweet French Basil

Milder than California, sweet anisey flavor

1/4 cup jar (net .2 oz.) #30238 **\$2.45**
1/2 cup jar (net .6 oz.) #30254 **\$3.95**
3/4 cup bag (net .9 oz.) #30240 **\$4.99**
1 1/2 cup bag (net 1.8 oz.) #30284 **\$7.49**

Bavarian-Style Seasoning **SALT FREE**

Growing up in the Penzey family, one of our favorite Sunday dinners was Gram's special recipe of veal, pork, potatoes, onions and carrots, all roasted to a golden brown in the same pan, seasoned with her simple, yet delicious blend of herbs and spices. We've also found this seasoning is wonderful for the grill—one of our quick favorites is to rub boneless pork chops or turkey cutlets with a bit of vegetable oil, then sprinkle with 1-2 tsp. Bavarian Seasoning per pound. Also great on turkey breast, rub on 1-2 tsp. per lb. For added zest, sprinkle with lemon juice or salt. *Hand-mixed from: crushed brown mustard, rosemary, garlic, thyme, bay leaf and sage.*

1/4 cup jar (net .7 oz.) #10432 **\$3.95**
1/2 cup jar (net 1.5 oz.) #10458 **\$6.95**
3/4 cup bag (net 2.3 oz.) #10448 **\$8.69**
1 1/2 cup bag (net 4.6 oz.) #10480 **\$12.99**

Bay Leaves

Turkish bay leaves are the best in the world. Though not as strong as the California variety, they have a natural depth of flavor that the California bay leaves can't hope to match. Bay leaves grow wild on the hilly mountains of western Turkey in the area around Izmir (Smyrna). The flavor of bay leaves is perfect for adding to roast pork or chicken, pot roast, turkey or ham, use 2-3 leaves and remove before serving. Bay leaves are also perfect for spaghetti sauce and chicken soup, use 2 per quart. A surprising fact is that bay leaves improve the flavor of salt-free dishes with their rich flavor. Note: bay leaves are very light (8 ounces by weight equals one gallon by volume).

Whole Turkish Bay Leaves

1/2 oz. bag #30391 **\$2.65**
1 oz. bag #30362 **\$3.89**
4 oz. bag #30346 **\$8.99**

Beef Roast Seasoning

Use 1-2 tsp. per pound for pot roast, thick steaks and hamburgers. One of our best blends for venison. *Hand-mixed from: sweet paprika, salt, onion, celery, arrowroot, sugar, garlic, Tellicherry black pepper, parsley, dill seed, caraway, turmeric, dill weed, bay leaf, thyme, savory, basil, marjoram and rosemary.*

1/4 cup jar (net 1.1 oz.) #20530 **\$3.95**
1/2 cup jar (net 2.6 oz.) #20556 **\$6.95**
3/4 cup bag (net 3.9 oz.) #20546 **\$8.69**
1 1/2 cup bag (net 7.8 oz.) #20588 **\$12.99**

Bell Peppers

Flavorful, colorful bell peppers are convenient and tasty, nice for meatloaf, soup, pizza, casseroles and salads. Picked at the peak of ripeness, yielding a farmer's market fresh taste. These peppers are so flavorful, a little goes a long way, and they are ready to use when you are. 1-2 TB. dehydrated bell peppers give the flavor of 1 large fresh pepper. Red Bell Peppers are sweeter than green bell peppers, which have a zestier flavor. To rehydrate ¼ cup: Place 2 TB. bell peppers in a cup, add water to the 2 oz. (¼ cup) mark. Soak 15 minutes.

Green Bell Pepper Flakes 3/8" Cut Californian

1/4 cup jar (net .3 oz.) #32137 **\$2.95**
1/2 cup jar (net .6 oz.) #32153 **\$4.95**
3/4 cup bag (net .9 oz.) #32143 **\$6.29**

Red Bell Pepper Flakes 3/8" Cut Californian

1/4 cup jar (net .5 oz.) #32232 **\$2.95**
1/2 cup jar (net .9 oz.) #32258 **\$4.95**
3/4 cup bag (net 1.4 oz.) #32248 **\$6.29**

Red & Green Bell Pepper Flakes 3/8" Cut Californian

1/4 cup jar (net .4 oz.) #32337 **\$2.95**
1/2 cup jar (net .8 oz.) #32353 **\$4.95**
3/4 cup bag (net 1.2 oz.) #32343 **\$6.29**

Berbere Seasoning **SALT FREE**

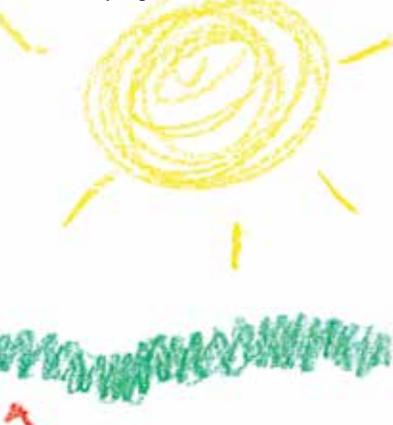
Awesomely hot and spicy East African-style hot pepper blend. No salt, no mild paprika, just a lot of Cayenne Red Pepper with the rich flavors of fenugreek and cardamom. It's not just hot, it's berbere hot. *Hand-mixed from: cayenne red pepper, garlic, ginger, fenugreek, cardamom, cumin, black pepper, allspice, turmeric, cloves, Ceylon cinnamon and coriander.*

1/4 cup jar (net .9 oz.) #12836 **\$2.95**
1/2 cup jar (net 2.1 oz.) #12852 **\$4.95**
3/4 cup bag (net 3.2 oz.) #12842 **\$6.29**

Bicentennial Rub Seasoning

The rich flavor and golden color make this our favorite blend for turkey, duck, goose and pork roast. Perfect for the grill, sprinkle heavily on rotisserie-style chicken or pork roast, also on thick-cut pork chops and beef short ribs. The larger chunks of spices in our Bicentennial Rub also make it perfect for any large cut that takes an hour or longer to cook, and the beautiful golden color can't be beat. Try on roast leg of lamb, baked or roasted whole stuffed chicken, Yankee pot roast and thick-cut pork or veal chops. *Hand-mixed from: coarse flake salt, Tellicherry black pepper, sugar, turmeric, minced orange peel and coriander.*

1/4 cup jar (net 1.3 oz.) #20635 **\$3.95**
1/2 cup jar (net 2.7 oz.) #20651 **\$6.95**
3/4 cup bag (net 4.1 oz.) #20641 **\$8.69**
1 1/2 cup bag (net 8.2 oz.) #20683 **\$12.99**



Black and Red Spice **SALT FREE**

A blend of fresh ground Tellicherry black pepper and hot cayenne red pepper. Great whenever you want the robust flavor of Tellicherry black pepper but need extra heat. Perfect for the grilling season, since the heat of the grill mellows the red pepper heat a bit, for flavorful spicy chops, chicken, fish, shrimp kabobs and steaks. Try a sprinkle on scrambled eggs, creamy pasta or potato salad for a spicy change of pace. *Hand-mixed from: Tellicherry Black Pepper and Cayenne Red Pepper.*

1/4 cup jar (net 1.1 oz.) #10537 **\$3.95**
1/2 cup jar (net 2.5 oz.) #10553 **\$6.95**
3/4 cup bag (net 3.8 oz.) #10543 **\$8.69**
1 1/2 cup bag (net 7.6 oz.) #10585 **\$12.99**

Bouquet Garni **SALT FREE**

Herbs are the cook's best friend. They add tons of flavor to food without using butter or salt, and herb blends are an easy and inexpensive way to get many flavors in one jar. Bouquet Garni is one of our most popular and traditional herb blends, a robust and flavorful mix for baked chicken or fish, pork, or pot roast. Just crumble between your fingers and sprinkle 1/2 tsp. per pound on fish or chicken breasts before baking, or rub onto the surface of roasts before cooking. *Hand-mixed from: savory, rosemary, thyme, Turkish oregano, basil, dill weed, marjoram, sage and tarragon.*

1/4 cup jar (net .3 oz.) #10632 **\$3.45**
1/2 cup jar (net .8 oz.) #10658 **\$5.95**
3/4 cup bag (net 1.2 oz.) #10644 **\$7.49**
1 1/2 cup bag (net 2.4 oz.) #10688 **\$11.29**

Bratwurst Sausage Seasoning

The sausage that made Milwaukee famous. *Hand-mixed from: salt, white pepper, mustard, nutmeg and onion.*

1/4 cup jar (net 1.6 oz.) #28031 **\$2.95**
1/2 cup jar (net 3.4 oz.) #28057 **\$4.95**
3/4 cup bag (net 5.1 oz.) #28047 **\$6.29**

Breakfast/Pork Sausage Seasoning

A best-seller. Traditional blend for breakfast patties and links. This is a good seasoning for beginners. Mix 1 TB. with 1 lb. ground pork and work into 1/4" thick patties. *Hand-mixed from: salt, sugar, paprika, black pepper, dextrose, nutmeg, cayenne pepper, sage and thyme.*

1/4 cup jar (net 1.8 oz.) #28136 **\$2.95**
1/2 cup jar (net 3.6 oz.) #28152 **\$4.95**
3/4 cup bag (net 5.4 oz.) #28142 **\$6.29**
1 1/2 cup bag (net 10.8 oz.) #28184 **\$9.49**
3 cup bag (net 21.6 oz.) #28113 **\$14.24**

Cajun Seasoning

One of America's most popular seasonings. Shake heavily on chicken, fish or steaks on the grill for robust and spicy flavor. Add 1/2 tsp. per pound to ground beef or turkey for zesty Cajun burgers. *Hand-mixed from: paprika, salt, celery, sugar, garlic, black pepper, onion, oregano, red pepper, caraway, dill, turmeric, cumin, bay, mace, cardamom, basil, marjoram, rosemary and thyme.*

1/4 cup jar (net .9 oz.) #20835 **\$3.95**
1/2 cup jar (net 2.1 oz.) #20851 **\$6.95**
3/4 cup bag (net 3.2 oz.) #20841 **\$8.69**
1 1/2 cup bag (net 6.4 oz.) #20883 **\$12.99**

Cake Spice

Sweet and spicy. Use in place of cinnamon in any baking recipe. *Hand-mixed from: China cinnamon, star anise, nutmeg, allspice, ginger and cloves.*

1/4 cup jar (net 1.0 oz.) #10832 **\$3.99**
1/2 cup jar (net 1.9 oz.) #10858 **\$6.95**
3/4 cup bag (net 2.9 oz.) #10848 **\$8.69**

California-Style Seasoned Pepper **SALT FREE**

California Seasoned Pepper is one of our oldest and most popular salt-free seasonings. The robust flavor of red and green bell peppers and black pepper together seasons fully without salt. California Seasoned Pepper is perfect for meat and poultry, especially grilled or broiled steak, hamburgers, pork chops or chicken, rub on 1 tsp. per pound before cooking. Add a bit to gravy, stew, or a roast to combat blandness. *Hand-mixed from: Tellicherry black pepper, red and green bell pepper, onion and garlic.*

1/4 cup jar (net 1.0 oz.) #10937 **\$4.55**
1/2 cup jar (net 2.3 oz.) #10953 **\$7.99**
3/4 cup bag (net 3.5 oz.) #10943 **\$9.99**
1 1/2 cup bag (net 7.0 oz.) #10985 **\$14.99**

Caraway Seed

Traditionally added to rye bread, cabbage dishes (sauerkraut and coleslaw), pork, cheese sauces, cream soups, goose and duck.

Whole Dutch Caraway Seed

1/4 cup jar (net 1.0 oz.) #51031 **\$2.95**
1/2 cup jar (net 2.1 oz.) #51057 **\$4.79**
3/4 cup bag (net 3.2 oz.) #51047 **\$5.99**
1 1/2 cup bag (net 6.4 oz.) #51089 **\$8.99**
3 cup bag (net 12.8 oz.) #51018 **\$13.49**

Ground Dutch Caraway Seed

1/4 cup jar (net .8 oz.) #41038 **\$2.95**
1/2 cup jar (net 1.8 oz.) #41054 **\$4.79**
3/4 cup bag (net 2.7 oz.) #41044 **\$5.99**

Cardamom

Cardamom is a pod consisting of an outer shell with little flavor and tiny inner seeds with intense flavor. Stored in a glass jar, cardamom pods will stay fresh indefinitely. Shelled or decorticated cardamom seeds are flavorful, but sometimes need to be crushed or ground before use. Ground cardamom has an intensely strong flavor and is easy to use (especially in baking, where the fine powder is desirable). In India, where both green and black cardamom are used, it is an important ingredient in meat and vegetable dishes. In Northern Europe, white cardamom is used to season baked goods such as Christmas stollen, cakes, cookies, muffins and buns. Black cardamom has a unique smoky flavor and has developed its own following over the years.

Whole Fancy White Scandinavian-Style Cardamom Pods

1/4 cup jar (net .5 oz.) #50634 **\$6.85**
1/2 cup jar (net 1.3 oz.) #50650 **\$12.95**
3/4 cup bag (net 2.0 oz.) #50640 **\$16.29**

Whole Fancy Green Guatemalan Cardamom Pods

1/4 cup jar (net .6 oz.) #50739 **\$6.39**
1/2 cup jar (net 1.7 oz.) #50755 **\$11.95**
3/4 cup bag (net 2.6 oz.) #50745 **\$14.99**

Whole Large Black Indian Cardamom Pods

1/4 cup jar (net .5 oz.) #50834 **\$5.09**
1/2 cup jar (net 1.3 oz.) #50850 **\$8.89**
3/4 cup bag (net 2.0 oz.) #50840 **\$10.99**

Whole Guatemalan Cardamom Seeds (no shell)

1/4 cup jar (net 1.3 oz.) #50939 **\$8.89**
1/2 cup jar (net 2.8 oz.) #50955 **\$16.75**
3/4 cup bag (net 4.2 oz.) #50945 **\$20.99**

Ground Guatemalan Cardamom Seeds (no shell)

1/4 cup jar (net 1.2 oz.) #40936 **\$8.55**
1/2 cup jar (net 2.4 oz.) #40952 **\$15.95**
3/4 cup bag (net 3.6 oz.) #40942 **\$19.99**

Celery Flakes

Celery flakes are nice to have on hand when you need a tablespoon or two of celery. Use 1 TB. to equal one small fresh stalk. Throw into soup or stock, but for roasts or casseroles, rehydrate before adding. Cover 1 TB. in 3 TB. water, let stand 5 minutes, drain off extra liquid.

1/4 cup jar (net .3 oz.) #30533 **\$2.99**
1/2 cup jar (net .7 oz.) #30559 **\$4.89**
3/4 cup bag (net 1.1 oz.) #30545 **\$5.99**
1 1/2 cup bag (net 2.2 oz.) #30589 **\$8.99**

Celery Salt

Celery salt is a wonderful seasoning for beef—perfect for roast beef, pot roast, steaks on the grill, or mixed in meatloaf, 1/2 -1 tsp. per lb., with pepper and garlic. Traditional for sprinkling in tomato juice and what could be better than a Bloody Mary topped with a generous sprinkle of celery salt? *Hand-mixed from: fine salt and celery.*

1/4 cup jar (net 2.1 oz.) #20930 **\$2.95**
1/2 cup jar (net 4.6 oz.) #20956 **\$4.95**
3/4 cup bag (net 6.9 oz.) #20946 **\$6.29**
1 1/2 cup bag (net 13.8 oz.) #20988 **\$9.49**
3 cup bag (net 27.6 oz.) #20917 **\$14.29**

Celery Seed

Black pepper is the best spice for beef, but many cooks also add a touch of celery. Whole celery seed is used in salad dressings, soups and pickling recipes, and rubbed on large cuts of meat. Ground celery is used more sparingly to season smaller, quicker cooking cuts. Use half as much ground celery as whole celery.

Whole Indian Celery Seed

1/4 cup jar (net .9 oz.) #51136 **\$2.85**
1/2 cup jar (net 1.9 oz.) #51152 **\$4.55**
3/4 cup bag (net 2.9 oz.) #51142 **\$5.69**
1 1/2 cup bag (net 5.8 oz.) #51184 **\$8.49**

Ground Indian Celery Seed

1/4 cup jar (net .9 oz.) #41133 **\$2.95**
1/2 cup jar (net 1.9 oz.) #41159 **\$4.95**
3/4 cup bag (net 2.9 oz.) #41149 **\$6.29**

Charnushka (Nigella Sativa)

Black, smoky seeds also known as black caraway or kalonji. From India.

1/4 cup jar (net 1.0 oz.) #51231 **\$2.99**
1/2 cup jar (net 1.9 oz.) #51257 **\$4.79**
3/4 cup bag (net 2.9 oz.) #51247 **\$5.99**

Chervil

A sweet herb often used in Europe in the same way we use parsley flakes. From Holland.

1/4 cup jar (net .15 oz.) #30638 **\$2.95**
1/2 cup jar (net .4 oz.) #30654 **\$4.95**
3/4 cup bag (net .6 oz.) #30640 **\$6.29**

Chesapeake Bay Seasoning

Traditional East Coast seafood and meat seasoning. *Hand-mixed from: salt, paprika, mustard, ancho, celery, black and red pepper, dill, caraway, allspice, ginger, cardamom, thyme, bay, mace, cinnamon, savory and cloves.*

1/4 cup jar (net 1.2 oz.) #21032 **\$3.95**
1/2 cup jar (net 2.7 oz.) #21058 **\$6.95**
3/4 cup bag (net 4.1 oz.) #21048 **\$8.69**

Cheese Seasonings

Brady Street Cheese Sprinkle

Named after the well-known Italian street in Milwaukee. Romano cheese with garlic & Italian herbs. Shake on garlic bread, salads and popcorn. Use 1 TB. per cup sour cream for vegetable/chip dip, baked potatoes and salad dressing. *Hand-mixed from: Romano cheese [made from sheep's and cow's milk, cheese cultures, salt, enzymes, disodium phosphate], salt, garlic, green peppercorn, basil and parsley.*

- 1/4 cup jar (net 1.1 oz.) #20730 \$ 5.95
- 1/2 cup jar (net 2.8 oz.) #20756 \$ 9.95
- 3/4 cup bag (net 4.2 oz.) #20746 \$ 12.49
- 1 1/2 cup bag (net 8.4 oz.) #20788 \$ 18.69

Garden Salad Seasoning

A colorful mix of cheese, chives and poppy seeds. Great sprinkled on garlic bread, potatoes, and baked chicken. Very good for pasta, just toss with oil or butter, a splash of vinegar and a tsp. of spice per serving. *Hand-mixed from: Romano cheese [made from sheep's and cow's milk, cheese culture, salt, enzymes, disodium phosphate], poppy, salt, sesame, onion, garlic, chives and white pepper.*

- 1/4 cup jar (net 1.4 oz.) #27034 \$ 4.95
- 1/2 cup jar (net 3.2 oz.) #27050 \$ 8.95
- 3/4 cup bag (net 4.8 oz.) #27040 \$ 11.29

Rocky Mountain Seasoning

A versatile blend of Parmesan, bell peppers and shallots. Sprinkle on salad, in yogurt or sour cream for dip, use 2 TB. per cup. Use to season quiche, chicken or veal cutlets. *Hand-mixed from: bell peppers, Parmesan cheese [part-skim milk, cheese culture, salt, enzymes, cellulose powder, potassium sorbate], salt, sesame, poppy, shallots, arrowroot and white pepper.*

- 1/4 cup jar (net 1.0 oz.) #27139 \$ 4.45
- 1/2 cup jar (net 2.2 oz.) #27155 \$ 7.95
- 3/4 cup bag (net 3.3 oz.) #27145 \$ 9.99

Salad Elegant

A blend made to be sprinkled on salads. Also great on baked fish and chicken, omelets and vegetables. Shake on pasta with olive oil. *Hand-mixed from: Parmesan cheese [part-skim milk, cheese culture, salt, enzymes, cellulose powder, potassium sorbate], paprika, poppy, sesame, salt, bell pepper, celery, garlic and green pepper.*

- 1/4 cup jar (net 1.2 oz.) #27234 \$ 4.45
- 1/2 cup jar (net 2.5 oz.) #27250 \$ 7.95
- 3/4 cup bag (net 3.8 oz.) #27240 \$ 9.99



Sicilian Salad Seasoning

A warm Italian mix of Romano, red bell pepper, toasted onion and sweet basil, perfect for pasta. Good on vegetables or garlic bread. *Hand-mixed from: Romano cheese [made from sheep's and cow's milk, cheese cultures, salt, enzymes, disodium phosphate], salt, toasted onion, red bell pepper, tomato, paprika, white onion, pepper, basil, thyme, rosemary and cayenne pepper.*

- 1/4 cup jar (net 1.0 oz.) #27339 \$ 4.95
- 1/2 cup jar (net 2.9 oz.) #27355 \$ 8.95
- 3/4 cup bag (net 4.4 oz.) #27345 \$ 11.29

Chicago Steak Seasoning

Robust and smoky, loaded with flavorful chunks of Tellicherry black pepper. Gives great grilled flavor to steaks, burgers, ribs, chicken and turkey. Shake on heavily, 1-2 tsp. per pound. For great BBQ sauce, mix 1 TB. in 1 cup tomato sauce. *Hand mixed from: salt, Tellicherry black pepper, sugar, garlic, onion, lemon zest, citric acid and natural hickory smoke flavor.*

- 1/4 cup jar (net 1.6 oz.) #29933 \$ 4.95
- 1/2 cup jar (net 3.6 oz.) #29959 \$ 8.95
- 3/4 cup bag (net 5.4 oz.) #29949 \$ 11.29
- 1 1/2 cup bag (net 10.8 oz.) #29981 \$ 16.99
- 3 cup bag (net 21.6 oz.) #29910 \$ 25.49

Chinese Five Spice Powder **SALT FREE**

As America redefines its diet, increasing consumption of vegetables and starches, and cutting fats and meat portions, it makes sense to borrow from those who have cooked this way throughout history. Chinese stir-fry is quick, easy and very versatile, combining well with all meats and vegetables. *Hand-mixed from: China cinnamon, star anise, anise seed, ginger and cloves.*

- 1/4 cup jar (net .9 oz.) #11039 \$ 4.45
- 1/2 cup jar (net 2.1 oz.) #11055 \$ 7.99
- 3/4 cup bag (net 3.2 oz.) #11045 \$ 9.99

Chip & Dip Seasoning

Delicious, creamy flavor, perfect for crunchy chips and crisp veggies. Set it out and watch it become the life of the party. Mix 2 tsp. Chip & Dip Seasoning in 1 cup sour cream. Try it with light sour cream or a mix of yogurt and sour cream. For the strongest flavor, refrigerate an hour before serving. *Hand-mixed from: dehydrated vegetables (onion, red and green bell peppers), lactose, salt, hydrolyzed soy protein, horseradish powder, sugar, garlic powder, parsley, black pepper, paprika, turmeric, spice extracts and citric acid.*

- 1/4 cup jar (net 1.8 oz.) #26732 \$ 4.45
- 1/2 cup jar (net 3.8 oz.) #26758 \$ 7.95
- 3/4 cup bag (net 5.7 oz.) #26748 \$ 9.99
- 1 1/2 cup bag (net 7.2 oz.) #26780 \$ 14.99

Chives

Freeze-drying allows chives to maintain a very close-to-fresh flavor and texture, and bright green color. Even the very small amount of moisture on a salad will rehydrate them. Give a hint of garden herb freshness to omelets, chicken soup, baked potatoes and vegetables. Freeze-dried and circle cut. From California.

- 1/4 cup jar (net .05 oz.) #30733 \$ 2.29
- 1/2 cup jar (net .1 oz.) #30759 \$ 3.45
- 3/4 cup bag (net .2 oz.) #30745 \$ 4.29

Cilantro

Cilantro is one of the main, distinctive flavors in Mexican cooking, especially in salsa, soups, and salads. Cilantro is sometimes called Chinese parsley, as it is also used heavily in Asian cooking. Dried Cilantro is not quite as nice as the fresh, but it is easier to keep on hand and has good strong flavor. Cilantro is the leaf of the coriander plant. Cilantro is used heavily in most of the world where its unique flavor seasons salads, tacos, curries, guacamole, soups and stews. Dehydrated, broken leaf. From California.

- 1/4 cup jar (net .1 oz.) #30838 \$ 2.45
- 1/2 cup jar (net .3 oz.) #30854 \$ 3.95
- 3/4 cup bag (net .5 oz.) #30840 \$ 4.99
- 1 1/2 cup bag (net 1.0 oz.) #30884 \$ 7.49



Carolyn Clark

Carolyn Clark of Seattle, Washington, sort of stumbled into her current job as a nurse at a King County Correctional Facility.

“I graduated from nursing school in 2009. This is a third or fourth career for me and I was not expecting the difficulty that I encountered in obtaining a nursing job,” she says.

“I did home health care for a few years before deciding to start job-searching for a new nursing position to continue to grow as a nurse. During this time I was active in my county’s nursing association and ended up giving one of the other nurses on the membership committee a ride home. I talked about my initial struggles in the nursing field, and how I was starting a new search for a new nursing position. She replied, ‘You should do jail nursing.’

“I knew nothing about jail nursing, but I admit that the idea intrigued

me. About a week after this conversation, I went to a job fair and actually met with the recruiter from the county. They were hiring for the position of a jail nurse, so I applied. After a long and rigorous process, I was offered the position.”

The hardest part of her job is knowing that although she can make a difference to an individual, she is “just a cog in the correction field.”

“Laws, poverty and lack of education—to name just a few variables—play a greater role in how these individuals will be treated and what will happen to them,” Carolyn says.

Nurses are caring people by nature. Carolyn exhibits this every day at work and doesn’t stop caring when she gets home. Her family of husband Brad, dog Norton and cat Doris mean the world to her.

“Both animals were rescues: Norton



Carolyn and Brad both enjoy cooking healthful food using the plentiful seasonal vegetables in the Pacific Northwest.

from the streets and Doris from the Humane Society. My husband works first shift, as a middle school science teacher, and I work second shift at the jail and also work every other weekend, so we have three days each week that we do not see each other at all.

“But when we have time together, we make the most of it, essentially hanging around each other a lot. We



Roasted Sweet Potatoes

A great side dish for those who like their sweet potatoes less sweet and more savory.

- 1-2 large sweet potatoes, peeled and cut into bite-sized pieces
- 1/4 Cup olive oil
- 1/4 Cup balsamic vinegar
- 2-3 tsp. (1 drizzle) honey
- 1 tsp. SHALLOT SALT
- 1/2 tsp. PENZEYS PEPPER
- 1/2 tsp. SMOKED SPANISH-STYLE PAPRIKA

Preheat oven to 350°. In a large roasting pan, combine the sweet potatoes, olive oil, vinegar and honey. Toss to coat. Sprinkle with the SHALLOT SALT, PEPPER and PAPRIKA. Stir well. Bake at 350° for 40-50 minutes, turning over carefully every 10-15 minutes, until fork tender.

Prep. time: 10 minutes

Cooking time: 40-50 minutes

Serves: 4

Nutritional Information: Servings 4; Serving Size 3/4 cup (100g); Calories 200; Calories from fat 130; Total fat 14g; Cholesterol 0mg; Sodium 480mg; Carbohydrate 19g; Dietary Fiber 2g; Sugars 8g; Protein 1g.

like to take the dog for walks, cook and then eat as we watch TV shows or an occasional movie. We enjoy traveling and camping when we have time and also enjoy discussions about world events and political and social justice issues.”

She and her husband enjoy cooking healthful food using seasonal vegetables, and rely on the fresh seafood available to them in the Pacific Northwest.

“My husband is really good at cooking fish and other seafood. He learned well from his stepmother when he grew up part of the time in Alaska.”

Carolyn is aware of the preconceptions about inmates, but her experience has taught her everyone is a human being and not all that different from each other.

“We are actually a lot more similar than different. We all have hopes and fears. We get sick or hurt and care about our health. We can be both mean and nice. And of course we all get hungry, need to sleep, act stupid now and then, make mistakes . . .

“And a common connection most human beings share is the need to be remembered and to have mattered,” she says.

Showing humanity can be as simple as being open to hearing what someone has to say.

“Just listening to an inmate’s complaint or question without interruption—and giving them eye-contact along with that listening—I notice a thaw in their defensiveness. They speak more politely. We actually become two human beings conversing versus a nurse talking to an inmate,” Carolyn says.

Coming from a place of kindness instead of judgment can make the labels disappear. “When I don’t judge an inmate, it opens up the lines of



Baked Cauliflower

This recipe from Carolyn would be great with so many seasonings. Play around with it!

- 1 head cauliflower, cut into bite-sized pieces
- $\frac{1}{8}$ - $\frac{1}{4}$ Cup olive oil
- $\frac{1}{4}$ - $\frac{1}{2}$ Cup grated Parmesan cheese
- 1-2 tsp. seasoning of choice—FOX POINT, BRADY STREET, MURAL OF FLAVOR (salt free)
- $\frac{1}{2}$ -1 tsp. salt, to taste (optional)
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp. PENZEYS PEPPER, to taste

Preheat oven to 350°. In a roasting pan, toss the cauliflower with enough olive oil to coat. Sprinkle with the cheese, SEASONING, salt and PEPPER. Stir to coat. Bake at 350° for 30-45 minutes, stirring every 10 minutes or so, until the cauliflower is browned and tender when pierced with a fork. Most of the oil runs off, so lift out of the pan with a slotted spoon.

Prep. time: 10 minutes

Cooking time: 30-45 minutes

Serves: 6-8

Nutritional Information: Servings 6-8; Serving Size 1/2 cup (160g); Calories 140; Calories from fat 90; Total fat 10g; Cholesterol 5mg; Sodium 180mg; Carbohydrate 9g; Dietary Fiber 5g; Sugars 4g; Protein 7g.



Carolyn’s two rescue animals: Norton and Doris.

communication, so that I can help them meet some of their needs. The jail is a remarkably pleasant place to work, mainly because we treat the inmates with decency, who generally respond the same in return. Funny how that works.

“People want to believe that they will never be in jail, but mistakes can happen,” she says.

“I believe everyone has good in them, and we should try to speak to that in each person that we encounter.”

—Andy Jankowski



Chili Peppers

Chili peppers are capsicums, in the same family as bell peppers and paprika pods. They range in flavor from rich and sweet to fiery hot. A combination of both sweet (ancho) and hot (dundicut, chipotle, and jalapeño) chili peppers are used in Mexican cooking for full-flavored, spicy chili and other dishes. For Chinese cooking, tien tsin peppers are most common, and in Indian cooking sanaam and dundicut peppers are used, along with a variety of spices. Remember to combine the heat of chili peppers with other spices, so the finished dish will have a full-bodied flavor. Since chili peppers are dried vegetables, they will keep best if stored in the refrigerator, especially during the summer.

Pepper Heat Ratings
(in Scoville Units)

Approximate ratings. Peppers vary in heat, flavor and color from crop to crop.

Aleppo Pepper

This Turkish crushed chili has an ancho-like flavor with a little more heat and tartness. Put a jar right on the table and shake on pizza, subs and salads. Aleppo Pepper is great on grilled meats like chicken breast, steak, chops and our flavorful, easy Turkish Kabobs. Aleppo Pepper also makes an attractive sprinkle for potato, chicken and tuna salad and deviled eggs, too. Try mixing Aleppo Pepper with our Greek Seasoning for flavorful roast chicken, tasty pork chops, and robust salads.

Aleppo Pepper is also known as halaby pepper.

Processed with salt and sunflower oil.

10,000 heat units

- 1/4 cup jar (net .8 oz.) #41733 **\$3.79**
- 1/2 cup jar (net 1.9 oz.) #41759 **\$6.49**
- 3/4 cup bag (net 2.9 oz.) #41749 **\$7.99**
- 1 1/2 cup bag (net 5.8 oz.) #41781 **\$11.99**

Ancho Chili Peppers

Large, juicy, dark purple New Mexican pods. Ancho chili peppers are the most commonly used pepper in Mexico and are the backbone of dishes such as the traditional red chili and tamales. Chop into 1/4" chunks and add to chili, mole sauce, stews, beans and rice, or cover in water for a few hours to rehydrate, slice open, stuff and cook.

To make a flavorful ancho chili oil: Chop 3 peppers into 1" chunks and simmer in 3 cups good corn oil, 20 minutes. Let cool, strain (use pepper pieces in another recipe) and store in an airtight container.

3,000 heat units

- 1 oz. bulk bag #52067 **\$2.85**
- 4 oz. bag #52041 **\$6.65**
- 8 oz. bag #52083 **\$12.09**

Ground Ancho Chili Pepper

Ancho pepper is the most popular chili pepper for Mexican cooking. They are not hot, just richly flavorful with a beautiful purple color. From New Mexico.

To make your own chili powder: Start with 3 TB. ground Ancho, add 1 tsp. each of cumin and Mexican oregano, along with garlic, onion and hot peppers to taste. Use 1-2 TB. per quart of chili.

3,000 heat units

- 1/4 cup jar (net 1.0 oz.) #42035 **\$3.55**
- 1/2 cup jar (net 2.4 oz.) #42051 **\$5.95**
- 3/4 cup bag (net 3.6 oz.) #42041 **\$7.49**
- 1 1/2 cup bag (net 7.2 oz.) #42083 **\$11.29**
- 3 cup bag (net 14.4 oz.) #42012 **\$16.99**

Arbol Chili Peppers

Slim, beautiful, curved 2"-3" bright red Mexican pods. Close to cayenne in heat and flavor. Throw a few into barbecue sauce, curry or chili. Great for making chili pepper oil or vinegar. Store the finished product in tightly sealed, clear glass containers. Arbol chili peppers are the pepper of choice for spice craft workers.

35,000 heat units

- 1 oz. bulk bag #51660 **\$3.45**
- 4 oz. bag #51644 **\$7.75**

Cascabel Peppers

Rich, deep flavor. The shell has medium-low heat, use the whole thing and it's pretty darn hot. Adds great flavor to Mexican dishes, from chili to mole to tacos and beans. Remove the stem and shake out the seeds for most uses, then toss in while cooking and remove before serving. When adding to quicker cooking dishes, shred the skin between your fingers and add in small pieces.

11,000 heat units

- 1 oz. bag #58964 **\$2.85**
- 4 oz. bag #58948 **\$6.65**

Cayenne Red Pepper Powder

Cayenne pepper has the power to make any dish fiery hot, but it also has a subtle flavor-enhancing quality. A dash of cayenne pepper boosts the flavor of low-salt or low-fat dishes and can be used in place of whole chili peppers in barbecue sauce and chili. For a zesty change, use cayenne to replace paprika on deviled eggs or potato salad. From California. Keep in a cool, dry place, out of the light.

40,000 heat units

- 1/4 cup jar (net 1.0 oz.) #41838 **\$3.45**
- 1/2 cup jar (net 2.1 oz.) #41854 **\$5.69**
- 3/4 cup bag (net 3.2 oz.) #41844 **\$6.99**
- 1 1/2 cup bag (net 6.4oz.) #41886 **\$10.49**
- 3 cup bag (net 12.8 oz.) #41815 **\$15.69**

Chili Piquin

These small, red, fiery hot Mexican chilies are also known as bird's eye peppers, grown and used throughout Mexico and the American Southwest. USE WITH CAUTION. Add 1 or 2 to Mexican moles and sauces, stewed meats and vegetables. Also, use in pozole and other corn recipes, barbecue sauce, and hot & sour soup.

70,000 heat units

- 1/4 cup jar (net .4 oz.) #51736 **\$4.95**
- 1/2 cup jar (net .9 oz.) #51752 **\$8.95**
- 3/4 cup bag (net 1.4 oz.) #51742 **\$11.29**

Chipotle Peppers

Chipotle peppers are rich, smoky and fairly hot. Add whole or chopped to chili, beans, sauce. Ground Chipotle Pepper is an attractive, coarse red powder, a tasty all-purpose tabletop shaker.

15,000 heat units

Ground Red New Mexican Chipotle Pepper

- 1/4 cup jar (net 1.2 oz.) #41438 **\$5.59**
- 1/2 cup jar (net 2.4 oz.) #41454 **\$9.95**
- 3/4 cup bag (net 3.6 oz.) #41444 **\$12.49**
- 1 1/2 cup bag (net 7.2 oz.) #41486 **\$18.69**

Whole Red New Mexican Chipotle Pepper (Morita)

- 1/2 oz. bulk bag #51499 **\$3.79**
- 1 oz. bulk bag #51460 **\$6.15**
- 4 oz. bag #51444 **\$14.59**



CAYENNE: 40,000

Crushed Red Peppers

Medium Hot Crushed Peppers are hot, but not unbearably so, and are the type found on the tables of Italian restaurants and pizzerias. Great for pizza, tacos, spaghetti, omelets, and beans. Very Hot Peppers are twice as hot, and are generally used in cooking, as they are almost too hot to sprinkle on already prepared foods. Crushed Red Peppers are very convenient for adding kick to any dish.

20,000 heat units

1/8" Medium Hot Crushed Red Peppers, California-style

1/4 cup jar (net .5 oz.) #41933 \$2.95

1/2 cup jar (net 1.3 oz.) #41959 \$4.95

3/4 cup bag (net 2.0 oz.) #41949 \$6.29

1 1/2 cup bag (net 4.0 oz.) #41981 \$9.49

40,000 heat units

1/8" Very Hot Crushed Red Peppers, Indian-style

1/4 cup jar (net .7 oz.) #42130 \$3.19

1/2 cup jar (net 1.4 oz.) #42156 \$5.15

3/4 cup bag (net 2.1 oz.) #42146 \$6.49

1 1/2 cup bag (net 4.2 oz.) #42188 \$9.69

Dundicut Peppers

The traditional hot pepper of Pakistan, similar in flavor and appearance to Scotch bonnet peppers. These peppers are quite hot, with a full-bodied, complex flavor. A single pepper will add heat and flavor to a dish for two. From Pakistan.

55,000-65,000 heat units

1 oz. bulk bag #51965 \$2.65

4 oz. bag #51949 \$5.69

Guajillo Peppers

One of the backbone chili peppers for cooking Mexican style. Not hot, but rich, smoky and complex. Perfect for chili and every chili based dish, great with pork.

6,000 heat units

Whole Guajillo Pepper

1 oz. bag #52962 \$2.75

4 oz. bag #52946 \$5.95

8 oz. bag #52988 \$11.09

Jalapeño Peppers

Jalapeño peppers have a bright green heat. Add toward the end of cooking. Sprinkle on pizza.

25,000 heat units

Crushed Californian Jalapeño Pepper

1/4 cup jar (net .3 oz.) #41533 \$2.95

1/2 cup jar (net .7 oz.) #41559 \$4.95

3/4 cup bag (net 1.1 oz.) #41549 \$6.29

Sanaam Chili Peppers

Traditional for Indian cooking. Thin, flat 3-5" deep red pods. Not too hot to handle, sanaams can be chopped and added to curry or other dishes. From India.

To make chili vinegar: chop (or cut with scissors) 1 oz. peppers. Place in a 1 cup glass jar, fill with your favorite vinegar, add a pinch of salt, then tightly cap. Let stand one week, strain and refrigerate in a bottle that has a splash top (old soy sauce bottles work well). Thin with more vinegar if desired. Use in place of hot sauce.

40,000 heat units

1 oz. bulk bag #51365 \$2.65

4 oz. bag #51349 \$5.69

Tien Tsin Chili Peppers

Traditional for Asian cooking. Very hot, bright red, 1-2" pods. Add whole to soup and stir-fry. Remove before serving. **To make chili oil:** (commonly used in small amounts for stir-frying) Heat 2 TB. peanut or sesame oil. When very hot, add 10 peppers, fry until brown (3-5 minutes). Remove from heat, add 1/2 cup peanut oil. Stir, pour into glass jar, strain peppers out if desired. Great mixed with soy sauce for a hot dipping sauce, use 1/3 cup soy, 1 TB. chili oil, and a dash of ginger and garlic. Mix in 1-2 TB. in 1 cup ketchup for BBQ sauce.

60,000 heat units

1 oz. bulk bag #51860 \$2.65

4 oz. bag #51844 \$5.69



ANCHO: 3,000

ANCHO (GROUND): 3,000



GUAJILLO: 6,000

ALEPPO: 10,000

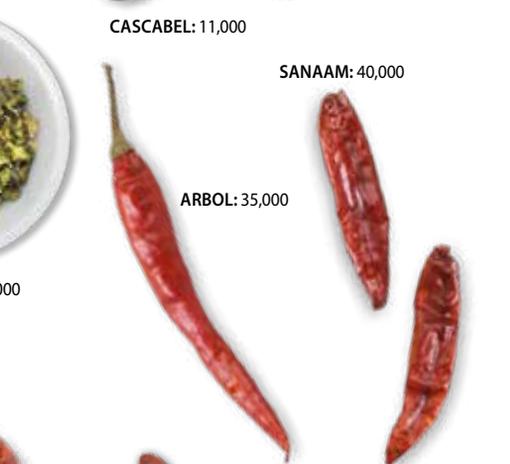


CHIPOTLE (GROUND): 15,000



CRUSHED RED (MEDIUM HOT): 20,000

JALAPEÑO: 25,000



CASCABEL: 11,000

SANAAM: 40,000

ARBOL: 35,000



CRUSHED RED (VERY HOT): 40,000



TIEN TSIN: 60,000



DUNDICUT: 60,000



PIQUIN: 70,000

Chili Powder

There is a difference between chili pepper and chili powder. Chili pepper consists solely of chili pods which have been dried, then powdered. Chili powder is a blend, of which ground chili pepper is used as a base (usually 80% of total volume), with the addition of spices such as cumin and Mexican oregano. For chili, start with 1 TB. (some people will use as much as 3 TB.) per quart.

Regular Chili Powder **SALT FREE**

Rich flavor, deep color, very little heat. This blend is the traditional backbone of many Mexican dishes, from burritos to tamales. Great for family-style chili, use 1-3 TB. per quart. Serve with a shaker jar of crushed hot peppers on the side for those who like heat. *Hand-mixed from: Ancho chili pepper, cumin, garlic and Mexican oregano.*

1/4 cup jar (net 1.1 oz.) #11134 **\$3.99**
1/2 cup jar (net 2.5 oz.) #11150 **\$6.85**
3/4 cup bag (net 3.8 oz.) #11140 **\$8.49**
1 1/2 cup bag (net 7.5 oz.) #11182 **\$12.69**
3 cup bag (net 15 oz.) #11115 **\$18.99**

Medium Hot Chili Powder **SALT FREE**

Medium Hot Chili Powder is our most popular chili powder; it has the perfect heat level plus rich flavor—a pleasing bite that's not too hot. Add 1-2 TB. Medium Chili Powder to each quart of chili for great flavor. Add the spices while browning the meat for even richer flavor. Chili Powder is also nice as a salt-free seasoning. Make a paste by mixing 1 TB. Chili Powder with 1 TB. water and 1 TB. lime or lemon juice, rub on chicken, fish, or pork chops before grilling or sautéing. *Hand-mixed from: Ancho chili pepper, cayenne red pepper, cumin, garlic and Mexican oregano.*

1/4 cup jar (net 1.0 oz.) #11239 **\$3.99**
1/2 cup jar (net 2.4 oz.) #11255 **\$6.85**
3/4 cup bag (net 3.6 oz.) #11245 **\$8.49**
1 1/2 cup bag (net 7.2 oz.) #11287 **\$12.69**
3 cup bag (net 14.4 oz.) #11216 **\$18.99**

Hot Chili Powder **SALT FREE**

For people who really like hot food. Use the full amount called for (1-3 TB. per quart). If less is used, the chili will be hot but will lack the depth of flavor the ancho peppers provide. This is the best powder for those who like their chili hot and flavorful. *Hand-mixed from: Ancho chili pepper, red pepper, cumin, crushed red pepper, garlic and Mexican oregano.*

1/4 cup jar (net 1.0 oz.) #11334 **\$3.99**
1/2 cup jar (net 2.4 oz.) #11350 **\$6.85**
3/4 cup bag (net 3.6 oz.) #11340 **\$8.49**
1 1/2 cup bag (net 7.2 oz.) #11382 **\$12.69**



Chili Con Carne Seasoning **SALT FREE**

Spicy flavor, but no heat. A great way to give chili flavor to other dishes. Just sprinkle on chicken, fish or chops, 1-2 tsp. per pound, add salt to taste. Good on grilled vegetables. *Hand-mixed from: Ancho chili pepper, tomato powder, ground cumin, Mexican oregano, garlic, coriander, minced onions, red and green bell peppers, Tellicherry black pepper, allspice, cilantro and cloves.*

1/4 cup jar (net 1.2 oz.) #11534 **\$4.45**
1/2 cup jar (net 2.4 oz.) #11550 **\$7.75**
3/4 cup bag (net 3.6 oz.) #11540 **\$9.69**
1 1/2 cup bag (net 7.2 oz.) #11582 **\$14.49**

Chili 3000 **SALT FREE**

The chili of now—bright modern flavor; everything chili should be. Perk up boring burgers and meatloaf with a bit of Chili 3000; start with 1 tsp. per pound. If you're looking to feed a crowd, you can't go wrong with a batch of chili. Use 1 TB. per quart in your favorite chili recipe. *Hand-mixed from: Ancho chili powder, garlic, cumin, onion, cilantro, paprika, cayenne red pepper, lemon peel, Mexican oregano, black pepper, citric acid, natural smoke flavor and jalapeno pepper.*

1/4 cup jar (net .8 oz.) #11439 **\$3.99**
1/2 cup jar (net 2.1 oz.) #11455 **\$6.85**
3/4 cup bag (net 3.2 oz.) #11445 **\$8.49**
1 1/2 cup bag (net 6.3 oz.) #11487 **\$12.69**

Chili 9000 **SALT FREE**

The chili of tomorrow boldly going where no chili has gone before. Great chili flavor with a bright modern twist—salt-free too! Use 1 TB. per quart with any chili recipe, from beef to turkey to bean chili. Shake on boneless/skinless chicken breasts or fish: brush with oil, sprinkle on 1-2 tsp. of Chili 9000 per pound before baking or sautéing. Great for fajitas, veggie side dishes and sloppy joes. *Hand-mixed from: Ancho chili pepper, cumin, garlic, cilantro, onion, paprika, cayenne pepper, lemon peel, Mexican oregano, black pepper, cocoa powder, citric acid, turmeric, cinnamon, coriander, ginger, natural smoke flavoring, fenugreek, cloves, fennel, nutmeg, white pepper, anise seed, jalapeno pepper, star anise and cardamom.*

1/4 cup jar (net .8 oz.) #11934 **\$4.35**
1/2 cup jar (net 2.1 oz.) #11950 **\$7.65**
1 cup jar (net 3.8 oz.) #11992 **\$13.95**
2 cup jar (net 7.2 oz.) #11921 **\$26.70**

Cloves

Whole cloves are a must for studding hams and flavoring stocks and hot cider and punch. The flavor is intense, so be sure to use sparingly. Ground cloves are perfect for baked goods. Because cloves bring out the flavor of beef, add a whole clove to beef stew or a tiny pinch of ground cloves to gravy. In the West, cloves are mainly considered a baking spice, though their preserving qualities make them popular for pickling and barbecuing.

Whole Madagascar Cloves

1/4 cup jar (net .5 oz.) #52133 **\$3.35**
1/2 cup jar (net 1.5 oz.) #52159 **\$5.69**
3/4 cup bag (net 2.3 oz.) #52149 **\$6.99**

Whole Ceylon Cloves

1/4 cup jar (net .7 oz.) #52238 **\$3.45**
1/2 cup jar (net 1.5 oz.) #52254 **\$5.95**
3/4 cup bag (net 2.3 oz.) #52244 **\$7.49**

Ground Madagascar & Ceylon Cloves

1/4 cup jar (net 1.2 oz.) #42235 **\$4.45**
1/2 cup jar (net 2.4 oz.) #42251 **\$7.65**
1 cup (net 4.4 oz.) #42277 **\$14.15**
2 cup (net 8.8 oz.) #42222 **\$26.90**

Coriander

The seed of the same plant that gives us cilantro, coriander has a light, lemony flavor that combines especially well with ginger. Use to season foods that cook for longer than an hour, such as roasts, or items that are cooked for a shorter time but at a higher temperature, such as pan-fried, broiled or grilled meats.

Whole Canadian Coriander Seed

1/4 cup jar (net .5 oz.) #52533 **\$2.65**
1/2 cup jar (net 1.2 oz.) #52559 **\$4.25**
3/4 cup bag (net 1.8 oz.) #52549 **\$5.29**
1 1/2 cup bag (net 3.6 oz.) #52581 **\$7.99**

Ground, 40-mesh, Canadian Coriander Seed

1/4 cup jar (net .7 oz.) #42530 **\$3.29**
1/2 cup jar (net 2.0 oz.) #42556 **\$5.49**
3/4 cup bag (net 3 oz.) #42546 **\$6.99**
1 1/2 cup bag (net 6 oz.) #42588 **\$10.49**

Corned Beef Spices **SALT FREE**

Use to marinate beef brisket. *Hand-mixed from: Brown and yellow mustard seed, coriander, allspice, cinnamon, dill seed, bay leaves, ginger, cloves, Tellicherry peppercorns, star anise, juniper berries, mace, cardamom and red pepper.*

1/4 cup jar (net .7 oz.) #11639 **\$2.95**
1/2 cup jar (net 1.5 oz.) #11655 **\$4.95**
3/4 cup bag (net 2.3 oz.) #11645 **\$6.29**

Cream of Tartar

Use to stabilize delicate toppings like meringue and angel kiss cookies. Natural tartaric acid. From France.

1/4 cup jar (net 1.8 oz.) #42635 **\$3.45**
1/2 cup jar (net 3.6 oz.) #42651 **\$5.95**
3/4 cup bag (net 5.4 oz.) #42641 **\$7.49**

Cumin

Throughout the world, cumin is second in popularity only to black pepper. Americans use it mostly for chili, but cumin is a must in Indian, Mexican & Asian cooking. Salsa and tacos are heavily seasoned with cumin. Our ground cumin is really wonderful.

Whole Indian Cumin Seeds

- 1/4 cup jar (net .9 oz.) #52733 \$2.95
 - 1/2 cup jar (net 2.1 oz.) #52759 \$4.95
 - 3/4 cup bag (net 3.2 oz.) #52749 \$6.29
 - 1 1/2 cup bag (net 6.4 oz.) #52781 \$9.49
 - 3 cup bag (net 12.8 oz.) #52710 \$14.29
- ### Ground 40 Mesh Indian Cumin Seeds
- 1/4 cup jar (net .9 oz.) #42730 \$3.45
 - 1/2 cup jar (net 2.2 oz.) #42756 \$5.95
 - 3/4 cup bag (net 3.3 oz.) #42746 \$7.49
 - 1 1/2 cup bag (net 6.6 oz.) #42788 \$11.29
 - 3 cup bag (net 13.2 oz.) #42717 \$16.99

Dill Seed

Perfect for pickling. From India.

- 1/4 cup jar (net .8 oz.) #52838 \$2.85
- 1/2 cup jar (net 1.8 oz.) #52854 \$4.69
- 3/4 cup bag (net 2.7 oz.) #52844 \$5.99

Dill Weed

Dill weed is traditionally used in German and Scandinavian cooking. Dill weed's flavor (sweeter than dill seed), along with its bright green color, makes it a perfect addition to any dish with a white sauce, from potato salad to cucumber sandwiches to fresh vegetable dip. From California.

- 1/4 cup jar (net .3 oz.) #30933 \$2.95
- 1/2 cup jar (net .7 oz.) #30959 \$4.95
- 3/4 cup bag (net 1.1 oz.) #30945 \$6.29
- 1 1/2 cup bag (net 2.2 oz.) #30989 \$9.49

English Prime Rib Rub

This versatile seasoning makes delicious prime rib or beef roast. Rub on 1-2 tsp. per lb. Great on all cuts of beef. For hamburgers or meatloaf, mix in 1 tsp. per pound. To make your own Bloody Marys, use 1/4 tsp. per drink in place of celery salt. An absolute must for tomato juice. *Hand-mixed from: salt, celery seed, sugar, black pepper, onion, garlic and arrowroot.*

- 1/4 cup jar (net 1.4 oz.) #21337 \$4.35
- 1/2 cup jar (net 3.1 oz.) #21353 \$7.65
- 3/4 cup bag (net 4.7 oz.) #21343 \$9.49
- 1 1/2 cup bag (net 9.4 oz.) #21385 \$14.29

Epazote

Adds sweet, mild flavor to Mexican dishes.

- 1/4 cup jar (net .2 oz.) #31035 \$3.45
- 1/2 cup jar (net .7 oz.) #31051 \$5.59
- 3/4 cup bag (net 1.1 oz.) #31047 \$6.99
- 1 1/2 cup bag (net 2.2 oz.) #31081 \$10.49

Fajita Seasoning

A tasty, Mexican-style marinade for tacos or fajitas. Mix 1 TB. with 1/4 cup oil and 1 TB. lime juice or vinegar. Add thin strips of beef or chicken and let marinate for at least an hour in the refrigerator. Grill or pan fry over high heat—add slices of bell peppers and onion to the pan if desired for the last 2 minutes of cooking time. Fajita salads are a family favorite—purchase fresh, pre-made taco salad shells, then fill with layers of grilled chicken or beef fajita strips and your favorite fixings, from lettuce to guacamole. *Hand-mixed from: salt, Tellicherry black pepper, paprika, Turkish oregano, cayenne pepper, garlic, celery, Mexican oregano, cumin, basil, nutmeg, marjoram, thyme and rosemary.*

- 1/4 cup jar (net .9 oz.) #21432 \$3.95
- 1/2 cup jar (net 2.3 oz.) #21458 \$6.95
- 3/4 cup bag (net 3.5 oz.) #21448 \$8.69
- 1 1/2 cup bag (net 7.0 oz.) #21480 \$12.99
- 3 cup bag (net 14.0 oz.) #21419 \$19.49

Fennel

Fennel seeds have been grown for cooking since at least the time of the Romans. In Italy, the seed is used whole to spice sausages, and ground for tomato sauces of all kinds (especially pizza sauce).

Whole Indian Fennel Seeds

- 1/4 cup jar (net .9 oz.) #54032 \$2.85
- 1/2 cup jar (net 1.9 oz.) #54058 \$4.55
- 3/4 cup bag (net 2.9 oz.) #54048 \$5.69
- 1 1/2 cup bag (net 5.8 oz.) #54080 \$8.49
- 3 cup bag (net 11.6 oz.) #54019 \$12.69

Ground Indian Fennel Seeds

- 1/4 cup jar (net .8 oz.) #44039 \$2.95
- 1/2 cup jar (net 1.9 oz.) #44055 \$5.95
- 3/4 cup bag (net 2.9 oz.) #44045 \$6.29

Fenugreek

An indispensable ingredient in the yellow curry dishes of Southern India. From India.

Ground Indian Fenugreek Seeds

- 1/4 cup jar (net 1.2 oz.) #44134 \$3.79
- 1/2 cup jar (net 2.9 oz.) #44150 \$6.39
- 3/4 cup bag (net 4.5 oz.) #44140 \$7.99

Fines Herbes SALT FREE

A light, sweet blend great for baked chicken or fish, soup, salads and sautéed vegetables. *Hand-mixed from: chervil, minced parsley flakes, chopped chives and French tarragon.*

- 1/4 cup jar (net .2 oz.) #13033 \$2.95
- 1/2 cup jar (net .4 oz.) #13059 \$4.95
- 3/4 cup bag (net .6 oz.) #13045 \$6.29
- 1 1/2 cup bag (net 1.2 oz.) #13089 \$9.49

Florida Seasoned Pepper SALT FREE

Perhaps our best salt-free blend, good on just about everything. Great for turkey breast cutlets, or rub on boneless, skinless chicken breasts, or fish fillets, 1-2 tsp. per pound. Dust with a little flour and sauté in a hot pan coated with vegetable oil spray or olive oil. If you like lemon pepper, be sure to give this blend a try. *Hand-mixed from: black pepper, citric acid, lemon peel, garlic, orange peel, and onion.*

- 1/4 cup jar (net 1.1 oz.) #13138 \$4.45
- 1/2 cup jar (net 2.6 oz.) #13154 \$7.95
- 3/4 cup bag (net 3.9 oz.) #13144 \$9.99
- 1 1/2 cup bag (net 7.8 oz.) #13186 \$14.99

Cocoa Powder

We carry two types of the highest quality cocoa that are almost twice as rich as the grocery store varieties: Natural High Fat Cocoa is strong, dark and bittersweet—perfect for all baking; Dutch High Fat Cocoa is processed to temper the natural acidity of the cocoa bean, yielding a slightly less strong, but smooth and rich cocoa. American cooks tend to prefer the Natural High Fat Cocoa for all uses, and we agree. Cocoa can easily replace unsweetened baking chocolate. Use 3 TB. cocoa powder to replace a one-ounce square of unsweetened baking chocolate.

Natural High Fat Cocoa Powder

Strong, dark chocolate flavor—our top choice. The best cocoa for bringing life to your brownies, cakes and cookies. High fat cocoa is the richest grade of cocoa available in the world today. Perfect for all your baking needs.

- 1/4 cup jar (net 1.0 oz.) #42330 \$2.95
- 1/2 cup jar (net 2.1 oz.) #42356 \$4.95
- 3/4 cup bag (net 3.2 oz.) #42346 \$6.29
- 1 1/2 cup bag (net 6.4 oz.) #42388 \$9.49
- 3 cup bag (net 12.8 oz.) #42317 \$14.29

Dutch Process High Fat Cocoa Powder

"Dutched" cocoa is processed for a milder, smoother flavor. High fat cocoa is the richest grade of cocoa available in the world today. Perfect for all your baking needs. Processed with alkali.

- 1/4 cup jar (net .9 oz.) #42435 \$2.95
- 1/2 cup jar (net 2.1 oz.) #42451 \$4.95
- 3/4 cup bag (net 3.2 oz.) #42441 \$6.29
- 1 1/2 cup bag (net 6.4 oz.) #42483 \$9.49
- 3 cup bag (net 12.8 oz.) #42412 \$14.29

Hot Chocolate Mix SALT FREE with a Hint of Mint SALT FREE

Our rich, delicious Hot Chocolate with a Hint of Mint is a great remedy for the little troubles of life. Or the perfect way to treat yourself. Just mix a tablespoon in each cup of milk, get it steamy hot, and enjoy the warmth of hot chocolate, with just a hint of cool mint. *Hand mixed from: sugar, natural high fat cocoa, Ceylon cinnamon, vanilla and peppermint oil.*

- 1/2 cup jar (net 3.8 oz.) #15758 \$3.95
- 2 cup jar (net 13.4 oz.) #15729 \$9.95
- 1 lb. stand up bag (net 16.0 oz.) #15716 \$10.55

Hot Chocolate Mix SALT FREE

Rich, smooth flavor. Just mix 1 rounded tablespoon Penzeys Hot Chocolate Mix into each cup of milk. Stir well, simmer gently. And try our Hot Chocolate Mix in your coffee for a rich Cafe Mocha. Just mix 2/3 cup coffee with 1/3 cup milk and Penzeys Hot Chocolate Mix to taste—we use 1 generous teaspoon. *Hand mixed from: sugar, natural high fat cocoa, Ceylon cinnamon and real vanilla beans.*

- 1/2 cup jar (net 3.8 oz.) #15653 \$3.45
- 2 cup jar (net 13.4 oz.) #15624 \$8.95
- 1 lb. stand up bag (net 16.0 oz.) #15611 \$9.45





Cinnamon

There are two main types of cinnamon. Cassia cinnamon is native to Southeast Asia, especially southern China and northern Vietnam, and has the strong, spicy-sweet flavor most Americans are familiar with. Vietnamese and China cinnamon are the sweetest and strongest varieties, with Korintje cinnamon having a smooth flavor with less bite. Our cinnamon sticks and Korintje cinnamon both come from the southwest coast of Sumatra in Indonesia. It grows wild on the government-protected slopes of Mount Kerinci, where the cinnamon gets its name. We stock the top Korintje A grade, although there are also the lower B and C grades, which are the types of cinnamon usually sold in supermarkets in the U.S. Our very sweet and strong Vietnamese cinnamon comes from the remote north and west regions of Vietnam. The strength of the flavor of spices depends upon the essential oil content—the higher the level, the stronger the flavor. When orders for cinnamon come in, the large sticks are cracked into slightly smaller pieces and packed into burlap bags for shipment.

The second type of cinnamon, Ceylon, or "true" cinnamon, has a much different flavor. It is less sweet, with a more complex, citrus flavor. The special flavor of English and Mexican sweets comes from Ceylon cinnamon. We like to recommend Ceylon Cinnamon for baking with fruit—especially in apple pie.

GROUND CINNAMON

China Cinnamon—Tung Hing

Extra sweet, spicy and strong. Perfect for everything from cinnamon rolls to apple pie, Christmas cookies to French toast. China cinnamon is perfect for cinnamon sugar—mix 2-3 tsp. in ½ cup granulated sugar and keep it on the table. Sprinkle in pancake and waffle batter, shake on oatmeal and cream of wheat, yogurt and fresh fruit.

- 1/4 cup jar (net .8 oz.) #43137 \$ 2.95
- 1/2 cup jar (net 1.7 oz.) #43153 \$ 4.40
- 3/4 cup bag (net 2.6 oz.) #43143 \$ 5.49
- 1 1/2 cup bag (net 5.2 oz.) #43185 \$ 8.29
- 3 cup bag (net 10.4 oz.) #43114 \$ 12.49

Indonesia Cinnamon—Korintje

Sweet and mellow, Korintje cinnamon is the type of cinnamon we all remember from our childhood. Fragrant Korintje cinnamon is as strong as China cinnamon, but smoother and not as nippy. We love Korintje cinnamon for sprinkling—on hot cereal, oatmeal and Cream of Wheat, French toast, pancakes and waffles, sugar cookies and pie crusts. Perfect for cinnamon breads, quick, yeast, or toasted with raisins.

- 1/4 cup jar (net 1.0) #43032 \$ 3.45
- 1/2 cup jar (net 2.2) #43058 \$ 5.95
- 3/4 cup bag (net 3.3 oz.) #43048 \$ 7.49
- 1 1/2 cup bag (net 6.6 oz.) #43080 \$ 11.29
- 3 cup bag (net 13.2 oz.) #43019 \$ 16.99

Ceylon Cinnamon

Complex and fragrant, with a citrus overtone and rich buff color. Although Ceylon cinnamon is less strong, its hint of citrusy flavor and lack of any bite whatsoever makes it the favorite in both England and Mexico where it is preferred for all uses. Ceylon 00000 Cinnamon, ground, from Sri Lanka.

- 1/4 cup jar (net .7 oz.) #43432 \$ 4.45
- 1/2 cup jar (net 1.6 oz.) #43458 \$ 7.95
- 3/4 cup bag (net 2.4 oz.) #43448 \$ 9.99
- 1 1/2 cup bag (net 4.8 oz.) #43480 \$ 14.99
- 3 cup bag (net 9.6 oz.) #43419 \$ 22.49

Vietnamese Cinnamon

Vietnamese cinnamon is the strongest, richest, and sweetest cinnamon around. For traditional cinnamon recipes such as goeey cinnamon rolls, the vibrant flavor of Vietnamese cinnamon really shines. It is so strong that in most recipes it should be cut back by about a third, but it is perfect used full strength in any recipe where cinnamon is the main, delicious flavor. Ground, from Vietnam.

- 1/4 cup jar (net .7 oz.) #43232 \$ 3.95
- 1/2 cup jar (net 1.7 oz.) #43258 \$ 6.95
- 3/4 cup bag (net 2.6 oz.) #43248 \$ 8.69
- 1 1/2 cup bag (net 5.2 oz.) #43280 \$ 12.99
- 3 cup bag (net 10.4 oz.) #43219 \$ 19.49

Penzeys Cinnamon

Now you can have it all. Just the right mix of our four fabulous cinnamons to bring the best of each to everything you bake. Put the shaker right on the table! Sprinkle on cereal and fresh fruit, toast and applesauce, rice and popcorn. A jar full of smiles. *Hand-mixed from: China cinnamon, Vietnamese cinnamon, Korintje cinnamon and Ceylon cinnamon.*

- 1/4 cup jar (net .8 oz.) #43537 \$ 3.45
- 1/2 cup jar (net 1.7) #43553 \$ 5.95
- 3/4 cup bag (net 2.6 oz.) #43543 \$ 7.49
- 1 1/2 cup bag (net 5.2 oz.) #43585 \$ 11.29
- 3 cup bag (net 10.4 oz.) #43514 \$ 16.99



CINNAMON STICKS & CHUNKS

Ceylon Softstick Cinnamon

Ceylon cinnamon is soft and easy to crumble. Very thin pieces of bark are tightly rolled into parchment style sticks, then machine cut to uniform 5-inch lengths. Ceylon 00000 whole stick cinnamon, from Sri Lanka.

- 1 oz. bulk bag #53464 \$ 2.95
- 4 oz. bag #53448 \$ 9.49
- 8 oz. bag #53480 \$ 17.79

Cinnamon Sticks

Traditionally used as a tasty stirring stick for hot drinks. A nice addition to cocoa, coffee or special holiday concoctions. Perfect for flavoring curry, dessert sauces and syrups. 80 inches to 4 oz. weight (20, 4-inch sticks).

3 inch Cut Sticks Indonesian Cinnamon

- 1 oz. bulk bag #53064 \$ 2.49
- 4 oz. bag #53048 \$ 4.95
- 8 oz. bag #53080 \$ 9.49
- 1 lb. bag #53019 \$ 17.40

4 inch Cut Sticks Indonesian Cinnamon

- 1 oz. bulk bag #53169 \$ 2.49
- 4 oz. bag #53143 \$ 4.95
- 8 oz. bag #53185 \$ 9.49
- 1 lb. bag #53114 \$ 17.40

Cinnamon Chunks

A blend of ¼"-½" China and Indonesia chunks. Great for coffee, add 1 TB. to the filter per pot. Nice for mulled wine or cider. Scent the home by simmering a bit in water. Chunks stay fresh indefinitely.

- 1 oz. bulk bag #43861 \$ 2.95
- 4 oz. bag #43845 \$ 6.95
- 8 oz. bag #43887 \$ 12.65
- 1 lb. bag #43816 \$ 24.10

CINNAMON SUGAR

Cinnamon Sugar

Cinnamon Sugar on the breakfast table, what could be sweeter? The perfect sprinkle for toast, coffee, hot cereal and fresh fruit. A flavorful blend of sugar, China and Ceylon cinnamon, with a hint of vanilla. Add a bit to waffle or pancake batter, sprinkle on French toast. *Hand-mixed from: white sugar aged with Vanilla Bean, China Cinnamon and Ceylon Cinnamon.*

- 1/4 cup jar (net 1.8 oz.) #11839 \$ 3.95
- 1/2 cup jar (net 3.8 oz.) #11855 \$ 6.95
- 3/4 cup bag (net 5.7 oz.) #11845 \$ 8.69
- 1 1/2 cup bag (net 11.4 oz.) #11887 \$ 12.99
- 3 cup bag (net 22.8 oz.) #11816 \$ 19.49



Nurses Meg and Judy show off a quilt made by a youth leadership group in Meg's community in Nicaragua. Each square represents a young person's vision of what it means to be a leader.

Meg Dewane Boren

Meg Dewane Boren knows there's more to creating healthy communities than making sure kids get their shots.

That's true here in the United States. It's just as true in Nicaragua, where Meg now works as a nurse and community organizer.

"Health and education are the two big things people want," she says. "And economic development."

Her road to Nicaragua actually began in the aftermath of Hurricane Mitch, the catastrophic storm that hit the region late in 1998.

The hurricane hit as Meg was reevaluating her own life in Wisconsin.

Meg long worked as a nurse in the Milwaukee area—in mental health, intensive care, substance abuse and public health nursing—as she raised her family in Grafton.

"I ended up being a single mom, first through divorce and then after my children's father died," she says. Time passed, "and then my kids were grad school age."

Meg decided it was time to follow her own dreams.



Banana Bread

The new adobe oven at Meg's home in Nicaragua makes good banana bread, says her friend, Judy Spencer. "I was told that if I could put my arm in the adobe oven for three seconds, the temperature was probably 350 degrees," Judy says. An outdoor oven makes sense in Nicaragua, but you'll enjoy this recipe in an inside kitchen, too.

3-4	very ripe bananas	1	tsp. salt
½	Cup sugar	1	tsp. PENZEYS CINNAMON
½	Cup butter (1 stick)	½	tsp. GROUND CLOVES
2	eggs	½	tsp. POWDERED GINGER
1	tsp. PURE VANILLA EXTRACT	¼	Cup milk (more or less, may not need any!)
1½	Cups flour		
1	tsp. baking soda		

Preheat oven to 350°. In a medium bowl, mash the bananas well. Set aside. In a large bowl, cream together the sugar and butter. Add the eggs and VANILLA and beat well. Gradually add the flour, baking soda and salt and mix well. Add the SPICES and beat to combine. Stir in the bananas. The batter should be the consistency of pudding. If it is not, add a bit of milk (we used 4 smallish bananas and felt adding ¼ cup milk got us to a "pudding-like" consistency). Pour into a greased and floured 9x5-inch loaf pan and bake

at 350° for 45-55 minutes until browned and not too wet looking in the cracks that have formed.

Prep. time: 20 minutes
Baking time: 45-55 minutes
Serves: 8

Nutritional Information: Servings 8; Serving Size 1 slice (124g); Calories 300; Calories from fat 120; Total fat 13g; Cholesterol 85mg; Sodium 570mg; Carbohydrate 43g; Dietary Fiber 2g; Sugars 19g; Protein 5g.

Early in 1999, she took a year off from paid nursing to join a relief mission organized by her church.

"I left with no Spanish skills," Meg recalls, "and about four weeks of training in Nicaragua."

She was assigned to work with a young 30-something doctor—hiking

more than 10 kilometers every day to reach remote villages.

"I was 50-something and overweight," she says. "I was afraid of being embarrassed, walking that far and worried about heat stroke."

She was right to worry about heat stroke, but not the way she thought.

“I took care of him,” says Meg of the young doctor. “He said, ‘I always thought American women were pampered and weak, but you are *tough*.’”

Long story short, she returned home to Wisconsin and began to figure out how to return to Nicaragua permanently. That happened in 2003 after she sold her home and made plans to build a new kind of home in Nicaragua.

It’s called Casa Margarita—Spanish for Margaret, her given name. It functions as a community and volunteer retreat center and a base for community projects and her *brigadistas*, local healthcare workers.

They are trained to provide basic healthcare for the 6,000 residents in the Aposentillo region along Nicaragua’s northwest coast—and arrange for more care when it’s needed.

“These people are all at the level of EMTs,” Meg says. There’s also a list of people on call to help should someone need to get to a hospital. “It might be Juan who has a tractor or Pedro with a horse cart. And my truck functions as an ambulance.”

It’s a new way of looking at health care, with a big emphasis on common sense and what works in such remote villages. Early on, Meg realized

A new adobe oven and banana bread are more ways to “Heal the World” for (from left) Meg, volunteer Judy and Casa Margarita staff members Dionicia and Ricardita.



Circle of Empowerment kids in Nicaragua helped paint a new-used bus. Helpers included Kennedy (left) and Anna Rosa. “They’re making it their own,” says Judy. “It’s their artwork wherever the bus goes.”

that pneumonia and asthma were problems in the community.

“When we started we had an average of four preschool kids die of pneumonia every year,” she says. “We changed that to no kids dying of pneumonia for 13 years.”

They also teach parents how to recognize asthma symptoms.

“We had mothers breathe through a straw to stimulate air hunger,” she says.

Now mothers sprinkle wash water in yards to keep the dust down. Children with asthma wear cloths over their mouths and noses along dusty roads, and there are speed bumps to slow rural traffic. Thatched roofs are treated with a bleach solution to fight mold and mildew.

It’s all working.

Sometimes it’s meant fighting for a share of government resources. The non-profit group she started—“Circle of Empowerment”—acquired a used school bus to get rural kids to school. Once the kids could go to the school, officials had to admit that families were interested in education. Now there is a high school, too, and more opportunities for girls to attend.

“We sponsored our first doctor, Dr. Aurelis Flores, who graduated from medical school last year,” Meg says, adding she hopes the doctor will return after serving elsewhere for a couple years. “And we graduated

our first university prepared nurse, Milagro Arcia. She’s managed our clinic for four years. *Milagro* means ‘miracle’ and she is.”

Clinica Nancy Lund is named for the late Minneapolis doctor who donated to help get it started. Volunteers include physical and occupational therapy students from Concordia University in the Milwaukee area, as well as physicians and other specialists. As a result, it is the largest rural program for children with disabilities in Nicaragua, serving families throughout an even larger area.

Others from Meg’s own circle volunteer, too.

“We worked together in the psychiatric setting at the old Columbia Hospital,” says Judy Spencer, a friend, fellow nurse and Circle of Empowerment board member. “I get down there once a year. She walks the talk.”

Meg wants volunteers to show and teach as much as do.

“The idea is when you come down here, I want you to find a way to leave your gifts behind,” she says. Her home church, Grace Lutheran in Grafton, provides almost half the money for Circle of Empowerment. Friends and others sponsor kids and provide other support.

“I do this as a volunteer, but I might be the richest person in the stuff that counts. It’s a trust walk. I’ve

been called to do this and I trust God has my back.”

Meg comes back to the States during the summer months to see her children—son Kevin and daughter Kelly—“and for grandchildren time.” She does not plan to ever return permanently. Nicaragua is now home.

“I hope by the time I’m 70, I’ll be in a more advisory role,” says Meg, now turning 66. “I see myself as more of a catalyst or a coach. This year, I’m back here in the States for four months and they’re running it on their own.

“My house is hardly ever empty,” she says. “Breakfast and lunch tend to be communal. People sit and talk.”

Thanksgiving is a special day at Casa Margarita, celebrated with the biggest turkey someone can carry frozen and well wrapped from the United States.

“And I have them bring us wild rice. I invite everybody over, all my *brigadistas* and we have Thanksgiving together,” Meg says.

It is easy to share with people who are so kind and giving themselves. People want to offer visitors something—a cup of coffee or a piece of fruit—even when they have little themselves.

She remembers hearing the story of a family that climbed trees to escape flood waters from Hurricane Mitch.

“They lived in the trees for five days with their kids and their cats,” she



Nicaraguan Red Beans

This dish is a staple in many cultures, and for good reason. It is healthy, nutritious and delicious.

1	Cup red beans, dry*	2	TB. vegetable oil
2	garlic cloves (or ½ tsp. PENZEYS MINCED GARLIC)	1	onion, chopped
4-8	Cup water (start with about 4, add more to cover as needed)	1	tsp. CHILI POWDER
1	tsp. salt	½	tsp. GROUND CUMIN
			hot sauce, to taste

In a medium pan, combine the beans and garlic. Cover with water. Bring to a boil, reduce heat so beans are at a rapid simmer and cook until the beans are soft. Add the salt and stir. Do not drain. Heat the oil in a large skillet over medium-high heat. Use a slotted spoon to transfer the beans to the pan, so most liquid is left behind. Add the onions to the pan with the beans and cook for 8-10 minutes, mashing some of the beans with a fork and adding the extra bean liquid back in as desired to make a soupy sauce. Add the CHILI POWDER and CUMIN and cook for 5 more minutes. Serve with rice and season with hot sauce, if desired.

*Red beans may also be called pink beans and are much smaller than red kidney beans. They traditionally don’t get soaked before cooking in

this recipe, and thus will absorb a fair amount of water while cooking, so keep an eye on them and add more water, ½ cup at a time, to keep them barely covered as they simmer away. Toward the end, stop adding water and let the liquid reduce by about half.

Prep. time: 5 minutes

Cooking time: 60-90 minutes or so (it really depends on your beans and heat level)

Serves: 4

Nutritional Information: Servings 4; Serving Size 3/4 cup (203g); Calories 180; Calories from fat 30; Total fat 3g; Cholesterol 0mg; Sodium 860mg; Carbohydrate 29g; Dietary Fiber 9g; Sugars 2g; Protein 10g.

says. “The mother saved a paper bag with family photos. The father had a bag of seed corn so when they came down he could plant again.”

A church bishop later told of visiting the family.

“If you like, I will cook this corn for you,” the father said.

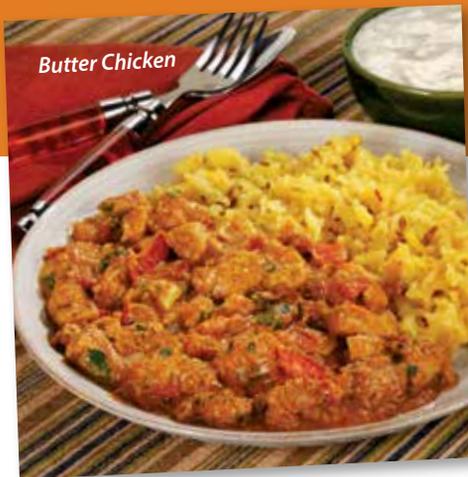
“The people in Nicaragua are

incredible,” Meg says. “It’s difficult for us to fathom people being that poor and that generous. They might not have a lot of physical stuff, but they are rich in other ways, and they’re willing to work to make things better.”

—Amy Silvers



Dental care is one more reason to smile for Meg’s community in Nicaragua.



Butter Chicken

Curry Powders

Maharajah-Style Curry Powder **SALT FREE**

The highest quality curry powder, perfect for special meals. Maharajah is sweet and rich, not hot, with fragrant cardamom and a full pound of Spanish Coupé saffron in every 100 lbs. of curry powder. Add glorious color and flavor to chicken and seafood curry. For rice, saute 1/2 tsp. in 1 TB. butter for 2 minutes, add 1 cup rice, 2 cups water and dash of salt. Bring to boil, cover, reduce heat, simmer for 18 minutes. *Hand-mixed from: turmeric, coriander, cumin, cardamom, fenugreek, ginger, nutmeg, fennel, cinnamon, white pepper, black pepper, cloves, red pepper and saffron.*

1/4 cup jar (net 1.1 oz.) #12636 **\$ 9.95**
 1/2 cup jar (net 2.3 oz.) #12652 **\$ 17.95**
 1 cup jar (net 4.5 oz.) #12681 **\$ 29.95**

Penzeys Curry **SALT FREE**



Penzeys Curry—for everything you're making right Now! Bright, fresh and gingery, perfect for all your curry needs. Penzeys Curry combines fabulous curry flavor with our bright, fresh, vibrant ginger and garlic bits. A touch more cumin, a little less turmeric. Not hot, just a bit of zip. Great for traditional curries, and so much more! Try on chicken wings, saté on the grill, potato salad, fried rice. SO GOOD! *Hand-mixed from: turmeric, coriander, cumin, garlic, black pepper, fenugreek, cinnamon, fennel, nutmeg, white pepper, cayenne red pepper, cilantro, cloves, cardamom and ginger.*

1/4 cup jar (net 0.8 oz.) #12931 **\$ 3.95**
 1/2 cup jar (net 1.9 oz.) #12957 **\$ 6.95**
 3/4 cup bag (net 2.9 oz.) #12944 **\$ 8.69**
 1 1/2 cup bag (net 5.8 oz.) #12986 **\$ 12.99**

Rogan Josh Seasoning **SALT FREE**

Just a little spicy. This version of the popular red lamb stew comes from the state of Rajasthan, known for its hilly deserts and fierce, yet chivalrous warriors. While Rogan Josh can be made with beef, it is traditional and better made with lamb. This blend is a great example of how a crafty seasoning can change the stronger flavor of lamb (or in India, mutton or goat) into a meal far more delicious than plain old beef. Some blends are interesting—this blend is delicious. For the true Jaipur Palace experience, use the full 2 TB. seasoning per pound, plus extra cayenne and cardamom. Either way you make it, don't plan on leftovers. Brown 2 lb. lamb or beef cubes in 4 TB. oil, remove. Brown 1 large minced onion, add 2-4 TB. Rogan Josh, 1 tsp. salt, stir. Add meat plus 1 cup water and 1/2 cup yogurt. Cook 1-2 hours over low heat till lamb is tender and sauce thick. *Hand-mixed from: paprika, garlic, ginger, cumin, coriander, pepper, cayenne, cinnamon, cardamom, cloves and saffron.*

1/4 cup jar (net 1.0 oz.) #12731 **\$ 4.45**
 1/2 cup jar (net 2.5 oz.) #12757 **\$ 7.95**
 3/4 cup bag (net 3.8 oz.) #12747 **\$ 9.99**

Saté Seasoning

Of all the regional dishes of Indonesia, saté is probably the best known and most enjoyed the world over. What could be better than meat on a stick? Lamb is the meat of choice for skewers in Indonesia, but chicken and beef are equally popular here in the U.S. Saté makes a great appetizer or a wonderful meal with plain rice or Nasi Goreng (fried rice). Also perfect for Ayam

Goreng (fried chicken). Saté Seasoning is great for light meals such as boneless/skinless chicken and fish fillets. Sprinkle on heavily, 2-3 tsp. per lb. *Hand-mixed from: salt, brown sugar, garlic, white onion, coriander, shallots, ginger, turmeric, paprika, Ancho pepper, galangal, cayenne and lemon grass.*

1/4 cup jar (net 1.2 oz.) #21232 **\$ 4.45**
 1/2 cup jar (net 2.4 oz.) #21258 **\$ 7.95**
 3/4 cup bag (net 3.6 oz.) #21248 **\$ 9.99**

Sweet Curry Powder **SALT FREE**

The perfect first curry powder. Great flavor, little heat, nice for simple chicken curry. For baked chicken or fish, use 1/2 tsp. per lb. for rich (not too spicy) flavor. Add 1 tsp. to a pot of chicken soup for flavor and color. For a curried pasta or green salad dressing, saute 1-2 tsp. in 2 TB. olive oil for 3 minutes over low heat, blend into 1 cup yogurt or 1/2 cup vinegar and oil. *Hand-mixed from: turmeric, coriander, cumin, fenugreek, ginger, nutmeg, fennel, cinnamon, white & black pepper, cardamom, cloves and cayenne.*

1/4 cup jar (net 1.0 oz.) #12036 **\$ 3.95**
 1/2 cup jar (net 2.2 oz.) #12052 **\$ 6.95**
 3/4 cup bag (net 3.3 oz.) #12042 **\$ 8.69**
 1 1/2 cup bag (net 6.6 oz.) #12084 **\$ 12.99**

Tandoori Seasoning **SALT FREE**

Clay ovens known as tandoors and the flavorful food they produce have become popular the world over. The most popular tandoori food is chicken. Skinless half chickens are marinated overnight, skewered and baked in the tandoor. You might not have a clay oven in the kitchen, but Tandoori Seasoning tastes great anyway. Try it on baked, broiled or grilled chicken kabobs, and sautéed chicken or fish. *Hand-mixed from: coriander, cumin, sweet paprika, garlic, ginger, cardamom and saffron.*

1/4 cup jar (net .8 oz.) #12131 **\$ 4.95**
 1/2 cup jar (net 2.2 oz.) #12157 **\$ 8.95**
 3/4 cup bag (net 3.3 oz.) #12147 **\$ 11.29**

Vindaloo Seasoning **SALT FREE**

This hot and spicy blend comes from Goa, a small state nestled in the middle of the Malabar Coast of India. Though control of Goa was returned to India in 1961, the four and a half centuries of Portuguese rule left many lasting impressions. Pork Vindaloo is a favorite dish of the Catholics, who make up a third of the population of Goa. The Muslims and Hindus of India prefer Vindaloo lamb or duck. Mix 2-5 TB. spice in 2-5 TB. water, set aside. Heat 2 TB. oil, brown 1 1/2 lb. pork cubes, remove, then brown 1 large minced onion. Put browned pork back into pot, add Vindaloo paste, 1 cup water, 6 TB. vinegar and 1 tsp. salt, cook 30 minutes. Add 4-6 cups cubed potatoes, cook till tender (45 minutes or so). For authentic fiery hot Vindaloo as served in beach front restaurants in India, add an equal part cayenne pepper. *Hand-mixed from: coriander, garlic, cumin, ginger, cinnamon, crushed brown mustard, cayenne, jalapeño pepper, cardamom, turmeric, black pepper and cloves.*

1/4 cup jar (net 1.0 oz.) #12531 **\$ 4.45**
 1/2 cup jar (net 2.2 oz.) #12557 **\$ 7.95**
 3/4 cup bag (net 3.3 oz.) #12547 **\$ 9.99**

Balti Seasoning **SALT FREE**

Baltistan is an ancient region of northernmost Pakistan with influences from Persia, Tibet and China. Balti meals are rich stews cooked in a karahi (small wok), and would be eaten with naan and other Indian breads. The deliciously spicy but not too hot flavor of Balti makes it a great choice for the chicken, pork or beef. *Hand-mixed from: coriander, garlic, ginger, cumin, dundicut chilies, Ceylon cinnamon, brown mustard seeds, cardamom, clove, fennel, fenugreek, charnushka, ajwain, star anise, black cardamom, cilantro, anise seed and bay leaf.*

1/4 cup jar (net 1.0 oz.) #12331 **\$ 4.95**
 1/2 cup jar (net 2.7 oz.) #12357 **\$ 8.95**
 3/4 cup bag (net 4.1 oz.) #12347 **\$ 11.29**

Hot Curry Powder **SALT FREE**

Same great flavor as Sweet Curry Powder, with more hot red pepper and ginger. Commonly used by Chinese restaurants, also known as "Madras Curry Powder." For grilled steaks, pork chops or chicken wings, rub on 1/2-1 tsp. per pound, along with salt as desired. For spicy chicken noodle or eggdrop soup, add 1 tsp. per 2-quart pot. *Hand-mixed from: turmeric, red pepper, coriander, ginger, cumin, fenugreek, white pepper, cinnamon, fennel, nutmeg, cardamom, cloves and black pepper.*

1/4 cup jar (net 1.0 oz.) #12236 **\$ 4.45**
 1/2 cup jar (net 2.2 oz.) #12252 **\$ 7.95**
 3/4 cup bag (net 3.3 oz.) #12242 **\$ 9.99**
 1 1/2 cup bag (net 6.6 oz.) #12284 **\$ 14.99**

Garam Masala **SALT FREE**

Garam Masala, a blend of savory Indian spices, is one of the few spice mixes actually used in India. It has no turmeric, so it isn't yellow, and is often added to hot or mild curry powder. The formula for Garam Masala was brought into the store by a Punjabi man who had moved to the U.S. It was his mother's recipe; in exchange for blending the spices for him, he gave it to us. His mother was proud to hear that her blend was a hit in America. *Hand-mixed from: coriander, black pepper, cardamom, cinnamon, kalonji, caraway, cloves, ginger and nutmeg.*

1/4 cup jar (net .9 oz.) #12436 **\$ 4.45**
 1/2 cup jar (net 2.1 oz.) #12452 **\$ 7.95**
 3/4 cup bag (net 3.2 oz.) #12442 **\$ 9.99**
 1 1/2 cup bag (net 6.4 oz.) #12484 **\$ 14.99**

Penzeys Forward! **SALT FREE**

One of our best ever all-purpose seasonings. Try Forward! on steak, chicken, veggies, eggs, potatoes—you name it, Forward! adds deliciousness. And, it's salt-free! Now how cool is that? *Hand-mixed from: Special extra bold black pepper, onion, paprika, garlic, turmeric, spice extractives (including oleoresin of celery, rosemary, black pepper, thyme, basil and paprika).*

1/4 cup jar (net .9 oz.) #15932 \$3.95
1/2 cup jar (net 2.3 oz.) #15958 \$6.95
3/4 cup bag (net 3.5 oz.) #15948 \$8.69
1 1/2 cup bag (net 7.0 oz.) #15980 \$12.99

4/5 Special Seasoned Sea Salt

Pronounced "four, S" our Special Seasoned Sea Salt gives a great burst of flavor wherever salt is called for. Like other seasoned salts, 4/5 is great for steaks, burgers and chops, but since we have made the flavor lighter and brighter than your old seasoned salt, 4/5 is also outstanding for chicken, fish, veggies, salads and popcorn as well. Give it a try, and we think you'll agree 4/5 = 100% delicious. *Hand-mixed from: coarse sea salt, sugar, special extra bold black pepper, paprika, onion, turmeric, garlic, spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/4 cup jar (net 2.0 oz.) #29133 \$2.29
1/2 cup jar (net 4.0 oz.) #29159 \$3.45
1 cup jar (net 8.0 oz.) #29188 \$5.59



4/5 Special Seasoned Sea Salt

This smoky version of our 4/5 gives a delicious smoky burst of flavor wherever salt is called for. Like other seasoned salts, Smoky 4/5 is great for steaks, burgers, chops, chicken, fish, veggies, popcorn and more. *Hand-mixed from: coarse sea salt, smoked paprika, sugar, special extra bold black pepper, turmeric, onion, garlic, spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/2 cup jar (net 4.0 oz.) #29454 \$3.65
1 cup jar (net 8.0 oz.) #29483 \$5.95



4/5 Special Seasoned Sea Salt

This spicy version of our 4/5 gives a spicy kick of flavor wherever salt is called for. Just like its smoky counterpart, Spicy 4/5 is great on steaks, burgers, chops, chicken, fish, veggies, salads, pasta, and popcorn. *Hand-mixed from: coarse sea salt, sugar, red pepper, special extra bold black pepper, turmeric, onion, garlic, spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

1/2 cup jar (net 4.0 oz.) #29359 \$3.65
1 cup jar (net 8.0 oz.) #29388 \$5.95

Fox Point Seasoning

One of our very best blends, so good on all the foods we are supposed to be eating more of, from fish to vegetables. Bursting with the rich flavor of shallots and chives. Use 1 tsp. per pound to season baked chicken and scrambled eggs. For tasty dip use 2 tsp. of Fox Point in 1 cup sour cream or yogurt. The dip makes an outstanding topping for baked potatoes too, or make a quick chicken or tuna salad by mixing 3 cups of cooked chicken or tuna chunks with 1 cup of Fox Point dip. Because we do not use any anti-caking agents in this (or any other) blend, it tends to clump somewhat. To keep it free-flowing, store in the refrigerator. *Hand-mixed from: salt, freeze-dried shallots, chives, garlic, onion and green peppercorns.*

1/4 cup jar (net .7 oz.) #21537 \$5.45
1/2 cup jar (net 1.6 oz.) #21553 \$9.95
1 cup jar (net 3.2 oz.) #21582 \$18.95
2 cup jar (net 6.4 oz.) #21524 \$37.95
4 cup jar (net 12.8 oz.) #21579 \$67.25

French Four Spice **SALT FREE**

Traditionally used for pork, beef and red wine stews. *Hand-mixed from: white pepper, nutmeg, ginger and cloves.*

1/4 cup jar (net 1.0 oz.) #13233 \$4.45
1/2 cup jar (net 2.4 oz.) #13259 \$7.95
3/4 cup bag (net 3.6 oz.) #13249 \$9.99

Frozen Pizza Seasoning **SALT FREE**

Frozen pizza can taste great. Honest! Simply sprinkle on our new FROZEN PIZZA SEASONING. Start with 1 tsp. for a regular cheese pizza and kid-pleasing pizzas, 2 tsp.—or more!—for pizzas with more toppings and more flavor. This is also a wonderful seasoning for buttered noodles, marinara sauce, even garlic bread. Try some in bread crumbs for breading pork chops and chicken breasts. *Hand-mixed from: fennel, Turkish oregano, California basil and garlic.*

1/4 cup jar (net .3 oz.) #16634 \$2.95
1/2 cup jar (net .9 oz.) #16650 \$4.95
1 cup bag (net 1.8 oz.) #16676 \$7.49

Pure Extracts

Penzeys sells only pure extracts; no additives are used. Only the finest vanilla beans, oranges, lemons and almonds are carefully extracted onto an alcohol base. Economical, easy and nice for quickly adding flavor to baked goods, sauces and frosting. To make a simple syrup to glaze cakes, breads and muffins: boil 1/2 cup water, 1/4 cup sugar and 1 tsp. of PURE VANILLA, ORANGE, ALMOND or LEMON EXTRACT for 2 minutes, then let cool. Brush on finished bakery as a glaze, or use between cake layers before frosting.

Pure Almond Extract

38% alcohol. Pure, strong, fragrant almond flavor. Use in small amounts (usually 1/2 tsp. per batch) to flavor cookies, bars, bread and crackers or add a drop to sweeten waffles. Also traditional for Middle Eastern meat stews, Indian sweet rice pudding and mild curry. Excellent with fruit for pie or muffins.

2 fluid ounce bottle #93132 \$4.95
4 fluid ounce bottle #93158 \$8.95
8 fluid ounce bottle #93187 \$16.99
16 fluid ounce bottle #93116 \$30.99

Pure Lemon Extract

61% alcohol. Pure, true lemon flavor, perfect for baked goodies, especially cheesecakes, where it is often used with lemon zest. Add a dash to fish, pork and poultry marinades. Also nice in sherbet, added to fresh fruit, for glazes and frostings, and great for candy-making. Use with Vanilla Extract for a delicious 1-2 punch.

2 fluid ounce bottle #93237 \$4.95
4 fluid ounce bottle #93253 \$8.95
8 fluid ounce bottle #93282 \$16.99
16 fluid ounce bottle #93211 \$30.99

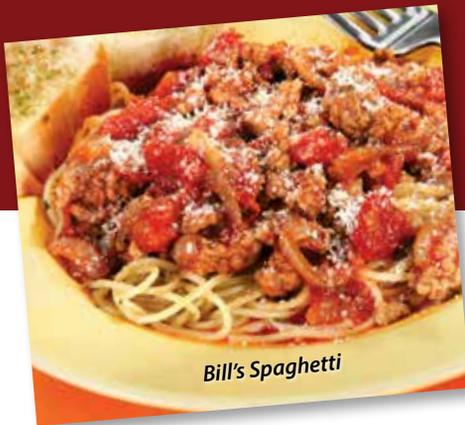
Pure Orange Extract

61% alcohol. Pure, sweet, rich orange flavor. Often used in conjunction with orange zest for many baking recipes. Nice for glazes and frostings, marinades for fish or pork and excellent for adding a light touch to heavy desserts such as chocolate cake. It is a nice citrus touch to fresh fruit dishes and is great for candy-making.

2 fluid ounce bottle #93332 \$4.95
4 fluid ounce bottle #93358 \$8.95
8 fluid ounce bottle #93387 \$16.99
16 fluid ounce bottle #93316 \$30.99

VANILLA EXTRACT
ON PAGE 50.





Garlic

Penzeys Garlic: As good as raw garlic—really! Robust, wonderfully strong and fresh-tasting, add garlic to just about anything, from salads to soups, steak and burgers, fish, poultry and pork. Garlic is great for chops, roasts, potatoes, pasta, rice and grains. Try PENZEYS MINCED GARLIC in recipes that call for fresh chopped garlic cloves—it has the same great flavor without all the peeling and mincing, and it's the same great flavor every time! Whenever you need it! ROASTED GARLIC is wonderful for the times you want a warm, roasty, slow-cooked garlic flavor in a snap: we love it on chicken breasts, pork tenderloin, pasta and steamed veggies. GRANULATED GARLIC and GARLIC SALT have the time-tested great garlic flavor that is a must-have for garlic bread, spaghetti sauce and pasta.

➔ For more delicious recipes, go to www.penzeys.com and click on Stories and Recipes.

Garlic

It is very easy to use granulated garlic, just sprinkle on meat, fish, poultry or vegetables. Use about 1/2 tsp. per lb. To rehydrate: use 1/2 tsp. granulated garlic in 1 tsp. water to equal 2 fresh cloves of garlic. For minced garlic, use 1/4 tsp. in 1 tsp. water to equal 1 fresh clove of garlic. Rehydrate garlic before adding to tart foods like tomatoes (their acidic nature will stop the garlic from developing to its full strength).

Granulated Garlic Powder

- 1/4 cup jar (net 1.3 oz.) #44439 \$ 3.45
- 1/2 cup jar (net 2.9 oz.) #44455 \$ 5.95
- 3/4 cup bag (net 4.4 oz.) #44445 \$ 7.49
- 1 1/2 cup bag (net 8.8 oz.) #44487 \$ 11.29
- 3 cup bag (net 17.6 oz.) #44416 \$ 16.99

Minced Garlic

- 1/4 cup jar (net 1.2 oz.) #44534 \$ 3.95
- 1/2 cup jar (net 2.6 oz.) #44550 \$ 6.95
- 3/4 cup bag (net 3.9 oz.) #44540 \$ 8.69
- 1 1/2 cup bag (net 7.8 oz.) #44582 \$ 12.99
- 3 cup bag (net 15.6 oz.) #44511 \$ 19.49

Penzeys Minced Garlic

The Garlic Lovers Garlic. As close as you can come to picking and mincing garlic fresh from your own garden. Delicious, sweet, strong (1/4 tsp. = 1 clove fresh garlic) and rehydrates very quickly! Perfect for cooking. Sprinkle on chicken, veggies, steak, pasta, and in salad dressing. For incredible garlic bread, mix 2-3 tsp. in 1/3 cup olive oil or melted butter and let stand for a few minutes. Brush on sliced Italian bread, sprinkle with salt if desired, bake at 375° for 10 minutes.

- 1/4 cup jar (net .4 oz.) #44334 \$ 2.45
- 1/2 cup jar (net 1.0 oz.) #44350 \$ 3.95
- 1 cup jar (net 1.8 oz.) #44389 \$ 5.69
- 2 cup jar (net 3.8 oz.) #44321 \$ 10.15

Garlic Salt

Kids really seem to like garlic salt—try it on half a toasted buttered bagel, or sprinkled over pasta, they might eat it and like it too. Shake on garlic bread, salads, subs, pasta, and French fries. Also good on chicken, hamburgers, and baked potatoes. To make plain garlic salt, mix 1 TB. GRANULATED GARLIC with 3 TB. regular table salt. *Hand-mixed from: coarse flake salt, granulated garlic and minced parsley.*

- 1/4 cup jar (net 1.4 oz.) #21832 \$ 2.95
- 1/2 cup jar (net 3.3 oz.) #21858 \$ 4.95
- 3/4 cup bag (net 5 oz.) #21848 \$ 6.29
- 1 1/5 cup bag (net 10 oz.) #21880 \$ 9.49
- 3 cup bag (net 20 oz.) #21819 \$ 14.29



Penzeys Roasted Garlic

Roasted granulated garlic adds warm, roasty, slow-cooked garlic flavor to quickly-cooked chicken breasts, eggs, pasta, fish and chops. Just sprinkle on, 1/4-1/2 tsp. per pound, and sauté, bake or broil. Excellent on garlic bread for sweet roasted flavor, in salad dressing (try it with Raspberry Enlightenment!), in stir-fry, curry, soups and stew. Just a touch of olive oil with Penzeys Roasted Garlic makes green beans sing!

- 1/4 cup jar (net 1.2 oz.) #43937 \$ 3.99
- 1/2 cup jar (net 2.7 oz.) #43953 \$ 6.95
- 3/4 cup bag (net 4.1 oz.) #43943 \$ 8.69



Roasty Garlic Sticky Chicken Wings



Going Meatless?

Add garlic to bean, veggie, rice and noodle dishes. More flavor = more satisfying! Round rich flavor, not too sharp—use it in all your cooking! 1/4 tsp. equals one fresh garlic clove.

Make everything taste better!

Great for boneless/skinless chicken or fish. Sprinkle on with pepper and sauté in a small amount of olive oil. Toss the drippings with pasta or veggies! Perfect for all beef, from steak to burgers. Just sprinkle on 1/2 teaspoon per pound before cooking. Use a bit more for grilling! Sprinkle on your favorite vegetables while sautéing or steaming, or after boiling. Sprinkle on frozen pizza before baking. Yum!

Ginger

Ginger is one of the most widely used spices in the world. In America, ginger has been used mainly in baking; it is a must for the holidays—from gingerbread to pumpkin pie to fruit cakes, and it is also increasingly used to flavor a variety of other dishes. Ginger is essential for Asian and Indian dishes where it is used in many ways—from Indian curries, to Japanese marinades, to Chinese stir-fry. A pinch of ginger is a nice boost to the flavor of salt-free dishes, and also a flavorful addition to chicken soup, sautéed vegetables, and roast chicken or pork. For flavorful grilled steak, rub ginger, garlic and black or white pepper on meat, marinate a few hours before cooking.



Gingersnap Cookies

➔ For more delicious recipes, go to www.penzeys.com and click on Stories and Recipes.

Penzeys Minced Ginger

Perfect where you want a bit of freshly grated ginger but don't wish to buy a large fresh piece that won't stay fresh for long. Very high-quality ginger that is peeled, minced and freeze-dried at the peak of ripeness and perfection.

Substitute ½ tsp. PENZEYS MINCED GINGER for 1 tsp. fresh ginger. Great in marinades, stir-fry, on steak, pork roast, in chicken soup, curry, everywhere!



1/4 cup jar (net .09 oz.) #44839 **\$2.29**
1/2 cup jar (net .2 oz.) #44855 **\$3.19**
1 cup jar (net .45 oz.) #44884 **\$5.49**
2 cup jar (net .85 oz.) #44826 **\$9.95**

Powdered China Ginger

China ginger is the finest in the world. It is virtually fiber-free, yielding a buttery-soft powder when ground, and is much better than the woody fresh ginger found in many supermarkets (stays fresh longer, too). Chinese ginger has a strong, true flavor with lemony overtones, making it perfect for all baking recipes—especially gingersnaps, gingerbread, molasses cookies, coffee cakes, fruit breads, pies and muffins.



1/4 cup jar (net .9 oz.) #44639 **\$3.65**
1/2 cup jar (net 1.9 oz.) #44655 **\$6.09**
3/4 cup bag (net 2.9 oz.) #44645 **\$7.69**
1 1/2 cup bag (net 5.8 oz.) #44687 **\$11.49**
3 cup bag (net 11.6 oz.) #44616 **\$17.29**

Sweet Ginger Bits

New smaller size, perfect for sprinkling on muffins and cookies and adding to granola. Also wonderful in chicken or tuna salad and creamy salad dressing. The smaller size makes for a bit sweeter flavor.

1/4 cup jar (net .9 oz.) #59037 **\$4.49**
1/2 cup jar (net 2.3 oz.) #59053 **\$6.95**
3/4 cup bag (net 3.5 oz.) #59043 **\$8.69**
1 1/2 cup bag (net 7.0 oz.) #59085 **\$12.99**
3 cup bag (net 14.0 oz.) #59014 **\$19.49**



Crystallized Ginger

They don't call it candied ginger for nothing—many of our customers buy it to eat it piece by piece, because it is just that good. Tender Australian ginger, peeled and cut into a 1/4" dice, then preserved using the old-fashioned sugar-cure method, which gives a spicy sweet flavor to the ginger. Virtually fiber-free, crystallized ginger is perfect for baking and candy-making. Because the ginger retains its warmth and bite, even with the sugar coating, it is excellent for teriyaki, tuna or chicken salad, plus sweet and sour marinades.

1/4 cup jar (net 1.3 oz.) #58830 **\$4.89**
1/2 cup jar (net 3.1 oz.) #58856 **\$8.55**
3/4 cup bag (net 4.7 oz.) #58846 **\$10.69**
1 1/2 cup bag (net 9.4 oz.) #58888 **\$15.99**
3 cup bag (net 18.8 oz.) #58817 **\$23.99**



Sliced China Ginger Root

Dried sliced ginger root pieces stay fresh and flavorful indefinitely, so they will be ready when you are. Add a slice to stock for chicken soup, Indian curries and Asian dishes. The flavor is strong and vibrant—if a full slice is too much, smaller pieces can be broken off by hand.

4 oz. bag #54645 **\$5.49**
8 oz. bag #54687 **\$9.79**

Cracked China Ginger

Cracked ginger is traditionally used for pickling and canning recipes, but is most popular now for marinades, sauces and stock making. Add 1 tsp. to chicken stock or make flavorful Japanese-style marinade with 1 tsp. cracked ginger, 2 fresh garlic cloves (smashed), 1/2 cup soy sauce and 1/4 cup chopped pineapple. Add 1/4 tsp. white pepper if desired. Use to marinate 1 lb. shrimp or cubed chicken or pork for stir-fry with mixed vegetables.

1/4 cup jar (net .9 oz.) #44734 **\$3.29**
1/2 cup jar (net 1.7 oz.) #44750 **\$5.59**
3/4 cup bag (net 2.6 oz.) #44740 **\$6.99**



Gingered Steak & Noodles

Quick Stir-Fry Sauce

Combine 4 TB. soy sauce, 1 tsp. honey, 1-2 tsp. CHINESE 5 SPICE, ½ tsp. GRANULATED GARLIC POWDER, ½ tsp. PENZEYS MINCED GINGER and/or 1 TB. SWEET GINGER BITS and CAYENNE PEPPER to taste. Add to meat and veggies while stir-frying and serve over noodles or rice.

Curry Ginger Dressing

Heat 1 TB. olive oil over medium heat. Add 2 tsp. SWEET CURRY POWDER and cook for 2 minutes. In a bowl, mix together ¼ Cup minced red onion or shallots, 2-3 TB. SWEET GINGER BITS, ½ Cup mayonnaise, 1 TB. vinegar, 1 tsp. Dijon-style mustard, ¼-½ tsp. salt (to taste) and ¼ tsp. CAYENNE (to taste). Add the CURRY paste to the mayonnaise mixture and mix well. Add 1-2 Cups tuna or cooked chicken and some chopped pecans and you've got a great salad for sandwiches.

Lynn Monfre

In junior high, Lynn Monfre wrote an essay on why she wanted to be a nurse.

Lynn traces her interest in caring for others even farther back, to grade school. “My mom said I was always bringing home injured birds and things like that,” she says.

“Then when I was 11 or 12, my dad was in the hospital. He’d had surgery. I sat on the floor, absolutely enamored, just watching the nurses and seeing the empathy and the caring and the tenderness that they showed to my dad. I knew it was something that I wanted to do when I grew up—to have that caring and empathy for people,” says Lynn.

“When I made the decision to become a nurse, I wanted to be an LPN (licensed practical nurse),

because I wanted to be at the bedside with the patient, taking care of them.”

Lynn has been in nursing for 35 years. “When I got my license, there were a lot of LPNs in the hospitals.” Today RNs (registered nurses) have replaced many of the LPN positions, but Lynn says she’d stick with the choice she made then.

“If I could go back, I don’t think I would change it. I’m happy that I am an LPN and happy that I am able to do that hands-on care that I really wanted to do,” she says. “Each nurse kind of finds their niche.”

Lynn needed a few years to find hers. “I worked in a hospital. Being very young, and not really accustomed to death, I switched off a medical surgical floor. That was not for me,” she recalls.



Working with kids is the best part of nurse Lynn Monfre’s job.

“I started in working on the pediatric floor, which I fell in love with. That was my absolute calling, working with the kids,” she says. This discovery led to Lynn’s job in a private pediatric practice, where she stayed for the next 18 years.

Lynn now works at the Allergy and Clinical Immunology Clinic at Children’s Hospital of Wisconsin. She gives kids routine allergy shots, but



Apple Bread

Warm apple bread for breakfast guarantees a great day.

- 3 Cups McIntosh apples, peeled, cored and diced (4 medium)
- 3 Cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- 2 Cups sugar
- 1 tsp. PENZEYS CINNAMON
- 1¼ Cups vegetable oil
- 3 eggs
- 2 TB. PURE VANILLA EXTRACT

Preheat oven to 350°. In a large bowl, combine the flour, baking soda, salt, sugar and CINNAMON. Add the oil, eggs and VANILLA and mix well. Fold in the apples by hand. Divide the batter between two 8x4-inch greased loaf pans. Bake at 350° for 1 hour or until a toothpick inserted in the center comes out clean. The batter is very dense, almost like cookie dough, and the loaves don’t rise much. Very delicious though!

Prep. time: 15 minutes

Baking time: 1 hour

Serves: makes 2 loaves; serves 16-18

Nutritional Information: Servings 16-18; Serving Size 1 slice (111g); Calories 350; Calories from fat 160; Total fat 18g; Cholesterol 35mg; Sodium 160mg; Carbohydrate 46g; Dietary Fiber 1g; Sugars 28g; Protein 3g.

Farmer Cake

This recipe was handed down to Lynn from her great-grandmother.

- 3 Cups flour
- 1 Cup sugar
- 1 Cup brown sugar
- 1 tsp. salt
- 1 tsp. PENZEYS CINNAMON
- 1 tsp. baking powder
- $\frac{3}{4}$ Cup shortening
- 1 Cup milk
- 1 TB. vinegar
- 2 eggs, beaten
- 1 tsp. PURE VANILLA EXTRACT
- 1 tsp. baking soda

Preheat oven to 350°. In a large bowl, combine the flour, sugar, brown sugar, salt, CINNAMON and baking powder. Cut in the shortening until the mixture resembles peas and sand. Remove 1 cup of the mixture and set aside for the topping. Combine the milk and vinegar (this makes “sour milk”) and set aside. To the large bowl, add the eggs and VANILLA and mix. Stir the baking soda into the soured milk. Add to the large bowl and mix well. Pour into a greased and floured 9x13 pan. Sprinkle the top with the reserved topping. Bake at 350° for 25-30 minutes or until a toothpick inserted in the center comes out clean.

Prep. time: 15 minutes

Baking time: 25-30 minutes

Serves: 12

Nutritional Information: Servings 12; Serving Size 1 slice (111g); Calories 390; Calories from fat 130; Total fat 14g; Cholesterol 35mg; Sodium 360mg; Carbohydrate 60g; Dietary Fiber <1g; Sugars 36g; Protein 5g.

she also calms parents’ jitters about emergency care, like giving injections in a life-threatening situation. “I think my life experiences with my own kids helped me to have a greater sense of compassion and understanding for both my patients and their parents,” she says.

“To have a child with multiple food allergies, it can be pretty scary,” she says. “The parents need to learn, and the people that care for the child need to learn, how to recognize when they’re having a severe reaction. I always tell the parents, in the moment when you have to, you’re going to jump in and you’re going to do it!”

Married to husband Mark for 34 years, and with three children,



three grandchildren and more on the way, Lynn has many people in her life to care for. She shows this with her baking.

“The Farmer Cake recipe was handed down by my great-grandmother,” she says. The crumb-cake-like recipe was served for breakfast on the central Wisconsin farm where her German immigrant great-grandparents lived. “Whatever my great-grandmother would make for breakfast, this cake would be served along with it.” The Apple Bread, popular with Lynn’s neighbors, is a favorite recipe for fall.

Lynn says, “I’ve only had three nursing jobs in my entire life, so it’s hard to describe why I do what I do.



Mark and Lynn Monfre with Tony, Angela, Kelsey, Cal, Laura, Tim, Logan, Theresa and Joe (and two on the way!).

It’s just a love of being a nurse. I love my job, I love my patients. I don’t see myself being anything other than being a nurse, just because I do love taking care of people.”

–Natalie Wysong

Galangal

Flavor similar to ginger, but flowery and intense, often used in Indonesia and SE Asia, especially Thailand.

Ground Thai Galangal Root

- 1/4 cup jar (net .8 oz.) #44239 \$ 4.45
- 1/2 cup jar (net 1.6 oz.) #44255 \$ 7.75
- 3/4 cup bag (net 2.4 oz.) #44245 \$ 9.69

33rd & Galena

Chicken and Pork Rub **SALT FREE**

Both a traditional Southern-style seasoning that found its way North in the '60s & '70s, and a tribute to those whose labor built this country and whose kindness and warmth is at the heart of every uniquely American expression. *Hand-mixed from: Tellicherry black pepper, paprika, nutmeg, sage, cayenne, crushed red pepper and oleoresin of basil.*

- 1/4 cup jar (net .9 oz.) #16034 \$ 3.99
- 1/2 cup jar (net 2.3 oz.) #16050 \$ 6.85
- 3/4 cup bag (net 3.5 oz.) #16040 \$ 8.49

Galena Street Rib and Chicken Rub

A mouth-watering traditional Southern-style seasoning with hints of sage, nutmeg, and cayenne red pepper. For pork ribs, rub on seasoning, 1-2 tsp. per pound. Add a little more halfway through cooking. For chicken use a bit less. For tasty barbecue sauce, mix 1 TB. in 1 cup tomato sauce or even ketchup. Really good for grilled or broiled turkey wings—cut wings into sections (we call them riblets) and sprinkle the Galena Street on heavily before cooking. *Hand-mixed from: flake salt, sugar, black pepper, paprika, nutmeg, sage and cayenne red pepper.*

- 1/4 cup jar (net 1.4 oz.) #21632 \$ 2.95
- 1/2 cup jar (net 3.2 oz.) #21658 \$ 4.95
- 3/4 cup bag (net 4.8 oz.) #21648 \$ 6.29
- 1 1/2 cup bag (net 9.6 oz.) #21680 \$ 9.49
- 3 cup bag (net 19.2 oz.) #21619 \$ 14.29

Greek Seasoning

A traditional blend of lemon, garlic and oregano. **To make GREEK SALAD DRESSING:** Mix 2 TB. seasoning with 2 TB. water, let stand 5 minutes. Add 1/4 cup olive oil, 1/4 cup salad oil, 1/3 cup red wine vinegar (or 1/4 cup balsamic vinegar and 2 TB. water), plus 1 tsp. sugar if desired. Use to dress vegetable salads, tomatoes and red onion with feta cheese and olives, chicken and pasta salads, or a plain lettuce salad. **For GYROS:** mix 1 TB. in 1 TB. water. Let stand 5 minutes, add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. with 1 cup yogurt and 2 TB. cucumber for gyro sauce. Great on grilled, baked or fried fish or chicken, rub on 1 tsp. per lb. *Hand-mixed from: coarse salt, Turkish oregano, garlic, lemon, black pepper and marjoram.*

- 1/4 cup jar (net 1.0 oz.) #21937 \$ 3.95
- 1/2 cup jar (net 2.3 oz.) #21953 \$ 6.95
- 3/4 cup bag (net 3.5 oz.) #21943 \$ 8.69
- 1 1/2 cup bag (net 7.0 oz.) #21985 \$ 12.99
- 3 cup bag (net 14.0 oz.) #21914 \$ 19.49

Gumbo File

Pure powdered sassafras leaves. Because they thicken, as well as flavor traditional seafood soups and stews, the name is synonymous with gumbo. Add towards the end of cooking. Use about 1/2 tsp. per quart.

- 1/4 cup jar (net .7 oz.) #31130 \$ 3.45
- 1/2 cup jar (net 1.7 oz.) #31156 \$ 5.69
- 3/4 cup bag (net 2.6 oz.) #31146 \$ 6.99

Herbes de Provence **SALT FREE**

Herbes de Provence combines sweet French herbs and flowery lavender with Italian herbs and fennel. Excellent for roasting chicken or Cornish hens, beef or pork tenderloin, rub on 1/2 - 1 tsp. per pound. *Hand-mixed from: rosemary, cracked fennel, thyme, savory, basil, French tarragon, dill weed, Turkish oregano, lavender, chervil and marjoram.*

- 1/4 cup jar (net .4 oz.) #13338 \$ 3.95
- 1/2 cup jar (net .8 oz.) #13354 \$ 6.95
- 3/4 cup bag (net 1.2 oz.) #13340 \$ 8.69
- 1 1/2 cup bag (net 2.4 oz.) #13384 \$ 12.99
- 3 cup bag (net 4.8 oz.) #13316 \$ 19.49

Horseradish Dip

One of our favorite sandwich spreads, particularly for roast beef and turkey sandwiches on crusty rolls. Makes a nice tangy dip. Mix 1 TB. in 2 TB. water, let stand 5 minutes. Blend with 2/3 cup sour cream and 1/2 cup mayo. Thin with a bit of vinegar. *Hand-mixed from: ground horseradish, salt, dextrose, onion powder, lemon peel, dill weed, black pepper and chives.*

- 1/4 cup jar (net .8 oz.) #22039 \$ 3.99
- 1/2 cup jar (net 2.0 oz.) #22055 \$ 6.95
- 3/4 cup bag (net 3.0 oz.) #22045 \$ 8.69

Horseradish Powder

Mix 1 1/2 parts water with 1 part horseradish. Serve with prime rib, roast beef, baked potatoes. Mix into tomato sauce with lemon for seafood cocktail sauce.

- 1/4 cup jar (net .7 oz.) #44934 \$ 3.45
- 1/2 cup jar (net 2.0 oz.) #44950 \$ 5.69
- 3/4 cup bag (net 3.0 oz.) #44940 \$ 6.99

Italian Herb Mix **SALT FREE**

One of the best flavor combinations around. All the sweet, flavorful herbs used in Italy—perfect for pizza and spaghetti sauce. Try Italian Herb on oven roasted potatoes—crumble on 1 tsp. Italian Herb per pound with a bit of olive oil, garlic, and salt. Roast at 350° for an hour, tossing every 15 minutes. Italian salad dressing: mix 2 tsp. with 1/3 cup vinegar and 1/2-2/3 cup oil. Add garlic, pepper, salt, and sugar to taste. *Hand-mixed from: oregano, basil, marjoram, thyme and rosemary.*

- 1/4 cup jar (net .2 oz.) #13433 \$ 2.85
- 1/2 cup jar (net .7 oz.) #13459 \$ 4.79
- 3/4 cup bag (net 1.1 oz.) #13445 \$ 5.99
- 1 1/2 cup bag (net 2.2 oz.) #13483 \$ 8.99
- 3 cup bag (net 4.4 oz.) #13411 \$ 13.49

Italian Sausage Seasoning

Spicy, not hot. Great for meatball sandwiches. For Hot Italians: add 1/4 - 1/2 tsp. crushed red pepper and 1 tsp. red wine vinegar per lb. *Hand-mixed from: salt, cracked/ground fennel, black pepper and sugar.*

- 1/4 cup jar (net 1.6 oz.) #28231 \$ 2.95
- 1/2 cup jar (net 3.7 oz.) #28257 \$ 4.95
- 3/4 cup bag (net 5.6 oz.) #28247 \$ 6.29
- 1 1/2 cup bag (net 11.2 oz.) #28289 \$ 9.49
- 3 cup bag (net 22.4 oz.) #28218 \$ 14.24



Glass Jars

Attractive glass jars with black lids and two blank labels, perfect for storing spices. The 'A' jar has a sifter fitment (shaker top), nice for blends and fine grind spices that are shaken onto foods before cooking. The 'B' jar holds the same amount but has a wide mouth—easy to get your fingers or a measuring spoon into. The 'C', 'D', and 'E' jars hold 1, 2 and 4 Cups respectively, and are good for storing larger amounts, or spices such as bay leaves and cinnamon sticks, which don't always fit in a standard-size jar. The 'G' jar also holds 1 cup, but comes with a sifter fitment (shaker top).

- A. 4 fl. oz. (1/2 cup) 1 7/8" diameter x 4 1/4" high, shaker top with medium holes, black lid, blank labels #95107 \$ 1.69
- B. 4 fl. oz. (1/2 cup) 2 3/8" diameter x 2 3/4" high, spoon out top, black lid, blank labels #95202 \$ 1.69
- C. 8 fl. oz. (1 cup) 2 1/2" diameter x 4 1/2" high, spoon out top, black lid, blank labels #95307 \$ 2.25
- D. 16 fl. oz. (2 cup) 3 3/4" diameter x 3 7/8" high, spoon out top, black lid, blank labels #95402 \$ 2.65
- E. 32 fl. oz. (4 cup) 3 7/8" diameter x 6 7/8" high, spoon out top, black lid, blank labels #95507 \$ 3.79
- G. 8 fl. oz. (1 cup) 2 1/4" diameter x 5 1/4" high, shaker top with medium holes, black lid, blank labels #95615 \$ 2.25

Jerk Chicken & Fish Seasoning **SALT FREE**

Delicious Jamaican-style BBQ blend for chicken and seafood. Use 1 TB. per lb with 2 TB. water. Let stand 5 minutes. Add the juice of half a lemon and salt to taste. Rub on, grill over medium heat. Slightly hot; for authentic Jamaican taste add more hot pepper. *Hand-mixed from: ginger, brown sugar, sweet chili, garlic, paprika, allspice, lemon grass, thyme, nutmeg, black pepper, cumin, red pepper and jalapeño.*

- 1/4 cup jar (net 1.1 oz.) #13633 \$ 3.95
- 1/2 cup jar (net 2.5 oz.) #13659 \$ 7.95
- 3/4 cup bag (net 3.8 oz.) #13649 \$ 9.99
- 1 1/2 cup bag (net 7.6 oz.) #13681 \$ 14.99

Jerk Pork Seasoning **SALT FREE**

Jamaican-style BBQ blend, great for pork chops or tenderloin on the grill. *Hand-mixed from: paprika, allspice, ginger, red pepper, sugar, nutmeg, black pepper, garlic, thyme, lemon grass, cinnamon, anise, cloves and mace.*

1/4 cup jar (net 1.0 oz.) #13538 \$ 3.95
1/2 cup jar (net 2.5 oz.) #13554 \$ 7.95
3/4 cup bag (net 3.8 oz.) #13544 \$ 9.99

Juniper Berries

Use to reduce the wild flavor of duck and venison and add tartness to Germanic dishes, such as sauerbraten. From Albania.

1/4 cup jar (net .6 oz.) #54937 \$ 2.85
1/2 cup jar (net 1.3 oz.) #54953 \$ 4.55
3/4 cup bag (net 2.0 oz.) #54943 \$ 5.69

Kala Jeera

Seeds with an exotic, flowery flavor, for use in small amounts. From India.

1/4 cup jar (net .8 oz.) #55039 \$ 4.09
1/2 cup jar (net 1.7 oz.) #55055 \$ 7.09
3/4 cup bag (net 2.6 oz.) #55045 \$ 8.99

Krakow Nights (Polish-Style Seasoning)

All-purpose, time-tested seasoning, great for adding rich depth of flavor to quick-cooked meals. Shake on chops, steaks and chicken breasts. Great on pork or beef roast; perfect with pasta. *Hand-mixed from: salt, black and white pepper, sugar, coriander, garlic, mustard, marjoram, mace and savory.*

1/4 cup jar (net 1.7 oz.) #28431 \$ 3.95
1/2 cup jar (net 3.4 oz.) #28457 \$ 6.95
3/4 cup bag (net 5.1 oz.) #28447 \$ 8.69

Lamb Seasoning **SALT FREE**

A Greek-style blend that brings out the richness of the meat, rather than covering its flavor. *Hand-mixed from: Turkish oregano, rosemary, cumin, celery, paprika, black pepper, onion, garlic, spearmint and ginger.*

1/4 cup jar (net .8 oz.) #13738 \$ 3.95
1/2 cup jar (net 1.5 oz.) #13754 \$ 6.95
3/4 cup bag (net 2.3 oz.) #13744 \$ 8.69

Lemon Grass

Used in SE Asia, India and China to add lemony flavor.

1/4 cup jar (net .3 oz.) #31235 \$ 2.45
1/2 cup jar (net .5 oz.) #31251 \$ 3.95
3/4 cup bag (net .8 oz.) #31247 \$ 4.99
1 1/2 cup bag (net 1.6 oz.) #31281 \$ 7.49

Lemon Peel

Extra fancy California zest (outer peel) with strong lemon flavor and bright yellow color. Minced lemon peel is preferred for baked goods such as lemon poppy seed muffins and cookies such as lemon bars, while powdered is nice for cheesecake. To rehydrate: Use 3 parts water to 1 part lemon peel, and let stand for 15 minutes. When substituting dried lemon peel for fresh, use 1/3 as much as a recipe calls for.

Minced Californian Lemon Peel

1/4 cup jar (net .9 oz.) #45036 \$ 4.35
1/2 cup jar (net 1.6 oz.) #45052 \$ 7.39
1 cup jar (net 3.2 oz.) #45081 \$ 13.59
2 cup jar (net 6.4 oz.) #45023 \$ 25.90

Powdered Californian Lemon Peel

1/4 cup jar (net 1.0 oz.) #48437 \$ 4.45
1/2 cup jar (net 2.0 oz.) #48453 \$ 7.95
1 cup jar (net 4.4 oz.) #48482 \$ 14.85
2 cup jar (net 9.0 oz.) #48424 \$ 28.45

Mace

The lace-like, dried covering of the nutmeg, has a similar flavor, but is sweeter and softer.

Blade Mace

1 oz. bulk bag #55163 \$ 4.55
4 oz. bag #55147 \$ 14.25

Ground Mace

1/4 cup jar (net .9 oz.) #45131 \$ 6.09
1/2 cup jar (net 1.9 oz.) #45157 \$ 10.95
3/4 cup bag (net 2.9 oz.) #45147 \$ 13.69

Mahlab

The pit of the sour cherry, used in the Middle East as a sweet/sour, nutty addition to breads, cookies and biscuits.

Whole Turkish Mahlab

1/4 cup jar (net 1.0 oz.) #55239 \$ 5.35
1/2 cup jar (net 2.2 oz.) #55255 \$ 9.49
4 oz. bag #55242 \$ 12.35

Marjoram

Marjoram is one of the most popular herbs in Europe, but it hasn't yet gained the popularity of basil and oregano here in America. Its flavor is a sweet, flowery cross between oregano and basil, making it the perfect addition to soup, stews, tomato sauces and dishes such as baked chicken. It's also nice for creamy potato dishes like scalloped potatoes and potato soup. From Egypt.

1/4 cup jar (net .2 oz.) #31330 \$ 2.45
1/2 cup jar (net .4 oz.) #31356 \$ 3.95
3/4 cup bag (net .6 oz.) #31342 \$ 4.99
1 1/2 cup bag (net 1.2 oz.) #31386 \$ 7.49

Mint

Spearmint has a cool mint flavor and is the traditional cooking mint, used in the Middle East for salads, tabouli and main dishes, and preferred for English-style lamb and jellies. Peppermint has a warm and spicy mint flavor and is the traditional mint used for flavoring candies and chocolates. Both are a fine addition to tea.

Dried Cut-Leaf Spearmint

1 oz. bulk bag #31569 \$ 3.19
4 oz. bag #31543 \$ 7.29

Dried Cut-Leaf Peppermint

1 oz. bulk bag #31664 \$ 3.19
4 oz. bag #31648 \$ 7.29

Mitchell Street Steak Seasoning

Smoky - flavorful - delicious

Outstanding for grilled or broiled steak but also a great way to bring variety to chicken, fish and even tofu. Sprinkle on freely for maximum happiness. *Hand-mixed from: salt, Tellicherry black pepper, paprika, sugar, garlic, onion, dill weed, lemon peel, cardamom, citric acid, natural smoke flavor and allspice.*

1/4 cup jar (net 1.4 oz.) #29838 \$ 4.95
1/2 cup jar (net 3.0 oz.) #29854 \$ 8.95
3/4 cup bag (net 4.5 oz.) #29844 \$ 11.29

Mulling Spices

To make our favorite mulled cider, mix 12 cups of apple juice with 6 cups cranberry juice, add 1/2 cup brown sugar, 2 TB. butter, 2 tsp. PURE VANILLA EXTRACT, and 1-2 TB. MULLING SPICES. Simmer on low heat for 30-45 minutes. Your kitchen will smell great. For mulled wine, simmer red wine gently for 20 minutes with 1 TB. mulling spice per bottle. *Hand-mixed from: cracked China and Korintje cinnamon, Ceylon cloves, allspice, cardamom and mace.*

1/4 cup jar (net .8 oz.) #13938 \$ 3.95
1/2 cup jar (net 1.7 oz.) #13954 \$ 6.95
3/4 cup bag (net 2.6 oz.) #13944 \$ 8.69
1 1/2 cup bag (net 5.2 oz.) #13986 \$ 12.99

Mural of Flavor **SALT FREE**

Mural of Flavor blends over a dozen spices and herbs, creating a wall (hence mural) of flavor so delicious, there's no need to add salt. Inspired by the rich and mouth-watering flavors of the western Mediterranean, Mural of Flavor is wonderfully versatile. Try it on chicken, fish, pork and beef. Add it to soups, rice and potatoes. Shake it over sliced tomatoes, corn, popcorn and scrambled eggs. *Hand mixed from: spices, shallots, onion, garlic, lemon peel, citric acid, chives and orange peel.*

1/4 cup jar (net 0.5 oz.) #14030 \$ 3.95
1/2 cup jar (net 1.3 oz.) #14056 \$ 6.95
1 cup jar (net 2.5 oz.) #14085 \$ 14.69
2 cup jar (net 5.0 oz.) #14027 \$ 28.25

Mustard

When making mustard, use stainless steel, glass, or ceramic utensils and containers (aluminum gives mustard an odd flavor). For a standard thickness, use 8 parts mustard by volume to 7 parts liquid. Mustard is very hot when first mixed, and then mellows with age. Refrigeration nearly stops the mellowing process. For hot mustard, store at room temperature for 4 weeks, then move to refrigerator (or try 8 weeks for mild). An easy starter recipe is 1/2 cup regular mustard powder, 1/4 cup vinegar, 1/4 cup cool water, 1/4 tsp. salt and 2-3 tsp. honey. Mix until smooth; add a bit more water to thin, if desired. For Chinese restaurant-style mustard, mix 3 TB. hot mustard powder with 3 TB. water. Let stand 10 minutes for heat and flavor to develop.

Regular Canadian Mustard Powder (medium-hot)

1/4 cup jar (net .9 oz.) #45236 \$ 2.75
1/2 cup jar (net 1.9 oz.) #45252 \$ 4.35
3/4 cup bag (net 2.9 oz.) #45242 \$ 5.49
1 1/2 cup bag (net 5.8 oz.) #45284 \$ 8.29
3 cup bag (net 11.6 oz.) #45213 \$ 12.49

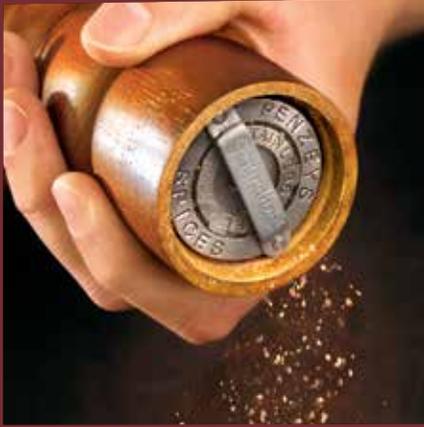
Hot Canadian Mustard Powder (hot)

1/4 cup jar (net .8 oz.) #45436 \$ 2.75
1/2 cup jar (net 1.8 oz.) #45452 \$ 4.35
3/4 cup bag (net 2.7 oz.) #45442 \$ 5.49
1 1/2 cup bag (net 5.4 oz.) #45484 \$ 8.29
3 cup bag (net 10.8oz.) #45413 \$ 12.49

Crushed Brown Canadian Mustard Seeds

1/4 cup jar (net .7 oz.) #45531 \$ 2.75
1/2 cup jar (net 1.9 oz.) #45557 \$ 4.35
3/4 cup bag (net 2.9 oz.) #45547 \$ 5.49





Pepper

The pepper harvest in Sarawak on the island of Borneo is a centuries-old event that brings families and friends together to celebrate the culmination of a year of growth and (with luck) good weather. The pepper harvest takes place at the driest time of year, in late June through early July.

Harvesting is still done by hand just as it has always been. Determining the peak of ripeness of pepper is a hands-on, visual job. All of the pepper on a vine does not mature at the same rate and the subtle color differences are closely monitored. Some spikes of peppercorns are in a better location on the vine and receive more sunlight and nutrients, so they can be harvested earlier. The harvesters must be ready at all times, as pepper can quickly mature from the dark green berries used to produce black pepper, to the yellow and red berries which are then soaked for white pepper. Creamy white pepper, the type we carry at Penzeys, fetches the highest price for farmers. It also presents a greater challenge. The longer pepper is left to ripen, the higher the potential for heavy rains to wipe out the crop or the hot sun to dry the pepper on the vine. It is the extra care and risks the farmers take that produce the rich, sweet flavor that has made pepper the king of spices for millennia.



Penzeys Pepper

A simple shake brings life to salads, sandwiches, pasta, meat, potatoes, soup and eggs. Delicious every time.

1/4 cup jar (net 1.0 oz.) #46138 \$ 3.95

1/2 cup jar (net 2.3 oz.) #46154 \$ 6.95

3/4 cup bag (net 3.5 oz.) #46141 \$ 8.69

Whole Special Extra Bold® Indian Black Peppercorns

Special Extra Bold® Indian Black Peppercorns are the world's best—only ten pounds out of every ton of pepper makes the special grade. If you are new to good pepper, you might want to stick with the regular Tellicherry, as they are a better deal, but if you really enjoy pepper you will appreciate the difference. Great on everything, especially beef, chicken, chops, fish, salads, vegetables, soups, and omelets.

1/4 cup jar (net 1.0 oz.) #56836 \$ 3.95

1/2 cup jar (net 2.1 oz.) #56852 \$ 6.95

3/4 cup bag (net 3.2 oz.) #56842 \$ 8.69

1 1/2 cup bag (net 6.4 oz.) #56884 \$ 12.99

3 cup bag (net 12.8 oz.) #56813 \$ 19.49

White Peppercorns

White Peppercorns are regarded by many parts of the world as the finest flavored, most preferred pepper. White peppercorns start out the same as black peppercorns, but then are allowed to ripen more fully on the vine, to produce a very large berry with a looser outer shell. This black outer shell is then removed in one of two traditional ways: the Muntok peppercorns are soaked in water until the black shell loosens, while the Sarawak peppercorns are held under a constantly flowing stream of spring water, yielding a whiter color, and an extra clean product. Both white peppercorns have the traditional rich, winey, somewhat hot flavor that is nice used in soup, on grilled meat or poultry, in light-colored dishes or mixed with black peppercorns for a broader range of flavor. Many Asian dishes rely heavily on the flavor of white pepper, and it is preferred for cooking the foods of Southeast Asia, and Southern and Eastern Europe.

Whole Sarawak White Peppercorns

1/4 cup jar (net 1.2 oz.) #56739 \$ 3.95

1/2 cup jar (net 2.4 oz.) #56758 \$ 6.95

3/4 cup bag (net 3.6 oz.) #56747 \$ 8.69

1 1/2 cup bag (net 7.2 oz.) #56782 \$ 12.99

Whole Muntok White Peppercorns

1/4 cup jar (net 1.2 oz.) #56236 \$ 3.99

1/2 cup jar (net 2.5 oz.) #56252 \$ 6.75

3/4 cup bag (net 3.8 oz.) #56242 \$ 8.49

Black Peppercorns

If there is only one spice in your kitchen, it should be pepper. No other spice adds the greatest amount of flavor to the greatest number of dishes. Now that modern production and transportation methods have made pepper affordable enough for all to enjoy, it is more popular than ever, outselling all other spices, and consumption continues to rise. Malabar Indian peppercorns are regarded as having the finest flavor of the mass-produced varieties. If you are trying to decide which peppercorn to buy, we suggest you start with Tellicherry Peppercorns. All of our peppercorns have great flavor, but the Tellicherry Peppercorn is the top grade of Indian pepper. A step above Malabar, Tellicherry is a larger and more mature peppercorn, possessing a more developed flavor.

Whole Tellicherry Indian Black Peppercorns

1/4 cup jar (net 1.1 oz.) #56036 \$ 3.45

1/2 cup jar (net 2.2 oz.) #56052 \$ 5.95

3/4 cup bag (net 3.3 oz.) #56042 \$ 7.49

1 1/2 cup bag (net 6.6 oz.) #56084 \$ 11.29

3 cup bag (net 13.2 oz.) #56013 \$ 16.99

Whole Malabar Indian Black Peppercorns

1/4 cup jar (net 1.1 oz.) #56131 \$ 2.95

1/2 cup jar (net 2.5 oz.) #56157 \$ 4.95

3/4 cup bag (net 3.8 oz.) #56147 \$ 6.29

1 1/2 cup bag (net 7.6 oz.) #56189 \$ 9.49

3 cup bag (net 15.2 oz.) #56118 \$ 14.29

Green Peppercorns

Green peppercorns come from the same Indian vines as our robust black Tellicherry peppercorns, but are harvested before they mature, yielding green pepper with a fresh, clean flavor. Well-suited for poultry, vegetables and seafood. Dried green peppercorns can be ground in a peppermill like black peppercorns or crushed between your fingers. From India.

1/4 cup jar (net .4 oz.) #56331 \$ 4.25

1/2 cup jar (net .7 oz.) #56357 \$ 7.29

1 cup jar (net 1.5 oz.) #56386 \$ 13.35

2 cup jar (net 3.0 oz.) #56328 \$ 25.39

Pink Peppercorns

Originally only from the French island of Reunion, now from Brazil. These pink berries add a touch of color and a rich, sweet flavor to almost any dish. Unlike the black, white and green, the pink really aren't peppercorns at all—but are the fruit of a tree related to the cashew family. They're called peppercorns because of their size and flavor. Wonderful in almost anything—from poultry to vegetables and fish.

1/4 cup jar (net .5 oz.) #56436 \$ 5.45

1/2 cup jar (net 1.1 oz.) #56452 \$ 9.95

1 cup jar (net 2.2 oz.) #56481 \$ 17.95

2 cup jar (net 4.4 oz.) #56423 \$ 32.95



The Froedtert Medical ICU night shift. Co-workers and friends!

Back L-R: Dani McNett, Kathie White, Becky, Lisa Elliot, Karlie Amundson, Olivia Kmezich
Front L-R: Lauren Keddie, Dave Smiley.

Becky Gilligan

When we last chatted with Becky Gilligan of Waukesha, Wisconsin, she was working with the intensive care unit (ICU) at St. Joseph's Hospital in Milwaukee. Today she is on staff at Froedtert, a teaching hospital and Level 1 adult trauma center founded in 1980.

Froedtert and the Medical College of Wisconsin, located in Wauwatosa, Wisconsin, is one of two academic medical centers in the state. An academic medical center is a partnership between a medical school and its affiliated teaching hospitals and clinics.

Teams of physicians, nurses and multiple layers of staff collaborate to provide patients the highest level of knowledge, expertise and advanced care.

Becky works on the night shift in the ICU at Froedtert. She observes how a patient's condition is developing and hopefully progressing. Becky tells us that, for her, it is a very rewarding experience.

"As a nurse, I'm here to listen, to teach and to support our patients and their family through difficult times,



Spanish-Style Shredded Chicken

Busy schedules call for quick-prep meals. This recipe from Becky is both easy and tasty.

- 2-4 boneless/skinless chicken breasts (frozen or thawed)
- 1-2 TB. PENZEYS ROASTED GARLIC
- 1-2 TB. TOASTED ONION POWDER
- 1 tsp. THYME
- ½ tsp. WHOLE PEPPERCORNS
- 4 TB. lime juice (juice of 2 limes), divided
- 1-2 Cups water
- 2 TB. olive oil
- 1 onion, chopped
- 3 cloves garlic, minced (or ¾ tsp. PENZEYS MINCED GARLIC)

enough water just to cover. Cook on low for 7-8 hours in the slow cooker or for two hours in the oven. Let sit for 20 minutes to cool. Shred the chicken with your fingers or a couple of forks. Set aside. Heat the oil in a large skillet over medium-high heat. Add the chicken (remove any whole peppercorns you see) and cook until it starts getting crispy, flipping it once or twice. Add the onion and garlic and cook for 10 minutes. Toss with the remaining lime juice. Serve with yellow rice and black beans for a complete meal.

Prep. time: 10 minutes plus 2-8 hours

Cooking time: 15 minutes

Serves: 2-4

In a slow cooker (or in a covered, oven-safe dish in a preheated 325° oven), combine the chicken, ROASTED GARLIC, ONION POWDER, THYME, PEPPERCORNS and half of the lime juice. Add

Nutritional Information: Servings 2-4; Serving Size 1 generous cup (188g); Calories 260; Calories from fat 150; Total fat 16g; Cholesterol 55mg; Sodium 55mg; Carbohydrate 9g; Dietary Fiber 2g; Sugars 2g; Protein 21g.

choices and sometimes a very difficult diagnosis.

"Nurses have the opportunity to make a positive difference in a patient's health. I am constantly monitoring patients. I know if there's a subtle change in their vital signs. I interact with my patients, so I know their mental status. If there is a change with the progress of a patient, I discuss my thoughts with the doctor and we collaborate on an alternative

treatment path. I am part of the 'care team' and I enjoy making a difference," says Becky.

"The most important thing I can do, as a nurse, is listen with an open mind. I do not want to come across as having already passed judgment, which as humans, we can sometimes do.

"I educate my patients and their family members every chance I get. Even though patients and family members have been taught before,

Pepper Blends

A combination of peppercorns is a nice change of pace for the tabletop pepper grinder. Black, white and green peppercorns all start as the same berry, but are picked at different times and dried in different ways, allowing each to develop its own distinctive flavor.

Four Peppercorn and European peppercorns give robust flavor to meat, poultry, salads and vegetables. Lemon-Pepper and Shallot-Pepper are popular, versatile, ground pepper blends, while Mignonette Pepper is a coarse blend mixed with coriander, that is great for longer cooking times of large roasts or the higher temperatures of grilling and broiling.

European Style Peppercorns **SALT FREE**

Half and half blend of Tellicherry black peppercorns and Sarawak white peppercorns. In Northern Europe, white and black pepper enjoy equal popularity. The familiar, robust black pepper flavor combined with the deep, winey, complex white pepper, is perfect ground on potato or noodle dishes. Great on pork roast and hearty beef or chicken stew with red wine and root vegetables.

1/4 cup jar (net 1.0 oz.) #14135 **\$ 3.95**
1/2 cup jar (net 2.3 oz.) #14151 **\$ 6.95**
3/4 cup bag (net 3.5 oz.) #14141 **\$ 8.69**
1 1/2 cup bag (net 7.0 oz.) #14183 **\$ 12.99**

Four Peppercorn Blend **SALT FREE**

Mixture of Tellicherry black and Mysore green peppercorns from India, white peppercorns from Sarawak, and the rare pink peppercorns from the French island of Reunion. Adds festive color and flavor to any dish where one would use freshly ground pepper. This blend also looks nice in the clear, acrylic style pepper mills.

1/4 cup jar (net 0.9 oz.) #14430 **\$ 6.45**
1/2 cup jar (net 2.1 oz.) #14456 **\$ 12.95**
2 cup jar (net 7.7 oz.) #14427 **\$ 39.95**

Mignonette Pepper **SALT FREE**

A classical blend of cracked Tellicherry black pepper, Muntok white pepper and coriander.

1/4 cup jar (net 1.0 oz.) #13833 **\$ 4.45**
1/2 cup jar (net 2.3 oz.) #13859 **\$ 7.95**
3/4 cup bag (net 3.5 oz.) #13849 **\$ 9.99**

Szechuan Peppercorns

More spicy, fragrant and fresher than ever. These are not true peppercorns, but are actually an aromatic reddish berry with a black inner seed and peppery bite. A must for Asian cooking. Perfect added to chicken soup.

1/4 cup jar (net .4 oz.) #56531 **\$ 3.99**
1/2 cup jar (net 1.0 oz.) #56557 **\$ 6.75**
3/4 cup bag (net 1.5 oz.) #56547 **\$ 8.49**

Shallot-Pepper Seasoning

Bursting with the flavor of rich shallots and flavorful French tarragon. Excellent on fish, vegetables, sauteed boneless chicken breast and pork or veal cutlets. Just sprinkle on 1/2 -1 tsp. per pound, dust with a bit of flour and sauté in a small amount of olive oil. Store in the refrigerator in the summer months to prevent clumping. *Hand-mixed from: coarse salt, Tellicherry black pepper, shallots, tarragon and bay leaves.*

1/4 cup jar (net .6 oz.) #22734 **\$ 3.95**
1/2 cup jar (net 1.6 oz.) #22750 **\$ 6.95**
3/4 cup bag (net 2.4 oz.) #22740 **\$ 8.69**
1 1/2 cup bag (net 4.8 oz.) #22782 **\$ 12.99**

Lemon-Pepper Seasoning

One of the great, classic blends. Originally it was used primarily for fish: baked, broiled, grilled or fried. It is equally good, and just as popular, on chicken. Sprinkle on 1-2 tsp. per pound, before breading, if desired. Great for turkey or duck breast, pork roast, chops or cutlets and all cuts of veal (especially stuffed, baked veal breast). It's the best spice possible for scrambled eggs and omelets, and a must for catfish. *Hand-mixed from: salt, Special Extra Bold black pepper, citric acid, lemon peel, garlic and minced green onion.* For salt-free lemon-pepper, see Sunny Spain.

1/4 cup jar (net 1.4 oz.) #22534 **\$ 3.95**
1/2 cup jar (net 2.8 oz.) #22550 **\$ 6.95**
3/4 cup bag (net 4.2 oz.) #22540 **\$ 8.69**
1 1/2 cup bag (net 8.4 oz.) #22582 **\$ 12.99**

Szechuan Pepper Salt

The easiest way to add the great flavor of Szechuan Peppercorns to any dish. The peppercorns are roasted and ground and then mixed with flake salt. Sprinkle on duck, pork, veggies, eggs, use in soups, on salads, the possibilities are endless. *Contains salt and Szechuan Peppercorns.*

1/4 Cup jar (net 1.3 oz.) #22639 **\$ 4.45**
1/2 Cup jar (net 3.0 oz.) #22655 **\$ 7.95**
3/4 cup bag (net 4.5 oz.) #22645 **\$ 9.99**

Special Grinds

Ground White Pepper

Finely ground white pepper has traditionally been used in Western cooking where specks of black pepper would be objectionable, such as in white sauces, cream soups and fish dishes. Coarse grind white pepper is the size and type of pepper preferred in Southeast Asia where it is sprinkled heavily on meats, especially beef and pork before grilling, broiling or stir-frying.

Ground, -40 mesh, Muntok Indonesian
1/4 cup jar (net 1.0 oz.) #46433 **\$ 3.95**
1/2 cup jar (net 2.4 oz.) #46459 **\$ 6.95**
3/4 cup bag (net 3.6 oz.) #46449 **\$ 8.69**
1 1/2 cup bag (net 7.2 oz.) #46481 **\$ 12.99**

Coarse, 20/30 mesh, Muntok Indonesian
1/4 cup jar (net 1.2 oz.) #46538 **\$ 3.95**
1/2 cup jar (net 2.5 oz.) #46554 **\$ 6.95**
3/4 cup bag (net 3.8 oz.) #46544 **\$ 8.69**

Ground Black Pepper

Indian Black Tellicherry. Our ground pepper is the finest in the nation. Pure premium grade peppercorns, ground often to ensure freshness. The pepper is sifted to four popular sizes, from a fine shaker grind to large coarse chunks, suitable to meet every need. Mesh is a term that refers to the number of openings per linear inch in a sifting screen. A fine grind, such as a 30/60 mesh, would sift through a screen with 30 openings per inch, but would stay atop a smaller screen of 60 openings per inch.

Fine Shaker Grind, -30 mesh

1/4 cup jar (net 1.0 oz.) #45731 **\$ 2.95**
1/2 cup jar (net 2.2 oz.) #45757 **\$ 4.95**
3/4 cup bag (net 3.3 oz.) #45747 **\$ 6.29**
1 1/2 cup bag (net 6.6 oz.) #45789 **\$ 9.49**
3 cup bag (net 13.2 oz.) #45718 **\$ 14.29**

Shaker Grind, 30/60 mesh (powdery fines sifted out)

1/4 cup jar (net 1.1 oz.) #45836 **\$ 3.45**
1/2 cup jar (net 2.1 oz.) #45852 **\$ 5.95**
3/4 cup bag (net 3.2 oz.) #45842 **\$ 7.49**
1 1/2 cup bag (net 6.4 oz.) #45884 **\$ 11.29**
3 cup bag (net 12.8 oz.) #45813 **\$ 16.99**

Coarse Grind, 20/30 mesh (popular size, not too large)

1/4 cup jar (net 1.1 oz.) #46033 **\$ 3.45**
1/2 cup jar (net 2.2 oz.) #46059 **\$ 5.95**
3/4 cup bag (net 3.3 oz.) #46049 **\$ 7.49**
1 1/2 cup bag (net 6.6 oz.) #46081 **\$ 11.29**
3 cup bag (net 13.2 oz.) #46010 **\$ 16.99**

Cracked Black Pepper, 10/16 mesh

1/4 cup jar (net 1.0 oz.) #46233 **\$ 3.65**
1/2 cup jar (net 2.3 oz.) #46259 **\$ 5.95**
3/4 cup bag (net 3.5 oz.) #46249 **\$ 7.49**
1 1/2 cup bag (net 7.0 oz.) #46281 **\$ 11.29**



Peppermills and Salt Shakers

The ONLY peppermills worthy of the World's Best Peppercorns!

We designed our peppermills to be fully adjustable—from shaker grind to coarse. To fill the peppermill and adjust the grind, unscrew the nut on top of the mill, lift off the wood cap, fill with peppercorns, then place the top back on. The tighter the top is screwed on, the finer the ground pepper will be. If the top is screwed halfway down, there will be a large opening in the grinding mechanism, allowing big chunks of pepper to fall through. If the top is screwed down tightly, there will be a small opening for fine pepper. Our salt shakers have larger holes in the top and are designed to be used with coarse style flake salt. Fine table salts may pour too quickly out of the top.

***All peppermills come filled with Tellicherry black peppercorns and salt shakers with Kosher-style flake salt.**

Peppermills (filled with Tellicherry black peppercorns)

- 6" Peppermill (Dark Finish) #91154 \$ 29.95
- 6" Peppermill (Natural Finish) #91143 \$ 29.95
- 8" Peppermill (Dark Finish) #91459 \$ 44.95
- 8" Peppermill (Natural Finish) #91446 \$ 44.95

Salt Shakers (filled with Kosher-style flake salt)

- 6" Salt Shaker (Dark Finish) #91170 \$ 8.99
- 6" Salt Shaker (Natural Finish) #91167 \$ 8.99
- 8" Salt Shaker (Dark Finish) #91475 \$ 10.99
- 8" Salt Shaker (Natural Finish) #91462 \$ 10.99

Combination Sets (filled with Tellicherry black peppercorns and Kosher-style flake salt)

- 6" Peppermill & Salt Shaker Set (Dark Finish) #91196 \$ 34.95
- 6" Peppermill & Salt Shaker Set (Natural Finish) #91183 \$ 34.95
- 8" Peppermill & Salt Shaker Set (Dark Finish) #91491 \$ 49.95
- 8" Peppermill & Salt Shaker Set (Natural Finish) #91488 \$ 49.95

Note: Local sales taxes apply.



AVAILABLE IN 2 SIZES AND 2 FINISHES

6" Peppermill and Salt Shaker shown above in Dark Finish



Our special grinding mechanism allows our peppermills to handle all peppercorns, from regular-sized Tellicherry Indian Black Peppercorns to our larger Special Extra Bold Indian Black Peppercorns.

SALT SHAKERS HAVE LARGER HOLES FOR COARSE-STYLE FLAKE SALT



8" Peppermill and Salt Shaker shown in Natural Finish



Story continued from page 27

and may be labeled as non-compliant, you just never know when what you're saying will stick. Sometimes it's simply a matter of explaining in a way that makes sense to them.

"If a patient is vested in their recovery, a caring and supportive nurse can help to improve their recovery. It's important to be encouraging, yet forceful enough to inspire a patient to get up and walk or take the steps that will help them recover. A patient needs the will and determination to get better. It's a team effort!"

Froedtert and the Medical College of Wisconsin serve the community by providing medical care to all patients regardless of their ability to pay. A patient without health insurance can get help from a financial counselor to find available programs based on income, expenses and assets.

Becky says, "I've had countless patients who are under- or uninsured. They don't see a doctor until the symptoms are severe, which may be too late.

"I see many patients who are stressing over the cost of care. It doesn't take much treatment to basically bankrupt a person or family. Some will forego treatment because they simply have to get to work for fear of losing their job."

Many small companies do not offer FMLA (Family and Medical Leave Act). FMLA entitles an eligible employee to take unpaid, job-protected leave for specified medical reasons. FMLA covers employers with more than 50 employees, so employees of small companies may not have job security.

"As a country, we need to start taking care of our citizens," says Becky. "We have to stop pointing fingers and blaming those who cannot afford costly insurance. We need to start looking outside our comfortable

Pumpkin Cheesecake

For those troubling times when you just can't decide between pie and cheesecake, this dessert comes to the rescue (with bonus cookie crust). We used our favorite Grandma Moog's Gingersnap Cookies recipe which can be found at penzeys.com.

- | | | | |
|-----|---|-----|---------------------------|
| 2 | Cups crushed gingersnap cookies (roughly 15 normal-sized cookies) | 1 | tsp. PURE VANILLA EXTRACT |
| 1/4 | Cup melted butter | 3 | eggs |
| 3 | 8-oz. pkgs. cream cheese, softened | 1 | Cup pumpkin puree |
| 3/4 | Cup sugar, divided | 1-2 | tsp. PUMPKIN PIE SPICE |

Preheat oven to 350°. In a medium bowl, combine the cookie crumbs and butter. Mix well. Press onto the bottom and about 1 inch up the sides of a 9-inch springform pan. We only had a 10-inch springform, and it worked fine and baked the same amount of time. In a large bowl, cream together the cream cheese, 1/2 cup of the sugar and the VANILLA. Add the eggs, one at a time, beating well after each addition. Remove 1 cup of the batter and set aside. To the rest of the batter, add the remaining sugar, pumpkin and PUMPKIN PIE SPICE. Beat well. Spread half of the pumpkin batter onto the crust. Top with a few spoonfuls of the reserved batter. Top with the remaining pumpkin batter. Top with the

remaining reserved batter. Run a knife through the batter in a swirl pattern to get a marbled effect. Bake at 350° for 45-50 minutes or until almost set (just slightly jiggly). Let cool a bit and then refrigerate for 4 hours.

Prep. time: 30 minutes plus gingerbread cookie baking time

Baking time: 45-50 minutes

Serves: 12

Nutritional Information: Servings 12; Serving Size 1 slice (115g); Calories 340; Calories from fat 230; Total fat 26g; Cholesterol 125mg; Sodium 310mg; Carbohydrate 23g; Dietary Fiber <1g; Sugars 18g; Protein 5g.



suburban windows and realize that a health catastrophe can happen to anyone.

“I’ve heard politicians talk about how wonderful the healthcare system is in our country ... how insurance is ‘there for you.’ This is the appalling denial that is a disease in our country. The politicians who make the decisions on health care policy live comfortably and have the best

insurance. Do they even have a way to relate to people who are under- or uninsured? Do they even care enough to try to understand?

“A person is very lucky to have good insurance and a good income. I have decent insurance, but I would drown in medical debt if a major illness hit me or one of my family members. Imagine what it would be like for someone without a job, or someone who worked for a company that did not provide health insurance. What situation would this person be in?

“I think a lot has been done to raise awareness on the health insurance crisis, yet many literally do not care. It’s really sad that some people have to choose between health care and feeding their family. This shouldn’t be happening in the first world country we live in. Please, take a look around. Change needs to come.”

—Lani Haag

Becky says, “I love cooking for Thanksgiving. It’s my entire day ... just cooking. Everything smells so good and everyone is excited to eat!”

Arizona Dreaming Chili

Becky writes, “I’ve been making this for years. It’s one of my husband’s favorites.”

- 1 lb. beef stew meat
- 1 TB. oil (optional, for browning)
- 1 15-oz. can chili beans
- 1 15-oz. can black beans
- 1 15-oz. can diced tomatoes
- 1-2 Cups salsa (your favorite, we like the fresh style)
- 1 tsp. sugar
- 1-2 TB. ARIZONA DREAMING

Heat a nonstick skillet over medium-high heat. If your beef is very lean, using 1 TB. oil in the pan will help it brown. Pat the meat dry; add to the hot pan and brown on all sides. Remove with a slotted spoon and place in a slow cooker or pot with a cover on the stove on low heat. Add the remaining ingredients. Stir to combine. Cook on low for 8 hours in the slow cooker, or cover and cook on low for 2 hours on the stove top. Stir every 30 minutes if cooking on the stove.

Prep. time: 20 minutes

Cooking time: 2 hours (stove top) or 8 hours (slow cooker)

Serves: 8

Nutritional Information: Servings 8; Serving Size 1 cup (285g); Calories 210; Calories from fat 60; Total fat 7g; Cholesterol 40mg; Sodium 1000mg; Carbohydrate 25g; Dietary Fiber 7g; Sugars 5g; Protein 20g.



Love People. Cook them tasty food.

ALABAMA

Birmingham Area

2939 18th Street South
Homewood, AL
205-871-7277

ARIZONA

Phoenix Area

Paradise Valley Marketplace
10810 N Tatum Blvd.
Suite 136
Phoenix, AZ
602-971-7277

Tempe Marketplace
2010 E. Rio Salado Pkwy.
Tempe, AZ
480-990-7709

Tucson

4128 N. Oracle Rd.
520-887-0777

CALIFORNIA

Anaheim

Euclid Plaza
621 N. Euclid St.
(NW intersection of Euclid &
Crescent Ave.)
714-687-0777

Los Angeles Area

21301 Hawthorne Blvd.
Torrance, CA
310-406-3877

1347 4th Street
Santa Monica, CA
310-917-5577

Menlo Park

771 Santa Cruz Ave.
650-853-1785

San Diego

Hillcrest Colonnade
1274 University Ave.
619-297-2777

Santa Rosa

Montgomery Village
736 Farmers Ln.
707-566-7772

COLORADO

Boulder

1219 Pearl St.
303-447-2777

Colorado Springs

Falcon Landing
7431 N. Academy Blvd.
719-590-7771

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Arvada, CO
303-424-2777

2500 W. Main Street
Littleton, CO
303-797-2777

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197 Westport Ave.
203-849-9085

Hartford Area

24 LaSalle Rd.
West Hartford, CT
860-231-7510

FLORIDA

Jacksonville

St. John's Town Center N.
4413 Town Center Parkway
904-996-7777

Sarasota

1516 Main St.
941-388-7704

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6235A Roswell Rd. NE
Sandy Springs, GA
404-256-7970

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Naperville

River Square Shopping Center
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630-355-7677

INDIANA

Indianapolis

5345 E. 82nd St.
317-577-7778

IOWA

Des Moines Area

4100 University Ave.
West Des Moines, IA
515-267-0777

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Kansas City Area

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Overland Park, KS
913-341-1775

KENTUCKY

Louisville

Shelbyville Rd. Plaza
4600 Shelbyville Rd.
Suite 500
502-895-7724

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301-738-8707

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Arlington, MA
781-646-7707

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Beverly Hills, MI
248-647-6177

Grand Rapids Area

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Walker, MI
616-647-9767

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Minneapolis

3028 Hennepin Ave. S.
612-824-9777

Lakeville

7626 160th St. W.
952-953-1788

St. Paul

674 Grand Ave.
651-224-8448

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246 THF Blvd.
Chesterfield
636-778-1129

St. Louis

7338 Manchester Rd.
314-781-7177

NEBRASKA

Omaha

616 S. 72nd St.
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Casey Stewart

It was the 1970s when Casey Stewart of Stockton, California, first knew she wanted to pursue nursing as a career. “My grandmother developed dementia and I wanted to take care of her in any way possible,” Casey says.

Casey gained experience as a LVN (licensed vocational nurse) while working her way through the registered nursing program. It was during this time that she was able to provide evening care for her grandmother at the local convalescent hospital, even though she was not an employee there. “I fed and bathed her, and just spent time holding her hand and letting her know I was there for her.”

While in the nursing program, Casey worked directly with patients where she showed early signs of the great compassion she had towards them. Casey was a good listener and had a keen ability to lessen the patient’s fear while humanizing their situation.

These skills did not go unnoticed. Upon her graduation in 1987, Casey was hired at St. Joseph’s Medical Center in Stockton, in the locked Center for Psychiatric Medicine, where she worked as a staff nurse and relief charge nurse on weekends.

Two years later, looking for full-time employment, Casey took a nursing supervisor position on the



Casey earned her associate degree in the nursing program at Delta College in 1987.

evening shift which put her in charge of the entire hospital.

Casey says, “It was also my pleasure to train and orient new staff and set the tone for our shift, which for me was mellow, yet efficient. Clear communication and consistency were



Heavenly Sprouts

Fresh Brussels sprouts are one of the best veggies around, especially when paired with bacon.

- 1 lb. Brussels sprouts, outer leaves removed
- 1 TB. olive oil
- 3 thick strips bacon, chopped (Casey uses applewood smoked bacon)
- 1 shallot, peeled and chopped
- 1/4 tsp. FOX POINT SEASONING
- 1/4 tsp. THYME
- dash COARSE WHITE PEPPER, optional

Slice the stem of the sprouts off, if any. Cut in half lengthwise if medium to large in size. If tiny, leave whole. Heat the olive oil in a large skillet over medium heat. Add the sprouts and cook for 1 minute. Add the bacon, shallots, FOX POINT and THYME. Continue cooking until the bacon is cooked to your liking and the sprouts are fork tender (5-15 minutes depending on the size of your sprouts), stirring frequently. Drain well. Season with COARSE WHITE PEPPER if desired and serve.

Prep. time: 15 minutes

Cooking time: 20 minutes

Serves: 4

Nutritional Information: Servings 4; Serving Size 3/4 cup (155g); Calories 220; Calories from fat 150; Total fat 17g; Cholesterol 20mg; Sodium 290mg; Carbohydrate 12g; Dietary Fiber 4g; Sugars 3g; Protein 7g.



my goals. I also performed annual evaluations for my top-notch staff. Giving specific praise was one of my all-time favorite things to do.

“The staff in turn paid it back in a form of instant karma, introducing me to Richard, one of the hospital’s line cooks and future love of my life!”

Casey continued her education and returned to a full-time position in the Behavioral Health Care unit of St. Joseph’s where she worked for eight years.

“In this locked psychiatric hospital we had an acute adult ward, an improved or stabilized ward and a special geriatric ward which held patients who were too violent or confused for convalescent hospitals or home care. We treated patients ranging in age from 18 to 90.

“Here, just as in any other healthcare profession, a calm manner, flexible attitude and great listening skills are important. It is also important not to be fearful or close-minded toward the mentally ill.

“We must be vigilant in a locked psychiatric ward. Safety is ‘job one.’ We need to be aware of our surroundings at all times and behave in a manner that does not confuse or enrage a patient.

“We use a technique called ‘therapeutic milieu,’ which models calm and appropriate behavior along with verbal interactions to help improve the psychological health and functioning of the individual. Patients are encouraged to take responsibility for themselves.

“It may take a while to learn that this method is kinder than trying to

Yam and Apple Bake

Simply yamazing!

- 4 jumbo yams/sweet potatoes
- 2 apples, cored, peeled and coarsely chopped
- 2 TB. butter
- $\frac{2}{3}$ Cup packed dark brown sugar
- $\frac{1}{4}$ tsp. CINNAMON
(Casey uses KORINTJE)

Preheat oven to 350°. Prick the yams with a fork and wrap in foil. Bake at 350° for 1 hour. When cool to the touch, peel and mash with the butter, brown sugar and CINNAMON. Fold in the apple chunks. Spoon into an ungreased casserole dish and bake, covered, at 325° for 25-30 minutes, until bubbly.

Prep. time: 10 minutes plus one hour yam baking time

Cooking time: 25-30 minutes

Serves: 6

Nutritional Information: Servings 6; Serving Size 1 cup (190g); Calories 240; Calories from fat 35; Total fat 4g; Cholesterol 10mg; Sodium 85mg; Carbohydrate 52g; Dietary Fiber 4g; Sugars 35g; Protein 2g.

Give Thanks!



Roasted Turkey

Nicely herby and delicious.

- 1 12-14-lb. turkey (Casey prefers free range)
- 2 tsp. KOSHER-STYLE FLAKE SALT
- 2 Cups warm water

Inside the turkey:

- 1 large Vidalia/sweet onion, quartered
- 1-2 apples, cored and sliced
- 2 sprigs fresh rosemary (or 1 tsp. dried ROSEMARY)
- 1 sprig fresh thyme (or 1/2 tsp. dried THYME)

Rub:

- 2 TB. softened butter (Casey uses canola butter)
- 1 tsp. PARSLEY

- 1 tsp. RUBBED SAGE
- 1 tsp. THYME
- 1 tsp. CHICKEN or TURKEY SOUP BASE

Seasoning:

- 2 TB. olive oil
- 1/2 tsp. POULTRY SEASONING
- 1/2 tsp. FOX POINT SEASONING

Thaw the turkey in the refrigerator. Preheat oven to 325°. Remove the giblets and discard or save for stuffing. Rinse with cool water until it runs clear. Combine the FLAKE SALT with the warm water. Rinse the turkey with the mixture*. Stuff lightly with the onion and apple slices and the ROSEMARY and THYME. In a small bowl, combine the butter, PARSLEY, SAGE, THYME and SOUP BASE. Mix well. Loosen the turkey skin over the breast and thighs and rub the mixture into the meat under the skin. Rub the skin with olive oil and sprinkle

with POULTRY SEASONING and FOX POINT. Tuck in the wing tips and bake at 325° until the turkey reaches an internal temperature of 165°, about 2 1/2-3 1/2 hours generally. Baste occasionally. Remove from the oven and tent loosely with foil. Let rest for 20 minutes before carving.

**Current food safety guidelines call for not rinsing meat or poultry before cooking. With the salt added, there is a seasoning component to this rinse, so we left it in the recipe, and the cook can decide.*

Prep. time: 20 minutes

Cooking time: 2 1/2-3 1/2 hours

Serves: 12-14

Nutritional Information: Servings 12-14; Serving Size 8-9 oz. (308g); Calories 590; Calories from fat 260; Total fat 29g; Cholesterol 215mg; Sodium 440mg; Carbohydrate 5g; Dietary Fiber <1g; Sugars 3g; Protein 73g.

‘fix’ someone. On a regular nursing floor an infection is cured or a broken bone is set. In mental health nursing, it would be lovely if it could be so simple, but other factors such as environment, peer contact, chemical imbalance or risky behaviors can all make a difference and nurses have little control over these external factors,” Casey says.

“We must be consistent with setting limits. We give coping strategies to the patients and model desired behavior among ourselves all to help the patients see what is possible for them. This lets a patient know what to expect, and above all, keeps them safe.

“Sometimes getting good quality sleep will help them physically, just as well-balanced meals and calm

surroundings will do. At this point the patient is ready to hear clear directions on the road to wellness.

“I have taught nurses not to feel like failures if the patient is not ‘fixed’ after the short stay most medical insurance allows. In our state, the state hospitals have been closed. Chronically mentally ill patients are mostly displaced or homeless and although there are public assistance programs and charities, some might consider these patients a lost cause. I don’t,” Casey says.

Casey and her family are involved in charitable works to benefit the disadvantaged, mentally ill and developmentally delayed.

She also does volunteer work for programs that raise money for special education programs, Special

Olympics, and provide funding for electives such as art and music.

For the last 14 years of Casey’s career, she has provided “advice” nursing as a telephone triage nurse in the call center at St. Joseph’s.

“I might get a call in the middle of the night from a frantic new parent or someone who needs help with a scary, new medical diagnosis or maybe I’ll help someone understand the difference between a heart attack and simple indigestion,” Casey says.

“This type of patient training is very special to me. It helps minimize the caller’s fear and anxiety, thus mastering the situation. It is quite rewarding to empower those in my community.”

—Lani Haag

Bucket o’ Great Gravy

A Penzeys classic recipe. When you need a lot of gravy, make rich stock ahead of time, and then all you need to do is thicken it up before the holiday meal!

For stock:		For gravy:	
1	14-18-lb. turkey, breast removed + any extra turkey pieces you may have	1½-2	gallons cooked, strained stock
2	gallons water	1-1½	Cups fat (butter or a mix of butter and turkey fat from the roasting pan)
2	BAY LEAVES	2-2½	Cups flour
1-2	tsp. POULTRY SEASONING		
1-2	TB. BICENTENNIAL RUB		

Make stock a day ahead of time, or the morning of Thanksgiving, using one turkey minus the breast which should be cooked separately and served. Cook the stock on low for several hours; strain and refrigerate. When cold, the fat on the top can be pulled off and discarded or used for the gravy. Once simmered, the stock should reduce to about 1½ gallons. If less, add more water.

To make the gravy, heat the stock on low. In another pot that is large enough to hold all of the gravy, melt the butter or butter/turkey fat over medium-low. Sift in the flour ½ cup at a time, stirring after each addition until you have a smooth paste. Use the larger amount of flour and fat for thicker gravy. Once all the flour is added, let it cook another 10-15 minutes, stirring every few minutes. The mix should be smooth and golden brown when ready. Add heated stock one cup at a time, stirring well, until smooth. After about the fourth cup you can add 2-3 cups of stock at a time, stirring after each addition. Let cook until thick and bubbly, stirring every few minutes. Taste and add additional seasoning if desired. If too thick, a cup or two of water can be added and the flavor will still be great!

Prep. time: 3-4 hours stock cooking time

Cooking time: 30 minutes gravy making time

Yield: Roughly 24 cups gravy

Nutritional Information: Servings 48; Serving Size 1/2 cup (132g); Calories 100; Calories from fat 80; Total fat 9g; Cholesterol 50mg; Sodium 40mg; Carbohydrate 4g; Dietary Fiber 0g; Sugars 0g; Protein 1g.

Cranberry Orange Relish

It just wouldn’t be Thanksgiving without this side dish from Casey. She likes to use Cara Cara oranges, which impart a slight berry flavor to the relish.

1	1-lb. bag whole cranberries
2	oranges, peeled
1	Cup cranberry cocktail juice
1	Cup water or apple cider
¼	tsp. CINNAMON (Casey uses KORINTJE)
¼-½	Cup brown sugar, to taste

In a medium pan, combine the cranberries, orange segments, juice and water or cider. Heat over low, stirring occasionally, for 1 hour. Add the CINNAMON and brown sugar. Taste; it should be somewhat tart. Continue cooking over low heat for 30-60 minutes, stirring every 10 minutes until reduced to a compote consistency. Great served warm, but fine made the day before Thanksgiving and chilled until ready to use.

Prep. time: 10 minutes

Cooking time: 90-120 minutes

Serves: 12

Nutritional Information: Servings 12; Serving Size 1/3 cup (106g); Calories 70; Calories from fat 0; Total fat 0g; Cholesterol 0mg; Sodium 0mg; Carbohydrate 17g; Dietary Fiber 2g; Sugars 13g; Protein 0g.

Mustard Seed

Yellow mustard seed is the traditional type sold in grocery stores, commonly used for pickling, canning and sausage making. Brown mustard seed is smaller and hotter, traditional for Asian and African cooking. In India, whole brown seeds are fried in oil until a popping sound is heard. This gives the seeds a nutty flavor, important in many vegetarian dishes. Try whole mustard seeds in barbecue sauce and rubs, or marinades for grilling. The seeds become very soft, giving great flavor and an attractive appearance.

Yellow Canadian Mustard Seed

1/4 cup jar (net 1.4 oz.) #55334 **\$ 3.09**
1/2 cup jar (net 2.9 oz.) #55350 **\$ 4.89**
3/4 cup bag (net 4.4 oz.) #55340 **\$ 5.99**
1 1/2 cup bag (net 8.8 oz.) #55382 **\$ 8.99**
3 cup bag (net 17.6 oz.) #55311 **\$ 13.49**

Brown Canadian Mustard Seed

1/4 cup jar (net 1.3 oz.) #55534 **\$ 2.85**
1/2 cup jar (net 2.5 oz.) #55550 **\$ 4.69**
3/4 cup bag (net 3.8 oz.) #55540 **\$ 5.99**
1 1/2 cup bag (net 7.6 oz.) #555382 **\$ 8.99**
3 cup bag (net 15.2 oz.) #55511 **\$ 13.49**

Northwoods Seasoning

Northwoods is a perfect seasoning for family-style fried or baked chicken and fish. For baking, sprinkle on 1-2 tsp. per pound—rub fish with a bit of oil first. Try adding Northwoods to hearty soups and stews. *Hand-mixed from: coarse flake salt, paprika, black pepper, thyme, rosemary, granulated garlic and ground chipotle pepper.*

1/4 cup jar (net 1.1 oz.) #22134 **\$ 3.95**
1/2 cup jar (net 2.4 oz.) #22150 **\$ 6.95**
3/4 cup bag (net 3.6 oz.) #22140 **\$ 8.69**
1 1/2 cup bag (net 7.2 oz.) #22182 **\$ 12.99**
3 cup bag (net 14.4 oz.) #22111 **\$ 19.49**

Northwoods Fire Seasoning

Northwoods Fire has the same great flavor as the original, with the added kick of smoky ground chipotle and hot cayenne red pepper. A wonderful seasoning for all grilled foods—steaks, fish, chicken and chops, even grilled vegetables. *Hand-mixed from: coarse flake salt, paprika, ground chipotle pepper, black pepper, cayenne red pepper, thyme, rosemary and granulated garlic.*

1/4 cup jar (net 1.0 oz.) #24033 **\$ 4.45**
1/2 cup jar (net 2.5 oz.) #24059 **\$ 7.95**
3/4 cup bag (net 3.8 oz.) #24049 **\$ 9.99**
1 1/2 cup bag (net 7.6 oz.) #24081 **\$ 14.99**

Nutmeg

Nutmeg is a wonderfully warm spice used in baking and barbecuing. Both West and East Indian ground nutmeg are easy to use and flavorful. Whole nutmegs are fairly large (8-10 per ounce) and easy to use; 10 seconds of rubbing on the small-holed side of a grater will give you 1/2 tsp. of freshly ground nutmeg. West Indian nutmeg is a bit stronger than East Indian nutmeg; use about 2/3 of what your recipe calls for.

Fine Ground East Indian Nutmeg

1/4 cup jar (net 1.0 oz.) #45636 **\$ 3.95**
1/2 cup jar (net 2.2 oz.) #45652 **\$ 6.95**
3/4 cup bag (net 3.3 oz.) #45642 **\$ 8.69**

Fine Ground West Indian Nutmeg

1/4 cup jar (net 1.0 oz.) #48532 **\$ 4.45**
1/2 cup jar (net 2.4 oz.) #48558 **\$ 7.95**
3/4 cup bag (net 3.6 oz.) #48548 **\$ 9.99**

Whole West Indian Nutmeg

1 oz. bulk bag #55668 **\$ 3.99**
4 oz. bag #55642 **\$ 12.35**

Old World Seasoning

Old World Seasoning is a popular, lower salt, all-purpose blend. Sprinkle on chicken, beef and fish before baking, 1-2 tsp. per pound. Perfect for sauteed vegetables—from zucchini to pea pods. *Hand-mixed from: paprika, salt, sugar, celery, garlic, onion, black pepper, parsley, dill seed, caraway, turmeric, dill weed, bay leaf, marjoram, thyme, savory, basil and rosemary.*

1/4 cup jar (net 1.1 oz.) #22334 **\$ 3.95**
1/2 cup jar (net 2.5 oz.) #22350 **\$ 6.95**
3/4 cup bag (net 3.8 oz.) #22340 **\$ 8.69**

Onion Powder

Onion powder adds lots of flavor, and is a convenient way to slip onions past children. White onion has sweet raw onion flavor, toasted onion has a "French Onion" flavor.

To make Onion Salt: Mix 1 TB. Onion Powder with 3 TB. salt.

Californian White Onions, Granulated

1/4 cup jar (net 1.1 oz.) #47135 **\$ 2.95**
1/2 cup jar (net 2.4 oz.) #47151 **\$ 4.95**
3/4 cup bag (net 3.6 oz.) #47141 **\$ 6.29**
1 1/2 cup bag (net 7.2 oz.) #47183 **\$ 9.49**
3 cup bag (net 14.4 oz.) #47112 **\$ 14.29**

Californian Toasted Onions, Granulated

1/4 cup jar (net 1.0 oz.) #47230 **\$ 3.29**
1/2 cup jar (net 2.5 oz.) #47256 **\$ 5.49**
3/4 cup bag (net 3.8 oz.) #47246 **\$ 6.99**
1 1/2 cup bag (net 7.6 oz.) #47288 **\$ 10.49**

Onions

Dehydrated onions are great to keep on hand for those times when you've run out just when you need them the most. White onions have the flavor of a sweet onion, without the sharpness of raw onions, ideal for those who like the flavor without the bite. Toasted onions have a "French Onion" flavor, very nice for roasts. 2 TB. = 1 small onion.

Minced (1/8" bits) Californian White Onions

1/4 cup jar (net .7 oz.) #46633 **\$ 2.95**
1/2 cup jar (net 1.8 oz.) #46659 **\$ 4.95**
3/4 cup bag (net 2.7 oz.) #46649 **\$ 6.29**
1 1/2 cup bag (net 5.4 oz.) #46681 **\$ 9.49**
3 cup bag (net 10.8 oz.) #46610 **\$ 14.29**

Minced (1/8" bits) Californian Toasted Onions

1/4 cup jar (net .8 oz.) #46938 **\$ 3.25**
1/2 cup jar (net 1.7 oz.) #46954 **\$ 5.45**
3/4 cup bag (net 2.6 oz.) #46944 **\$ 6.69**
1 1/2 cup bag (net 5.2 oz.) #46986 **\$ 9.99**
3 cup bag (net 10.4 oz.) #46915 **\$ 14.99**

Orange Peel

Orange Peel is sweeter and less expensive than lemon peel, making it the perfect addition to coffee cake, banana bread, waffle batter, cheesecake and muffins. Sprinkle on hot cereal or add to potpourri. To rehydrate: Use 3 parts water to 1 part peel, let stand 15 minutes. Substitute 1/3 as much dry as recipe calls for.

1/4 cup jar (net .8 oz.) #47430 **\$ 3.95**
1/2 cup jar (net 1.9 oz.) #47456 **\$ 6.95**
1 cup jar (net 3.8 oz.) #47472 **\$ 10.95**
2 cup jar (net 7.7 oz.) #47427 **\$ 19.95**

Oregano

For traditional Italian-American cooking, the sweet, strong flavor of Turkish oregano can't be beat. Our travels to this area have allowed us to import some wonderful Turkish oregano, the best we've seen in years. Try some on baked chicken, pork and fish.

For a simple salad dressing or marinade, mix 1 TB. TURKISH OREGANO with 1/2 tsp. each black pepper and garlic, add to 1/2 cup olive oil and 2 TB. balsamic or red wine vinegar. Add salt to taste and a dash of honey and/or brown mustard for green or pasta salads, chicken, lamb, fish, or vegetables. MEXICAN OREGANO is strong, pungent and less sweet, great for chili.

For easy guacamole, mash 2 ripe avocados with the juice of 1 lime, 1/2 tsp. each MEXICAN OREGANO, cumin, garlic, salt and a dash of cayenne.

Broken Leaf Turkish Oregano

1/4 cup jar (net .2 oz.) #31730 **\$ 2.95**
1/2 cup jar (net .5 oz.) #31756 **\$ 4.95**
3/4 cup bag (net .8 oz.) #31742 **\$ 6.29**
1 1/2 cup bag (net 1.6 oz.) #31786 **\$ 9.49**
3 cup bag (net 3.2 oz.) #31718 **\$ 14.29**

Broken Leaf Mexican Oregano

1/4 cup jar (net .2 oz.) #31835 **\$ 2.45**
1/2 cup jar (net .4 oz.) #31851 **\$ 3.95**
3/4 cup bag (net .6 oz.) #31847 **\$ 4.99**
1 1/2 cup bag (net 1.2 oz.) #31881 **\$ 7.49**

Ozark Seasoning

A classic Southern blend of black pepper and herbs. What could be better than the flavor of fried chicken without the fat? Sprinkle Ozark Seasoning on chicken, fish or chops, bake or saute for mouth-watering flavor and a healthy meal. Use about 1 tsp. of Ozark on each chicken breast, pork chops or fish filets. Sprinkle on green beans—almost as good as the meat. Another great use for Ozark Seasoning is in scrambled eggs. *Hand-mixed from: salt, Tellicherry black pepper, spices and herbs, granulated garlic and paprika.*

1/4 cup jar (net 1.4 oz.) #24138 **\$ 4.45**
1/2 cup jar (net 3.5 oz.) #24154 **\$ 7.95**
3/4 cup bag (net 5.3 oz.) #24144 **\$ 9.99**

Paprika

Hungarian-Style Sweet Paprika is a traditional spice with delicious flavor and vibrant color—one of the best spices from Gram's kitchen. Just a sprinkle adds a flavorful and colorful touch to meat, fish and poultry—not to mention goulash. Hungarian-Style Sweet Paprika is the best in the world, as Hungary has the sunshine needed for sweet, rich flavor, and the knowledgeable farmers to nurture the crop from planting to harvest.

Hungarian-Style Sweet Kulonleges Paprika

1/4 cup jar (net 1.0 oz.) #47535 **\$ 3.75**
1/2 cup jar (net 2.4 oz.) #47551 **\$ 6.45**
3/4 cup bag (net 3.6 oz.) #47541 **\$ 7.99**
1 1/2 cup bag (net 7.2 oz.) #47583 **\$ 11.99**
3 cup bag (net 14.4 oz.) #47512 **\$ 17.99**

Hungarian-Style Half-Sharp Paprika

More of a bite than sweet paprika—use it sparingly or combined with Sweet Paprika

1/4 cup jar (net 0.9 oz.) #47630 **\$ 3.95**
1/2 cup jar (net 2.5 oz.) #47656 **\$ 6.95**
3/4 cup bag (net 3.8 oz.) #47646 **\$ 8.69**
1 1/2 cup bag (net 7.5 oz.) #47688 **\$ 12.99**

Californian-Style Sweet Paprika

Californian paprika is deep red, mild and sweet, nice for chicken but browns with long cooking

1/4 cup jar (net .9 oz.) #47830 **\$ 3.95**
1/2 cup jar (net 2.4 oz.) #47856 **\$ 6.95**
3/4 cup bag (net 3.6 oz.) #47846 **\$ 8.69**



Maggie and her husband Keith at his son's wedding.

Maggie Ellis

"I have been a nurse for almost 38 years," says Maggie Ellis of Bear, Delaware. "I'm old enough to remember what I was taught in nursing school about life expectancies and chronically ill children and current enough to be a school nurse working with some of the very students who defy those limitations of a few short years ago."

She and her husband Keith each have two grown children. "We were both previously married. We have been married four years now. We spend our spare time in Rehoboth Beach, Delaware, the home to which we hope to retire in a few years. No grandkids yet, but we have a rescue dog named Tulip and a rescue cat, Gabriel.

"Tulip and Gabriel entertain us when they play together; they have a variety of pretty comical games. Outside the house, we have a small wooded area, from which we feed a variety of birds. A herd of deer passes through daily, helping themselves to the trees and shrubs—sometimes they bring their babies. We also have a feral cat, Vincent, who has lived in the woods for years. He is fearful of humans, but accepts the food we leave out for him and voices his greeting."

She figures she developed the heart for nursing by caring for animals first. "As a child, I often cared for sick



Chicken Parmigiana

Chicken Parm, you taste so good.

- 6 split, boneless chicken breasts, pounded flat for even thickness
- 1 24-28-oz. jar of your favorite marinara sauce (or 24-28-oz. tomato sauce plus 1-2 tsp. ITALIAN HERB, PASTA SPRINKLE, FROZEN PIZZA SEASONING or TUSCAN SUNSET)
- 1/4-1/3 Cup olive oil
- 1 Cup flour
- salt, to taste
- PENZEYS PEPPER, to taste
- 2 eggs
- 1/2 Cup milk
- 2 Cups Italian-style bread crumbs (or 2 Cups bread crumbs mixed with 1 tsp. ITALIAN HERB, PASTA SPRINKLE, FROZEN PIZZA SEASONING or TUSCAN SUNSET)
- 6 slices Muenster cheese (provolone would work if you can't find Muenster)
- 1/4 Cup grated Parmesan cheese

Preheat oven to 350°. Coat the bottom of a 9x13-inch glass baking dish with 2/3 of the marinara sauce. In a large skillet, heat the olive

oil over medium heat. In a wide, shallow bowl (pie plates work well), combine the flour, salt and PEPPER. In a second wide, shallow bowl, beat the eggs with the milk. In a third wide, shallow bowl, combine the bread crumbs and SEASONING of choice. Dip each chicken breast in the flour mix, then in the egg mix and finally in the bread crumbs, making sure to coat thoroughly. Repeat until all of the chicken is coated. Place in the hot skillet 2-3 at a time and brown the chicken on each side, 2-3 minutes per side. Place in the baking dish. While still hot, cover each breast with a slice of cheese. Top each breast with a spoonful or two of the reserved marinara. Sprinkle with the grated cheese. Bake at 350° for about 40-45 minutes, until the chicken is cooked, the sauce is bubbly and the cheese is melty/browned.

or wounded animals that I found or were brought to us. My mother was my medical colleague and my father was my support when they would pass away despite my best efforts." Maggie is the youngest of four children and has fond memories of growing up. "I was born in 1956. I have a brother and two sisters and our mother is alive and well. Some of my best memories come from my father, a wonderful cook who never used a recipe. He worked long and hard, but

spent much of his time off cooking the best spaghetti sauce, lasagna, sausage and peppers, and grilled meats I have ever tasted! He loved feeding friends and family—beaming as everyone ate."

Prep. time: 20 minutes
Cooking time: 40-45 minutes
Serves: 6

Nutritional Information: Servings 6; Serving Size 1 chicken breast plus sauce (345g); Calories 620; Calories from fat 230; Total fat 25g; Cholesterol 165mg; Sodium 1400mg; Carbohydrate 51g; Dietary Fiber 4g; Sugars 9g; Protein 47g.

Maggie remembers her and her siblings' friends were always welcome for dinner. "And later, in college, we were encouraged to bring anyone home with us who would be alone for the weekend or holiday."

Currently, she is figuring out

Marsha Fowler & Martha Turner

“Nursing had always been Cherry’s dream. She loved people and wanted to help them. Nursing was the way to put her idealism into practice.”

—Cherry Ames: *Army Nurse* (1940)

Readers of a certain age may remember this vintage book series about a mystery-solving nurse. Though the stories are set in a different time, Marsha Fowler thinks nurse Cherry Ames’s devotion to “caring for the patient at any cost” still gets at the crux of what nursing is.

“People who go into nursing in general have a heart for helping others,” she says. “Part of what nursing education does is expand that from an immediate ‘I’m helping you,’ to understand that you’re helping society, for the health of our nation, for the world. It takes it from a single nursing interaction to nursing global engagement.”

Marsha brings up the book series to illustrate the diversity and specialization in nursing these days. “We’ve got Cherry Ames: Genetics Nurse, Cherry Ames: Aerospace Nurse, Cherry Ames: Parish Nurse. There’s an enormous range of specialties that Cherry Ames would now have access to,” she says.

Martha Turner is in on this conversation, too, and adds, “computer nurse—you can get a master’s in computer nursing. That’s the management of medical records. Nurses are the primary users of those documents.”

Marsha is a nursing scientist and a social ethicist. She, along with Martha, a nursing professor and retired Air Force colonel who served as a nurse, were the co-lead writers of the 2015 American Nursing Association’s Code of Ethics for

Nurses, the century-old standard of practice for American nurses. They worked with a steering committee to revise the 2001 code, updating language and adding new material.

“Nursing has, since the 1800s, been profoundly active with issues of social justice,” says Marsha. “It was nursing, not medicine, that started the whole domain of public health. Along with



Top: Marsha Fowler in nursing school

Bottom: Martha Turner at a 2015 lecture in Vietnam

social workers, nurses were involved with starting low-income housing. Nursing was active in child labor law, vaccination laws, and getting the public to accept vaccination.”

Don’t get us started, they say—there’s more. “Nursing was very active in reproductive rights and in getting nurses into the military. Nursing has been active on every single front in terms of bringing about social change for the betterment of American health,” Marsha says.

Martha says, “Nursing education programs emphasize social justice—it starts with exposing nurses to the whole picture of the patient: What brought them there? What needs to change so they don’t come back? It’s also assessing whether family members are being exposed to the same hazards, like smoking or lead paint. Nursing education plays a huge role in getting nurses to be aware of social justice issues from the very beginning of their education.”

The projects that are part of the training lead to the activist role nurses take once they’re in the field. “Nursing students work on projects that get them involved with improving their communities,” Marsha says. “For instance a nurse might approach a town council to ask for a bus stop at a strategic location. Or a nurse might be a part of a group that’s trying to organize a community to bring in a grocery store.”

She continues, “Nurses go into places that other people don’t go. And when they see things that require intervention, they report them.” School nurses, for example, are an important point of contact for children.

“Certainly nurses in schools are very important,” says Martha. “Unfortunately, because of budget cuts in a lot of districts, school nursing is cut, or the nurses are

responsible for a ridiculous number of students.”

Marsha agrees. “Like 6,000 students—it wouldn’t be unusual for a school nurse to be responsible for 6,000 children.”

“Human trafficking is an area that nurses can be very active in,” notes Martha. “It’s all across the country and affects everyone. That’s because people who are trafficked are often seen first by nurses.”

“Nurses are taught how to recognize persons who have been trafficked,” says Marsha. “Not only single individuals specifically, but also patterns of trafficking.”

Nurses are trained to look at the big picture of patient care. “For instance, teaching pharmacology—you might not just talk to the nursing students about what the drug does, but how much does the drug cost? Will the patient be able to afford it? And if they can’t, how do you help them find a source for it?” says Martha.

In the past, cooking for patients was also part of the curriculum. “You would find recipes in nursing journals up into the ’70s,” says Marsha.

Even though that’s changed, and nurses now teach patients about specialized diets, preparing meals is no less important. “Cooking is integrated in health. Cooking has an immediate connection to hunger, cooking has an immediate connection to health,” says Marsha. “And eating well by using fresh foods, or by urban gardening in poorer neighborhoods, is important. People become healthy because of the ways in which they can eat.”

Martha says, “Nursing is involved with the whole person, the whole ‘body, mind, spirit.’ The five senses are exposed when you cook and share a meal around the table. Meals are an opportunity to teach children about good nutrition, as well as an



Peanut Soup

This soup from Martha is uniquely flavorful and quite delicious. Give it a try!

- 1 TB. butter
- 1 medium onion, finely chopped
- 2 ribs celery, finely chopped
- 2 carrots, finely chopped
- 8 Cups chicken or vegetable stock (or 8 Cups water mixed with 1 TB. CHICKEN or VEGETABLE SOUP BASE)
- 1½ Cups whole milk
- 2 Cups crunchy peanut butter
- ½-1 tsp. GROUND CHIPOTLE PEPPER or BLACK & RED SPICE, to taste
- 1 tsp. FOX POINT SEASONING
- ¼ Cup finely chopped salted peanuts

In a stock pot over medium heat, heat the butter/oil. Add the onion, celery and carrots. Cook until softened, 5-10 minutes. Add the stock and heat to boiling. Reduce the heat to low and simmer 10 minutes. Add the milk, stirring occasionally. Whisk or vigorously stir in the peanut butter. Add the CHIPOTLE or BLACK & RED and FOX POINT. Simmer until hot, stirring frequently; do not boil. Stir in the peanuts and serve.

Prep. time: 15 minutes

Cooking time: 30-40 minutes

Serves: 12

Nutritional Information: Servings 12; Serving Size 1 cup (254g); Calories 290; Calories from fat 210; Total fat 23g; Cholesterol 5mg; Sodium 450mg; Carbohydrate 13g; Dietary Fiber 3g; Sugars 6g; Protein 12g.

opportunity to make sure that the elderly are eating enough.”

One part of the revised code sums up nurses’ philosophy: “As nursing seeks to promote and restore health, prevent illness and injury, and alleviate pain and suffering, it does so within the holistic context of healing the world.”

—Natalie Wysong

For more on the Code of Ethics for Nurses with Interpretive Statements, see www.nursingworld.org/ethicsstandards

Saffron

Saffron is the stigma of the fall-flowering crocus. Peek inside most any flower and you will see three threadlike filaments. These are stigma—but only in the saffron crocus are these stigma worth thousands of dollars per pound. Saffron is so valuable because it is a very labor-intensive crop; only 5-7 pounds of saffron can be produced from each acre of land. This makes saffron the most expensive spice by weight. However, saffron isn't the most expensive by use because a little goes a long way. A single gram of saffron easily translates into golden color and fragrant flavor in 10 recipes of saffron rice, several batches of bread, or a couple of big pans of paella.



Spanish Coupé Saffron is the top grade of the Spanish Saffron crop. Extra hand labor is used to remove every bit of the yellow saffron-style material, leaving beautiful pure red saffron threads. Spanish Coupé Saffron is a truly excellent crop, especially nice for the traditional Spanish dishes.

Coupé Quality Spanish Saffron

(99% red saffron threads)

Net 1/2 gram #57338 \$ 10.95

Net 1 gram #57352 \$ 19.95

Net per 1/4 oz. #57381 \$ 105.35



Spanish Superior Saffron is the most widely available saffron and is a very good crop. Spanish Superior Saffron has a bit of the yellow style material left attached to some of the saffron stigmas, so it is not quite as strong as Spanish Coupé Saffron.

Superior Quality Spanish Saffron

(90% red saffron threads, 10% yellow saffron styles)

Net 1/2 gram #57738 \$ 8.95

Net 1 gram #57754 \$ 17.95

Net per 1/4 oz. #57783 \$ 84.85



Classic Saffron Rice

- 1 Cup long-grain white rice
- 2 Cups water or chicken stock
- 1 TB. butter
- 1 TB. finely minced onion (optional)
- ½ tsp. salt
- 1 small pinch SAFFRON, crumbled

Place butter and minced onion in a heavy quart saucepan. Saute over medium heat until onion is translucent. Add rice, SAFFRON, water or stock and salt. Bring to a rolling boil. Cover, reduce heat to simmer, cook until rice is tender and liquid is absorbed (about 18 minutes).

Prep. time: 2 min.

Cooking time: 25 min.

Serves: 4

Smoked Spanish-Style Paprika

Rich, colorful Spanish-Style Paprika, naturally smoked over traditional oak fires. Subtle, smoky flavor and perfect color, good on just about everything. Sprinkle on chicken and fish before cooking, add to sauces, soups and salad dressings. Try some today.

1/4 cup jar (net 1.0 oz.) #48037 \$ 4.45

1/2 cup jar (net 2.4 oz.) #48053 \$ 7.95

3/4 cup bag (net 3.6 oz.) #48043 \$ 9.99

1 1/2 cup bag (net 7.2 oz.) #48085 \$ 14.99

3 cup bag (net 14.4 oz.) #48014 \$ 22.49

Parisien Bonnes Herbes SALT FREE

A fragrant all-purpose herbal blend from one of the cooking capitals of the world. *Hand-mixed from: chives, dill weed, French basil, French tarragon, chervil and white pepper.*

1/4 cup jar (net .2 oz.) #14535 \$ 2.95

1/2 cup jar (net .3 oz.) #14551 \$ 4.95

3/4 cup bag (net .5 oz.) #14547 \$ 6.29

1 1/2 cup bag (net 1.0 oz.) #14581 \$ 9.49

Parsley

Parsley is America's favorite herb. Sweet and rich, it brings out the flavor of other spices and herbs, and is perfect in soups and on baked chicken or fish. Parsley flakes are light; 1 oz. equals almost 2 cups.

1/4 cup jar (net .1 oz.) #31930 \$ 2.45

1/2 cup jar (net .2 oz.) #31956 \$ 3.95

3/4 cup bag (net .3 oz.) #31942 \$ 4.99

1 1/2 cup bag (net .6 oz.) #31986 \$ 7.49

Pasta Sprinkle SALT FREE

Pasta Sprinkle is the perfect all-purpose combination of herbs, wonderful sprinkled on chicken or fish before baking, on steamed or sauteed vegetables, and on pasta as a side dish. Toss warm, freshly cooked pasta with a bit of butter, olive oil, or meat drippings; 1/2 tsp. Pasta Sprinkle per serving; and a splash of balsamic or red wine vinegar. For spaghetti, lasagna, or pizza, add Pasta Sprinkle to the tomato sauce, 1-2 tsp. per quart. *Hand-mixed from: California basil, Turkish oregano, French thyme and minced garlic.*

1/4 cup jar (net .2 oz.) #14630 \$ 2.95

1/2 cup jar (net .6 oz.) #14656 \$ 4.95

3/4 cup bag (net .9 oz.) #14642 \$ 6.29

1 1/2 cup bag (net 1.8 oz.) #14686 \$ 9.49

Pickling Spice SALT FREE

A high-quality blend for all pickling and canning. *Hand-mixed from: yellow and brown mustard seeds, allspice, cinnamon, bay leaves, dill seed, cloves, ginger, black peppercorns, star anise, coriander, juniper, mace, cardamom and crushed red pepper.*

1/4 cup jar (net .6 oz.) #14735 \$ 2.95

1/2 cup jar (net 2.0 oz.) #14751 \$ 4.95

3/4 cup bag (net 3.0 oz.) #14741 \$ 6.29

1 1/2 cup bag (net 6.0 oz.) #14783 \$ 9.49

3 cup bag (net 12.0 oz.) #14712 \$ 14.29



Pizza Seasoning

Pizza Seasoning is one of our favorites, both for adding spicy Italian flavor to bland frozen pizzas and for boosting the flavor of low-fat dishes, such as making Italian-style sausage with ground turkey. Pizza Seasoning also gives an almost meaty flavor to plain old tomato sauce, as the fennel seed makes it taste like you've added Italian sausage without the fat. Mix 1 TB. Pizza Seasoning in 1-2 cups tomato sauce, brush on pizza crust or pita bread and sprinkle with cheese and toppings as desired. For sausage, use 1 TB. per lb. *Hand-mixed from: salt, fennel seed, oregano, sugar, garlic, black pepper, basil, onion and red pepper.*

1/4 cup jar (net 1.2 oz.) #23236 \$ 3.99

1/2 cup jar (net 2.5 oz.) #23252 \$ 6.75

3/4 cup bag (net 3.8 oz.) #23242 \$ 8.49

1 1/2 cup bag (net 7.6 oz.) #23284 \$ 12.69

Poppy Seed

Sweet blue poppy seeds are used in baking, on breads, rolls, muffins and cake. Also great for fruit salad dressing. Poppy seeds have a high, flavorful oil content. Refrigerate or freeze during summer months. White poppy seeds are used in Indian cooking, adding thickness, texture and flavor to long-cooking sauces.

Whole Blue Dutch A-1 Poppy Seed

1/4 cup jar (net 1.2 oz.) #57538 \$ 2.95

1/2 cup jar (net 2.6 oz.) #57554 \$ 4.95

3/4 cup bag (net 3.9 oz.) #57544 \$ 6.29

1 1/2 cup bag (net 7.8 oz.) #57586 \$ 9.49

3 cup bag (net 15.6 oz.) #57515 \$ 14.29

Whole White Indian Poppy Seed

1/4 cup jar (net .7 oz.) #57433 \$ 3.45

1/2 cup jar (net 2.0 oz.) #57459 \$ 5.59

3/4 cup bag (net 3.0 oz.) #57449 \$ 6.99

Pork Chop Seasoning

Pork Chop Seasoning has a wonderful smoky flavor—it's the best darn blend for pork—from chops to roasts, baked, broiled or grilled. Start with 1 tsp. per pound, shake on before cooking. Also great for turkey. For smoky ribs, rub on heavy, up to 2 tsp. per pound. For a tasty tofu sandwich, slice tofu, sprinkle heavily with seasoning on both sides, and cook until golden in a lightly oiled pan over medium heat for a taste like bacon. *Hand-mixed from: salt, garlic, white pepper, onion, ginger and natural hickory smoke flavor.*

- 1/4 cup jar (net 1.6 oz.) #23331 \$ 4.45
- 1/2 cup jar (net 3.3 oz.) #23357 \$ 7.95
- 3/4 cup bag (net 5.0 oz.) #23347 \$ 9.99
- 1 1/2 cup bag (net 10.0 oz.) #23389 \$ 14.99

Poultry Seasoning **SALT FREE**

A traditional poultry rub and stuffing seasoning, a sage-rich Southern blend. For mouth-watering stuffing, just mix in 1/2 tsp. of Poultry Seasoning for each 4 cups of dressing. Poultry Seasoning is also nice rubbed on chicken, turkey, and pork. *Hand-mixed from: sage, white pepper, bell peppers, lemon peel, savory, rosemary, dill weed, allspice, thyme, marjoram and ginger.*

- 1/4 cup jar (net .6 oz.) #15037 \$ 3.45
- 1/2 cup jar (net 1.2 oz.) #15053 \$ 5.95
- 3/4 cup bag (net 1.8 oz.) #15043 \$ 7.49
- 1 1/2 cup bag (net 3.6 oz.) #15080 \$ 11.29

Pumpkin Pie Spice

A sweet and spicy addition to all kinds of baked goods. Use 2-3 tsp. in a 9-inch pie, but don't stop there. An all-purpose baking spice, perfect for banana bread, carrot cake, muffins, coffee cake, use 1/2 tsp. per cup batter. *Hand-mixed from: China cinnamon, allspice, nutmeg, ginger, mace and cloves.*

- 1/4 cup jar (net 1.0 oz.) #15132 \$ 3.95
- 1/2 cup jar (net 2.0 oz.) #15158 \$ 6.95
- 3/4 cup bag (net 3.0 oz.) #15148 \$ 8.69

Raspberry Enlightenment **SALT FREE**

Like red wine, balsamic or rice vinegar, Raspberry Enlightenment makes sweet tartness happen. But it also does more. Raspberry Enlightenment—sweet and tart with a hint of spice—also adds a delicious fresh-bright-lightness to slow-roasted richness. Anytime you start with longer, slower cooking—spaghetti sauce, stews, barbecue, vegetables, roasts—take the deliciousness over the top with a spoonful of Raspberry Enlightenment. It's just what your dishes—and you—have been waiting for. *Ingredients: raspberries, sugar, water, tapioca starch, spices and citric acid.*

- 1 cup jar (net 9.5 oz.) #97185 \$ 7.95



Rosemary

Rosemary is the perfect herb for seasoning pork and lamb, from chops to roasts. Try rosemary on chicken and fish with garlic, pepper and salt. Rosemary is often used with oregano in Italian dishes. If you are cooking for children, the powdered rosemary is nice.

Whole Spanish Rosemary Leaves

- The size and shape of Christmas tree needles
- 1/4 cup jar (net .3 oz.) #33039 \$ 2.49
- 1/2 cup jar (net .8 oz.) #33055 \$ 3.95
- 3/4 cup bag (net 1.2 oz.) #33041 \$ 4.99
- 1 1/2 cup bag (net 2.4 oz.) #33085 \$ 7.49

Cracked, 10/18 mesh, Spanish Rosemary Leaves

Cracked bits, big enough for flavor, but small enough to not overwhelm

- 1/4 cup jar (net .5 oz.) #33134 \$ 2.95
- 1/2 cup jar (net 1.2 oz.) #33150 \$ 4.95
- 3/4 cup bag (net 1.8 oz.) #33146 \$ 6.29
- 1 1/2 cup bag (net 3.6 oz.) #33180 \$ 9.49

Powdered, -40 mesh, Spanish Rosemary Leaves

Easy to use, but doesn't stay fresh very long

- 1/4 cup jar (net .4 oz.) #33239 \$ 2.95
- 1/2 cup jar (net 1.1 oz.) #33255 \$ 4.95
- 3/4 cup bag (net 1.7 oz.) #33245 \$ 6.29

Ruth Ann's Muskego Ave Chicken and Fish Seasoning

Sprinkle on chicken and fish, 1-2 tsp. per pound—pork chops too! Awesome on broccoli, asparagus and green beans, plain salads, breakfast eggs and potatoes. *Hand-mixed from: salt, black pepper, garlic, lemon peel and onion.*

- 1/4 cup jar (net 1.3 oz.) #24538 \$ 3.95
- 1/2 cup jar (net 2.9 oz.) #24554 \$ 6.95
- 3/4 cup bag (net 4.4 oz.) #24544 \$ 8.69

Sage

Sage is a must for stuffing. The flavor of sage is also perfect for simple baked chicken or pork, just sprinkle with lemon juice or salt, sage and black pepper.

Whole Leaf Albanian Prime Sage

Long, thin silvery-gray leaves

- 1/4 cup jar (net .2 oz.) #33334 \$ 2.45
- 1/2 cup jar (net .5 oz.) #33350 \$ 3.95
- 3/4 cup bag (net .8 oz.) #33346 \$ 4.99
- 1 1/2 cup bag (net 1.6 oz.) #33380 \$ 7.49

Rubbed Albanian Prime Sage

Fluffy, coarse gray-green powder

- 1/4 cup jar (net .4 oz.) #33439 \$ 2.95
- 1/2 cup jar (net .8 oz.) #33455 \$ 4.95
- 3/4 cup bag (net 1.2 oz.) #33441 \$ 6.29
- 1 1/2 cup bag (net 2.4 oz.) #33485 \$ 9.49

Grey Sea Salt

From France

Back by popular demand. We discontinued this one for a while, but it made people sad. We don't want to make people sad; we want them to be happy. Has an aroma that some call nice and flowery. Use small amounts towards the end of cooking for fish and seafood. Also nice in fresh baked breads served with unsalted butter.

Coarse Grind

- 4 oz. bag #96641 \$ 4.35
- 1 lb. bag #96612 \$ 13.95

Fine Grind

- 4 oz. bag #96746 \$ 4.79
- 1 lb. bag #96717 \$ 14.95

Kosher-Style Flake Salt

If you only buy one salt this year make it this one. Kosher Flake salt has a long history and a great taste. The special shape of the flakes gives this salt the maximum of salt flavor with the minimum of salt used.

- 1 lb. bag #96025 \$ 2.49

Pacific Sea Salt

Pacific Sea Salt is bright white and produced domestically. The extra coarse is suitable for grinding in salt mills, the coarse sea salt will shake out of our standard jar and the fine variety will work nicely in a home salt shaker.

Extra Coarse Grind, 10/30 mesh

- 1 lb. bag #96117 \$ 3.95

Coarse Grind, 30/60

- 1 lb. bag #96212 \$ 3.95

Fine Grind, 40 mesh

- 1 lb. bag #96317 \$ 3.95

Sandwich Sprinkle

This blend was created for making homemade croutons, but along the way it has become the lunchtime favorite in the Penzeys breakroom for all types of sandwiches, from crusty subs to tuna salad. Just shake on, or mix 1 TB. with 1 TB. water, add to 1/4 cup vinegar and 1/3 cup oil, shake, and drizzle on your favorite sandwich.

To make homemade croutons (great for using up odds and ends of leftover bread): for each 2 cups of cubed bread (4 regular slices), use 1 TB. seasoning. Traditional and very flavorful when sautéed in 1-2 TB. butter or olive oil (toss over medium heat for 3-4 minutes, until golden brown). For crispy, low-fat croutons, coat lightly with a vegetable oil spray, season and bake at 375° until brown (8-15 minutes), turning twice while cooking. *Hand-mixed from: coarse salt, garlic, black pepper, basil, oregano, rosemary, thyme and marjoram.*

- 1/4 cup jar (net 1.2 oz.) #27539 \$ 3.95
- 1/2 cup jar (net 2.5 oz.) #27555 \$ 6.95
- 3/4 cup bag (net 3.8 oz.) #27545 \$ 8.69
- 1 1/2 cup bag (net 7.6 oz.) #27587 \$ 12.99
- 3 cup bag (net 15.2 oz.) #27516 \$ 19.49

Savory Leaves

Traditional in bean soup, also nice with grilled chicken, pork chops, and fish. From Albania.

- 1/4 cup jar (net .3 oz.) #33639 \$ 2.45
- 1/2 cup jar (net .8 oz.) #33655 \$ 5.95
- 3/4 cup bag (net 1.2 oz.) #33641 \$ 7.49
- 1 1/2 cup bag (net 2.4 oz.) #33685 \$ 11.29

Seasoned Salt

Flavorful and economical—a sprinkle of our Seasoned Salt improves the flavor of most every dish. Use in place of regular salt to season burgers and chicken, pork chops and fish, eggs, veggies and salads. *Hand-mixed from: salt, sugar, paprika, onion, turmeric, garlic and spice extractives (including oleoresin of paprika, black pepper, celery, rosemary and thyme).*

- 1/4 cup jar (net 2.1 oz.) #29238 \$ 1.95
- 1/2 cup jar (net 4.2 oz.) #29254 \$ 2.95
- 3/4 cup bag (net 6.3 oz.) #29244 \$ 3.69
- 1 1/2 cup bag (net 12.6 oz.) #29286 \$ 5.49
- 3 cup bag (net 25.2 oz.) #29215 \$ 8.24

Salad Seasonings

Buttermilk Ranch

Ranch-style salad dressing is lower in fat than most, as it uses buttermilk for flavor and body. Also excellent for fresh vegetable dip, or sprinkled on baked chicken or fish, 1-2 tsp. per lb. To make 1 cup dressing, mix 1 TB. seasoning in 1 TB. water, let stand five minutes, then whisk with ½ cup buttermilk and ½ cup mayonnaise. For a lower calorie version use low-fat mayonnaise, or up the proportion of buttermilk, which will make the dressing thinner, but equally tasty. Ranch dressing should be refrigerated, check the freshness date on the buttermilk carton, and write it on the dressing bottle. *Hand-mixed from: salt, bell peppers, garlic, onion, sugar, black pepper, parsley, thyme and basil.*

- 1/4 cup jar (net 1.1 oz.) #26037 \$ 3.95
- 1/2 cup jar (net 2.5 oz.) #26053 \$ 6.95
- 3/4 cup bag (net 3.8 oz.) #26043 \$ 8.69
- 1 1/2 cup bag (net 7.6 oz.) #26085 \$ 12.99
- 3 cup bag (net 15.2 oz.) #26014 \$ 19.49

Country French Vinaigrette

A variation of classic French Vinegar and Oil dressing, but lighter, perfect for today's salads. Filled with flavorful French herbs, not too tart, lightly thickened by crushed brown mustard. Basic recipe for 1 cup dressing: Mix 1-2 TB. seasoning in 2 TB. water, let stand 5 minutes. Whisk in ½ cup red wine vinegar and ½ cup olive oil, refrigerate. *Hand-mixed from: sugar, brown mustard, salt, garlic, black pepper, lemon, onion, French tarragon, white pepper, chives, thyme and cracked rosemary.*

- 1/4 cup jar (net 1.3 oz.) #26132 \$ 3.95
- 1/2 cup jar (net 2.6 oz.) #26158 \$ 6.95
- 3/4 cup bag (net 3.9 oz.) #26148 \$ 8.69
- 1 1/2 cup bag (net 7.8 oz.) #26180 \$ 12.99

Creamy Peppercorn

This robust pepper and herb dressing will enhance the heartiest salad. Also great spread on turkey or roast beef sandwiches, or as a dip for fresh garden vegetables. Mix 1 TB. seasoning with 2 TB. water, let stand 5 minutes, then whisk with ½ cup sour cream and ½ cup mayonnaise. Thin with a few tablespoons of vinegar or water. Reduced fat mayo or sour cream can be used, and yogurt works well as a replacement for sour cream. *Hand-mixed from: Tellicherry cracked black pepper, coarse salt, sugar, garlic, thyme and parsley.*

- 1/4 cup jar (net 1.2 oz.) #26237 \$ 3.95
- 1/2 cup jar (net 2.5 oz.) #26253 \$ 6.95
- 3/4 cup bag (net 3.8 oz.) #26243 \$ 8.69
- 1 1/2 cup bag (net 7.6 oz.) #26285 \$ 12.99

Greek Seasoning

A traditional blend of lemon, garlic and oregano. Mix 2 TB. seasoning with 2 TB. water, let stand 5 min. Add ¼ cup olive oil, ¼ cup salad oil, ½ cup red wine vinegar (or ¼ cup balsamic vinegar and 2 TB. water), plus 1 tsp. sugar if desired. Use to dress vegetable salads, chicken and pasta salads, or a plain lettuce salad. For gyros, mix 1 TB. in 1 TB. water. Let stand 5 minutes, add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. with 1 cup yogurt and 2 TB. cucumber for gyro sauce. Also great on grilled, baked or fried fish or chicken, rub on 1 tsp. per lb. *Hand-mixed from: coarse salt, Turkish oregano, garlic,*

lemon, black pepper and marjoram.

- 1/4 cup jar (net 1.0 oz.) #21937 \$ 3.95
- 1/2 cup jar (net 2.3 oz.) #21953 \$ 6.95
- 3/4 cup bag (net 3.5 oz.) #21943 \$ 8.69
- 1 1/2 cup bag (net 7.0 oz.) #21985 \$ 12.99
- 3 cup bag (net 14.0 oz.) #21914 \$ 19.49

Green Goddess **SALT FREE**

Salt-free. An old-fashioned, classical style salad dressing, somewhat like a mild, sweet, herb-filled creamy Italian, heavy on the basil and dill. This base is not only nice for green salads, it is great for fresh vegetable dip or as a light, refreshing alternative to tartar sauce on baked or fried fish. This base is very good without salt, but salt can be added to taste (try ½ tsp. per cup), or a squeeze of lemon juice could be added in place of salt. To make one cup of dressing, mix 1 rounded TB. GREEN GODDESS in 2 TB. water, let stand 5 minutes. Whisk with ⅔ - ¾ cup regular or low-fat mayonnaise and 1 TB. vinegar. This dressing will be thick (nice for dip), thin with 1-2 TB. water if desired. Store in the refrigerator. *Hand-mixed from: green onion, sugar, basil, celery flakes, minced garlic and dill weed.*

- 1/4 cup jar (net .6 oz.) #16434 \$ 3.45
- 1/2 cup jar (net 1.4 oz.) #16450 \$ 5.95
- 3/4 cup bag (net 2.1 oz.) #16440 \$ 7.49
- 1 1/2 cup bag (net 4.2 oz.) #16482 \$ 11.29

Italian Vinegar and Oil

Our most popular salad seasoning. To make 1 cup, a standard dressing bottle full, mix 1 TB. seasoning in 1 TB. water, let stand 5 minutes, then whisk well with ⅔ cup vegetable oil and ⅓ cup vinegar. To reduce the calories, use ⅔ cup of a mild vinegar, such as rice vinegar, and ⅓ cup oil. For creamy Italian dressing, mix 2 TB. seasoning with 2 TB. water, let stand 5 minutes, then whisk with ½ cup sour cream or yogurt and ½ cup mayonnaise, thin with 1-2 TB. of vinegar. To create a salt-free Italian dressing, see Italian Herb Mix. *Hand-mixed from: sugar, salt, garlic, onion, red bell pepper, oregano, basil, marjoram, rosemary and thyme.*

- 1/4 cup jar (net 1.5 oz.) #26532 \$ 3.95
- 1/2 cup jar (net 3.1 oz.) #26558 \$ 6.95
- 3/4 cup bag (net 4.7 oz.) #26548 \$ 8.69
- 1 1/2 cup bag (net 9.4 oz.) #26580 \$ 12.99
- 3 cup bag (net 18.8 oz.) #26519 \$ 19.49

Salsa Salad Seasoning

A spicy, Mexican style blend for coating fresh salsa, black bean or green salads. Traditional and best mixed with freshly squeezed lime juice and corn oil. Blend 1-2 TB. in 2 TB. water, let stand 5 minutes. Mix with ½ cup corn oil and ⅓ cup fresh lime juice (3 medium limes). Whisk briskly and refrigerate. Perfect poured over harvest tomatoes tossed with red onions and goat cheese. *Hand-mixed from: sugar, ancho chili pepper, flake salt, garlic, onion, cumin, black pepper, cayenne, cilantro, Mexican oregano, chives, bay leaf and chipotle pepper.*

- 1/4 cup jar (net 1.2 oz.) #26637 \$ 3.95
- 1/2 cup jar (net 2.5 oz.) #26653 \$ 6.95
- 3/4 cup bag (net 3.8 oz.) #26643 \$ 8.69

Sesame Seeds

White sesame seeds are traditionally used in America for baking and granola making, smaller black sesame are preferred in Japan. To toast sesame seeds, put in a nonstick pan over medium heat and shake the pan until the sesame seeds are browned. No oil necessary.

Whole Hulled Mexican White Sesame Seeds

- 1/4 cup jar (net 1.1 oz.) #57833 \$ 2.85
- 1/2 cup jar (net 2.4 oz.) #57859 \$ 4.55
- 3/4 cup bag (net 3.6 oz.) #57849 \$ 5.69
- 1 1/2 cup bag (net 7.2 oz.) #57881 \$ 8.49
- 3 cup bag (net 14.4 oz.) #57810 \$ 12.69

Whole Indian Black Sesame Seeds

- 1/4 cup jar (net 1.0 oz.) #57938 \$ 3.29
- 1/2 cup jar (net 2.2 oz.) #57954 \$ 5.49
- 3/4 cup bag (net 3.3 oz.) #57944 \$ 6.99

Shallots

The flavor of shallots is similar to a sweet cross between onions and garlic, but more delicate, rich and complex. Shallots are used in France for poultry, veal, salads, eggs and soups. In Indonesia, shallots are used to add rich, sweet flavor to satay, soup and dipping sauces. If your recipe calls for fresh shallots, use half as much as the recipe calls for. A ½ tsp. of freeze-dried shallots equals one clove fresh shallots. From California.

1/4" Chopped Shallots

- 1/2 cup jar (net 4 oz.) #58056 \$ 6.95
- 1 cup jar (net 7 oz.) #58085 \$ 11.95
- 2 cup jar (net 14 oz.) #58027 \$ 22.95

Shallot Salt

We took the delicious flavor of shallots—a sweet and delicate cross between onions and garlic—and added it to our sea salt. Think light, bright and full of taste, our new Shallot Salt is wonderful on chicken, soups, salads, vegetables and eggs. *Hand-mixed from: sea salt, shallots and magnesium carbonate.*

- 1/4 cup jar (net 1.4 oz.) #23131 \$ 5.45
- 1/2 cup jar (net 3.3 oz.) #23157 \$ 9.95
- 1 cup jar (net 6.3 oz.) #23186 \$ 18.95

Shrimp & Crab Boil Spices **SALT FREE**

Traditional for boiling shrimp, lobster, crab and fish. *Hand-mixed from: yellow and brown mustard seed, allspice, coriander, cloves, cracked bay leaf, cracked ginger, black Tellicherry peppercorns, chili pepper, dill seed and caraway seed.*

- 1/4 cup jar (net .7 oz.) #15237 \$ 3.95
- 1/2 cup jar (net 1.4 oz.) #15253 \$ 6.95
- 3/4 cup bag (net 2.1 oz.) #15243 \$ 8.69

Singapore Seasoning **SALT FREE**

Great for salt-free cooking—lemon pepper curry flavor—our best blend for Cornish hens. Also great for fish. *Hand-mixed from: black pepper, lemon peel, citric acid, garlic, onion, turmeric, coriander, cumin, ginger, nutmeg, fennel, cinnamon, fenugreek, white pepper, cardamom, cloves and cayenne red pepper.*

- 1/4 cup jar (net 1.3 oz.) #15332 \$ 4.45
- 1/2 cup jar (net 2.6 oz.) #15358 \$ 7.95
- 3/4 cup bag (net 3.9 oz.) #15348 \$ 9.99

Southwest Seasoning

Warm chili peppers with onion, garlic, pepper and cilantro, with a smoky hint of chipotle. Sprinkle meat or poultry with lemon or lime juice, then rub on Southwest Seasoning, 1-2 teaspoons per pound. Add to salsa and refried beans. *Hand-mixed from: salt, ancho pepper, onion, garlic, Mexican oregano, black pepper, red pepper, cumin, chipotle and cilantro.*

1/4 cup jar (net 1.2 oz.) #21137 \$ 4.45
1/2 cup jar (net 2.7 oz.) #21153 \$ 7.95
3/4 cup bag (net 4.1 oz.) #21143 \$ 9.99
1 1/2 cup bag (net 8.2 oz.) #21185 \$ 14.99

Star Anise

Whole Star Anise is often used in craftwork. Broken Star Anise pieces are used in pickling. Powdered Star Anise is great for baking.

Select Whole Star Anise

1 oz. bulk bag #58269 \$ 4.89
4 oz. bag #58243 \$ 11.65

Broken Chinese Star Anise Pieces

1 oz. bulk bag #58164 \$ 3.09
4 oz. bag #58148 \$ 6.85

Powdered Chinese Star Anise

1/4 cup jar (net .8 oz.) #48132 \$ 3.99
1/2 cup jar (net 1.9 oz.) #48158 \$ 6.85
3/4 cup bag (net 2.9 oz.) #48148 \$ 8.49

Sumac

Used plain or mixed with thyme and sesame (Zatar), to complement fish, meat and vegetables. *Processed with salt.*

1/4 cup jar (net 1.2 oz.) #48237 \$ 4.55
1/2 cup jar (net 2.5 oz.) #48253 \$ 7.99
3/4 cup bag (net 3.8 oz.) #48243 \$ 9.99

Sunny Paris Seasoning **SALT FREE**

One of our most popular salt-free seasonings. Great for Cornish hens, chicken, vegetables, rice, eggs and veal. Simply sprinkle over salads, potatoes, or rice, or mix 1 TB. with 1 cup yogurt, use as a dip or dressing. *Hand-mixed from: shallots, chives, green peppercorn, dill weed, basil, tarragon, chervil and bay leaf.*

1/4 cup jar (net .2 oz.) #15437 \$ 5.45
1/2 cup jar (net .6 oz.) #15453 \$ 9.95
1 cup jar (net 1.0 oz.) #15482 \$ 18.95
2 cup jar (net 2.6 oz.) #15424 \$ 34.95

Sunny Spain Seasoning **SALT FREE**

(Salt-Free Lemon-Pepper)

The bestselling of all our salt-free blends. Perfect for fish and chicken, vegetables and salads. Salt-free blends are strong, start with less. *Hand-mixed from: black pepper, citric acid, lemon peel, garlic and onion.*

1/4 cup jar (net 1.2 oz.) #15532 \$ 4.45
1/2 cup jar (net 2.4 oz.) #15558 \$ 7.95
3/4 cup bag (net 3.6 oz.) #15548 \$ 9.99
1 1/2 cup bag (net 7.2 oz.) #15580 \$ 14.99

Tarragon

Tarragon is the most popular of the French herbs—its sweet, rich flavor combines especially well with poultry and fish, vegetables and salad dressing.

Broken Leaf French Tarragon

Large, deep green, flavorful leaves

1/4 cup jar (net .1 oz.) #33734 \$ 2.95
1/2 cup jar (net .3 oz.) #33750 \$ 4.95
3/4 cup bag (net .5 oz.) #33746 \$ 6.29
1 1/2 cup bag (net 1.0 oz.) #33780 \$ 9.49

Thyme

One of the most fragrant flavors around, our French Thyme is great on just about everything. Particularly good with chicken, fish and chops, salads and vegetables of all varieties. Sprinkle on roughly 1/2 tsp. per pound. Bake, grill or broil and enjoy.

French Thyme, chopped leaves

1/4 cup jar (net .3 oz.) #34036 \$ 2.95
1/2 cup jar (net .8 oz.) #34052 \$ 4.95
3/4 cup bag (net 1.2 oz.) #34048 \$ 6.29
1 1/2 cup bag (net 2.4 oz.) #34082 \$ 9.49
3 cup bag (net 4.8 oz.) #34014 \$ 14.29

Trinidad-Style Lemon-Garlic Marinade

For grilled or broiled poultry, fish, pork chops. Rub fish or poultry with a bit of vegetable oil, sprinkle on 1/2-1 tsp. per pound, grill or broil. Great for boneless/skinless chicken breasts, season and freeze, two in a package, they'll be ready when you are. *Hand-mixed from: salt, lemon peel, garlic, clove and ginger.*

1/4 cup jar (net 1.3 oz.) #23636 \$ 4.45
1/2 cup jar (net 3.2 oz.) #23652 \$ 7.95
1 cup (net 6.0 oz.) #23678 \$ 15.29
2 cup (net 12.0 oz.) #23623 \$ 29.30

Tsardust Memories (Russian-Style Seasoning)

Warm and spicy-sweet, this blend is awesome with ground beef—burgers, meatloaf, meatballs, casseroles. Excellent in hearty soups and stews, and one of the best things ever on pork chops—try it on the grill. Whatever you make, serve it with crusty bread. It's all good. *Hand-mixed from: salt, garlic, cinnamon, pepper, nutmeg and marjoram.*

1/4 cup jar (net 1.2 oz.) #28536 \$ 3.95
1/2 cup jar (net 2.8 oz.) #28552 \$ 6.95
3/4 cup bag (net 4.2 oz.) #28542 \$ 8.69

Turkish Seasoning

A traditional and delicious blend for seasoning meats from kabobs to roasts, lamb to beef to chicken. For a tasty vegetable dip, mix 2 tsp. Turkish Seasoning and 1-2 tsp. honey in 1 cup yogurt. *Hand-mixed from: salt, garlic, cumin, Tellicherry black pepper, Turkish oregano, sweet paprika, sumac, cayenne red pepper and cilantro.*

1/4 cup jar (net 1.1 oz.) #23836 \$ 3.95
1/2 cup jar (net 2.2 oz.) #23852 \$ 6.95
3/4 cup bag (net 3.3 oz.) #23842 \$ 8.69
1 1/2 cup bag (net 6.6 oz.) #23884 \$ 12.99

Taco Seasonings

Taco Seasoning

Very similar to seasoning packets sold in grocery stores, but much more flavorful and less expensive. Family-style, not hot. Mix 4 TB. with 6 oz. water, add to 1 lb. browned, drained ground beef or cooked chicken or beans. Simmer 10 min. until thick. Taco Seasoning is also great for dip—mix 2 TB. in 2 TB. water, then blend with 1/2 cup sour cream and 1/2 cup cream cheese. *Hand-mixed from: paprika, salt, onions, lactose, dextrose, corn flour, (corn, lime) tomato powder, cumin, garlic, oregano, black pepper, cocoa powder and allspice.*

1/4 cup jar (net 1.4 oz.) #23531 \$ 3.95
1/2 cup jar (net 2.9 oz.) #23557 \$ 6.95
3/4 cup bag (net 4.4 oz.) #23547 \$ 8.69
1 1/2 cup bag (net 8.7 oz.) #23589 \$ 12.99
3 cup bag (net 17.4 oz.) #23518 \$ 19.49

Bold Taco Seasoning

Quick and easy to make with ground beef or sliced steak—spicier, hotter (not too hot), rich with the flavors of cumin and chilis, garlic and Special Extra Bold Black Pepper—it's just plain good. *Hand-mixed from: kosher salt, onion, Spanish-style paprika, lactose, yellow corn flour (corn, lime), dextrose, tomato powder, crushed red pepper, garlic, cumin, Mexican oregano, cilantro, Tellicherry Special Extra Bold black pepper and natural cocoa.*

1/4 cup jar (net 1.2 oz.) #24338 \$ 3.95
1/2 cup jar (net 2.7 oz.) #24354 \$ 6.95
3/4 cup bag (net 4.1 oz.) #24344 \$ 8.69
1 1/2 cup bag (net 8.1 oz.) #24386 \$ 12.99
3 cup bag (net 16.2 oz.) #24315 \$ 19.49

Chicken Taco Seasoning

Lighten up your tacos with chicken. Flavorful and spicy without being too hot, the perfect way to use boneless/skinless chicken breasts, at least in our opinion. Follow the easy directions, and you'll have a new family favorite—Chicken Tacos. *Hand-mixed from: kosher salt, garlic, Ancho chili pepper, onion, Spanish-style paprika, cumin, cilantro, Tellicherry black pepper, Mexican oregano and jalapeño powder.*

1/4 cup jar (net .9 oz.) #24233 \$ 3.95
1/2 cup jar (net 2.1 oz.) #24259 \$ 6.95
3/4 cup bag (net 3.2 oz.) #24249 \$ 8.69
1 1/2 cup bag (net 6.3 oz.) #24281 \$ 12.99

Rojo Taco Seasoning

Delicious Mexican pork tacos taste great. They also usually simmer for hours. Here at Penzeys, we've done the simmering for you—all you need is 15 minutes. Directions: thinly slice 1 lb. pork. Pour 4-6 TB. ROJO TACO SEASONING into a large skillet. Heat over medium heat for 2 minutes. Add pork, cook 8-12 minutes, depending on how thick your pork pieces are, over medium-high heat. Serve in the shell of your choice. *Ingredients: Achote (corn oil, Annatto), lime juice, water, spices (Chili Pepper, salt, granulated garlic, cumin, Mexican oregano, Ceylon cinnamon, cilantro), vinegar, brown sugar, gum acacia, xanthan gum.*

1 cup jar (net 8.4 oz) #97280 \$ 7.29



Soup Bases

Our soup bases are great for broth, soup or gravy, but they also make great seasonings. Try a little in rice, vegetables and casseroles—wherever you need a bit of extra flavor. Refrigeration is recommended, but not necessary.

Beef Soup Base and Seasoning

For rich beef stock use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Beef Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Beef Base has more flavor and less salt. Plain beef broth is wonderful when you're under the weather, or add noodles or vegetables for a quick lunch. To "beef up" the flavor of soup, stew or gravy, add 2-3 tsp. Beef Base. For 2 quarts of soup or stew, add 2-3 tsp. Beef Base. For gravy, add 1 tsp. Beef Base to 2-3 TB. beef drippings to enhance the flavor of 2 cups gravy.

(net 8.0 oz.) #90186 \$ 9.95

Chicken Soup Base and Seasoning

For rich chicken stock use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Chicken Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Chicken Base has more flavor and less salt. Plain broth is great when you're on a diet, or add noodles and vegetables for a quick lunch. When making rice, add 1 tsp. Chicken Base to the water for rich flavor. Chicken base is used to fortify the flavor of soup, stew or gravy. For 2 quarts of soup or stew, add 2-3 tsp. Chicken Base. For gravy, add 1 tsp. Chicken Base to 2-3 TB. chicken drippings to enhance the flavor of 2 cups gravy.

(net 8.0 oz.) #90281 \$ 9.95

Ham Soup Base and Seasoning

Ham Base is traditionally used to add rich, smoky ham flavor to split pea or bean soup. For 2 quarts soup or stew made with a ham bone, add 1 TB. Ham Base. For soup without ham, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Ham Base per cup (8 oz.) water. For ham gravy, add 1 tsp. Ham Base to 2-3 TB. drippings from baked ham to enhance the flavor of 2 cups gravy. Ham Base gives a flavorful boost to plain vegetables or rice, just add a bit to the cooking water.

(net 8.0 oz.) #90586 \$ 9.95

Pork Soup Base and Seasoning

For rich roast pork flavored stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Pork Base for each cup (8 oz.) hot water. This is equivalent to 1 bouillon cube, though Pork Soup Base has more flavor and less salt. Try making pork noodle soup for a nice change of pace, just use pork instead of chicken or beef, and add 1 TB. Pork Soup Base to 2 quarts soup to enhance the flavor. For truly great gravy, add 1 tsp. Pork Base to 2-3 TB. drippings from pork roast or pork chops for 2 cups gravy.

(net 8.0 oz.) #90881 \$ 9.95

Seafood Soup Base and Seasoning

For rich seafood stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Seafood Base for each cup (8 oz.) hot water. Seafood stock is a great base for chowder, gumbo or bisque, or to use in place of clam juice. To make quick linguine with clam sauce, cook 1 lb. pasta. While pasta is cooking, heat 2 TB. olive oil in a large pan over medium heat. Add 2-4 minced garlic cloves and 1 can clams, reserving the juice. Saute for 2 minutes, add clam juice, $\frac{1}{2}$ cup water and 1-2 tsp. Seafood Base. Cook over medium heat 3-5 minutes, stirring, until reduced by about half. Serve over cooked, drained pasta.

(net 8.0 oz.) #90986 \$ 9.95

Turkey Soup Base and Seasoning

For rich turkey stock, use $\frac{1}{2}$ - $\frac{3}{4}$ tsp. Turkey Base for each cup hot water. This is equivalent to 1 bouillon cube, though Turkey Base has more flavor and less salt. Plain broth is good food for those times you're under the weather, or add vegetables or noodles for a quick lunch. Turkey Base is often used to extend turkey gravy for holiday dinners, or to fortify the flavor of dishes made with turkey leftovers, such as soup, stew or casseroles. For 2 quarts of soup or stew made with leftovers, add 2-3 tsp. Turkey Base. For gravy, add 2 tsp. Turkey Base with 4-5 TB. turkey drippings for 3 cups gravy.

(net 8.0 oz.) #90386 \$ 9.95

Vegetable Soup Base and Seasoning

Richly flavorful and completely meatless. Make your own flavorful broth for soups and stews, just add 1 tsp. to a cup of hot water. Throw a little in the pot to season pasta and rice, great to add a little oomph to vegetable casseroles and plain steamed veggies. Wonderful for poaching fish. Rich roasty carrots form the base of our new Vegetable Soup Base, along with powdered onions, potatoes and tomatoes.

(net 8.0 oz.) #90481 \$ 9.95

For ingredients and nutritional information on all of our soup bases, visit www.penzeys.com.



Turmeric

What makes mustard yellow? Turmeric. From India.

- 1/4 cup jar (net .9 oz.) #48332 \$ 2.95
- 1/2 cup jar (net 1.9 oz.) #48358 \$ 4.95
- 3/4 cup bag (net 2.9 oz.) #48348 \$ 6.29
- 1 1/2 cup bag (net 5.7 oz.) #48380 \$ 9.49
- 3 cup bag (net 11.4 oz.) #48319 \$ 14.29

Tuscan Sunset **SALT FREE**

Salt-free Italian-style seasoning. Perfect for veggies and pasta, salads, tomato sauce, chicken and fish. The rich sweet flavor of basil and oregano with the added zest of garlic, bell pepper and black pepper. Round it off with a touch of fennel, and who needs salt? Perfect for every vegetable, from asparagus to zucchini. We especially love it sprinkled on fresh tomatoes, corn on the cob, snap peas and green beans. Also makes a great salad dressing for green salads and hearty veggies on the grill, and use it to marinate fish fillets, lean pork, and boneless/skinless chicken as well!

Hand-mixed from: basil, oregano, red bell pepper, garlic, thyme, fennel, black pepper and anise.

To make oil & vinegar salad dressing: Cover 1 TB. Tuscan Sunset Seasoning with 1 TB. water, let stand a few minutes. Add 1/3 cup olive oil and 1/4 cup balsamic vinegar, stir. Add 1-2 tsp. prepared Dijon-style mustard, if desired—it helps vinegar and oil dressings stay together.

To make creamy salad dressing: Mix 1 tsp. Tuscan Sunset Seasoning, 1/4 cup mayonnaise, and 1/4 cup buttermilk, divide between 2 salads.

- 1/4 cup jar (net .5 oz.) #16539 \$ 3.95
- 1/2 cup jar (net 1.0 oz.) #16555 \$ 6.95
- 3/4 cup bag (net 1.5 oz.) #16545 \$ 8.69

Venison Sausage Seasoning

Also for summer sausage. *Hand-mixed from: salt, black pepper, nutmeg, coriander, paprika and red pepper.*

- 1/4 cup jar (net 1.5 oz.) #28631 \$ 2.95
- 1/2 cup jar (net 3.1 oz.) #28657 \$ 4.95
- 3/4 cup bag (net 4.7 oz.) #28647 \$ 6.29

Wasabi

Adds bright heat and zesty flavor to Japanese dishes, especially sushi.

Natural Wasabi

Blend of horseradish, mustard, tapioca starch and wasabi.

- 1/4 cup jar (net .9 oz.) #48637 \$ 2.95
- 1/2 cup jar (net 1.8 oz.) #48653 \$ 4.95
- 3/4 cup bag (net 2.7 oz.) #48643 \$ 6.29

Zatar (Zahtar)

Popular Middle-Eastern tabletop blend. *Hand-mixed from: sumac, thyme, sesame and salt.*

- 1/4 cup jar (net .8 oz.) #23731 \$ 3.95
- 1/2 cup jar (net 1.7 oz.) #23757 \$ 6.95
- 3/4 cup bag (net 2.6 oz.) #23747 \$ 8.69



Herbed Butternut Squash Pizza with Goat Cheese

The seasoned squash also makes a great side dish. This recipe is from Marsha Fowler (story on page 40).

	dough for pizza crust (we used our Spicy Flatbread recipe; find it at penzeys.com)	2	4	1/4	1/2	1	1/4
2	Cups 3/4-inch cubes butternut squash or pumpkin (we used half of a normal-sized butternut squash)						
4	tsp. olive oil, divided						
1/4	tsp. salt						
1/4	tsp. PENZEYS PEPPER						
1	TB. TUSCAN SUNSET or FROZEN PIZZA SEASONING						
							2 TB. basil pesto
							4 oz. goat cheese
							1/4 medium red onion, halved and very thinly sliced in half rounds
							1/2 Cup shredded mozzarella cheese
							1 Cup young chard, cut into very fine strips
							1/4 tsp. CRUSHED RED PEPPER FLAKES, optional

Preheat oven to 400°. In a 1-gallon zip-top bag, combine the squash, half of the olive oil, salt, PEPPER and the TUSCAN SUNSET or FROZEN PIZZA SEASONING. Toss to coat. Spread in an even layer on a baking sheet and bake at 400° until soft and lightly browned, about 30 minutes, stirring halfway through. Be careful not to break up the cubes. Remove from the oven and set aside. Increase the oven temperature to 500°. Sprinkle a clean surface with flour. Pat out your pizza dough to make a nice round. Brush the rest of the olive oil onto your cooking pan (you can also cook the pizza right on the oven rack, though things will fall off sometimes). Spread the pesto in a thin layer over the crust. Top with the squash, goat cheese, onion, mozzarella, chard, remaining salt and PEPPER and CRUSHED RED PEPPER FLAKES (if using). Bake at 500° until crispy and the cheese melts, 10-12 minutes. Serve immediately.

Prep. time: 15 minutes plus 30 minutes squash-cooking time

Cooking time: 10-12 minutes

Yield: 16 pieces

Nutritional Information not including crust: Servings 16; Serving Size toppings of 1 slice (38g); Calories 70; Calories from fat 45; Total fat 5g; Cholesterol 10mg; Sodium 110mg; Carbohydrate 3g; Dietary Fiber <1g; Sugars 1g; Protein 3g.

Charlene H. Smith

Charlene H. Smith still remembers the day she decided that she would grow up to be a nurse.

“I was playing hopscotch and my auntie stepped out of the house in her nursing whites and the sunlight just hit her,” says Charlene.

She asked her mom why Auntie was dressed like that and heard it was her nurse’s uniform. Then she asked what a nurse was.

“They help make people feel better,” said her mom, Florrean Smith.

And so a little girl playing hopscotch in the sun found her life’s work. Charlene is retired now, but still involved in healthcare initiatives.

“In all the nursing I did all those years, I never wore a white uniform,” she says, with a laugh.

“My aunt, Ramona John Skenandore, was one of the first Native nurses to go to the Sinai School of Nursing here in Milwaukee,” Charlene says. “She got a scholarship from the Daughters of the American Revolution, because the tribe was with George Washington providing food and assistance to survive the winter.”

Charlene earned her bachelor’s degree in nursing in 1976, and began working as a registered nurse at the veterans medical center in Milwaukee. Later she worked as a community health nurse at what was then the Milwaukee Indian Health Center. Sometimes the professional and the personal seemed to dovetail pretty nicely.

“I was pregnant when I was teaching birthing classes, and I was breastfeeding when I taught parenting classes,” she says. “I brought my kids along and showed them off.”

Still later, she worked for Milwaukee County, first as a psychiatric nurse and then as a visiting nurse for clients with developmental disabilities.

Her daughters now work in health care, both as certified medical assistants.

“Before I even had children, I thought they should learn another language,” Charlene says. “They went to a Spanish immersion school and now they’re both bilingual.”

Kateri works with the Sixteenth Street Community Health Center in Milwaukee. Keetah, whose work



Charlene is the grandmother of four—including granddaughter Naiya Garcia—and now a great-grandmother. This photo and the slogan “Grandma, do it for me” have been used by the Pink Shawl Initiative to encourage American Indian women to be screened for breast cancer.

includes teaching health programs, is studying to become a master trainer.

Charlene and Keetah are both involved with the Pink Shawl Initiative to help American Indian women with breast cancer screenings and after-diagnosis support.

“We do a presentation with ‘Share the Care,’ trying to reach all the women in the tribal communities,” says Charlene. “There are 11 sovereign nations in Wisconsin.

“I bring culture to everything and I try to teach in the Indian way. I believe everything happens for a reason. The spirits are guiding us, thank the spirits and the Creator. We all have gifts and it’s our responsibility to find our gift and use it.”

Someone once called her a conduit, and she asked what that meant.

“Whatever comes into you comes out,” came the answer.

She is a conduit for empathy and healing, laughter and lots and lots of hugs.

“I’m a hugger,” Charlene says. “I’m always giving everyone a big old bear hug. I’ve read that people need to be hugged four times a day and how many people are? Then someone said it should be 15 hugs.



(Left) Photo by Sue Vliet, MNNS



(Left) Charlene played Grandmother Nokomis Ajjjaak in the Milwaukee Public Theatre’s production of “Stories from the Medicine Wheel.” The name means “crane” in Ojibwe, and she passes on her stories to the next generation. “I’m not Ojibwe, but I’m the only grandmother who auditioned,” says Charlene. (Right) A weekly lunch gathering is a good time for healthcare, too. Here Charlene visits as nurse Desiree Schocko checks Darlene Spantikow’s blood pressure.

“They said, ‘four hugs in the white man’s world and 15 in the Indian way.’ We should be giving more hugs to feel connected and loved and *human*.”

She does some of her hugging at the Southeastern Oneida Tribal Services center in the Milwaukee area.

“This is home now, because the tribe has provided money to purchase the building,” she says proudly of the new center. Gatherings include Tuesday lunch visits for elders.

“Everyone brings something extra even if it’s not a potluck day. Everyone likes to add to the menu. When we get together in our Indian circles, bring your empty containers because there will always be leftovers.

“I’m a city Indian—I was raised in the city—‘concrete Indian’ is what my daughter Keetah says,” Charlene says. “I am 15/16ths Oneida and 1/16th Menominee, which I didn’t know until a year ago.”

The Oneida reservation Up North is also home.

“Almost everyone treks back to the reservation most years for pow-wows and family gatherings. There’s the ghost suppers—feasts for the dead—gatherings for the people who have walked on. One day in the spirit world equals one year of our life, 365 days.”

Individual feasts are held for the first three or four anniversaries, then celebrated as a more communal memorial gathering.

For Charlene, November is about Native American Heritage Month.

“It started out as a day and went to a week and now it’s a month,” she says, smiling.

“In the Indian way, every day is Thanksgiving. You give thanks to the Creator. If you are here, you’ve been given another day. So what are you supposed to be doing to help yourself grow? What are you supposed to be doing for the community at large?”

—Amy Silvers



Wild Rice Casserole/Soup

Charlene likes to make this as a casserole one night and then adds more broth for soup the next day.

2	Cups raw wild rice	2	Cups chicken or turkey broth for casserole, 8-10 Cups for soup (or 2 Cups water mixed with 1 tsp. CHICKEN or TURKEY SOUP BASE for casserole, 8-10 Cups water mixed with 1-2 TB. SOUP BASE for soup)
4	medium carrots, peeled and cut into small pieces	2	tsp. WHITE ONION POWDER
2	large onions, peeled and cut into small pieces	1	tsp. PENZEYS PEPPER
2	medium potatoes, cut into small cubes (peel as desired)	1	tsp. ARIZONA DREAMING
1	lb. ground turkey		

Rinse the rice 4-5 times. Cook according to the package instructions, usually about 45 minutes. If you remove a grain of rice from the pan and it cuts easily, it is done. In a microwave-safe bowl, combine the carrots, onions and potatoes. Microwave for a few minutes just to precook. In a large skillet brown the ground turkey. Drain off any grease. Put the turkey, rice and vegetables in a slow cooker or covered pot on the stovetop. Add the broth, ONION POWDER, PEPPER and ARIZONA DREAMING. Cook on low for 5 hours or high for 3 hours or in the covered pot on low for 2 hours.

Prep. time: 15 minutes plus 45 to precook wild rice

Cooking time: 2-6 hours

Serves: 14 as soup

Nutritional Information for soup: Servings 14; Serving Size 1 cup (136g); Calories 160; Calories from fat 30; Total fat 3g; Cholesterol 25mg; Sodium 45mg; Carbohydrate 24g; Dietary Fiber 2g; Sugars 2g; Protein 11g.



Vanilla

The rich flavor of pure vanilla is like no other. It just wouldn't be dessert without vanilla. Vanilla Beans from Madagascar and Mexico, where there is a long history of growing vanilla, have wonderful, strong flavor, and are best used in ice cream and custard, beverages and cheesecake, where the liquid in the dish helps extract the flavor of the bean. Given that one whole vanilla bean is usually used per recipe, it is easy to see why Pure Vanilla Extract is the more popular and economical choice—if one can use economical and vanilla in the same sentence. Using 1 teaspoon per dessert, a 4-fluid ounce bottle of extract will yield 24 desserts—more or less anyway, given that most of us add a bigger splash than the recipe calls for. Even our Single Strength Vanilla Extract is 10% stronger than the grocery store variety, and our Double Strength Vanilla will give you twice as much vanilla flavor. Vanilla Sugar is a favorite here at Penzeys, but has also been made and used for years and years by grandmas everywhere. It is made simply by splitting a vanilla bean and placing it in sugar until it becomes rich with vanilla flavor, then removing the bean and using the sugar in baking (replace 1 TB. of the regular sugar in the recipe with 1 TB. of Vanilla Sugar). We also love tossing Vanilla Sugar with fresh fruit like strawberries—after a few minutes even kids think it is as good as a cookie.

Madagascar Vanilla Beans

Regarded as the world's best, Madagascar beans set the standard for prime vanilla flavor.

3 beans #58430 \$ 8.99
15 beans #58456 \$ 34.95

Mexican Vanilla Beans

Mexican beans, while similar to Madagascar, have a darker flavor that is perfect for vanilla liqueur and coffee drinks.

3 beans #58630 \$ 8.99
15 beans #58656 \$ 34.95

Vanilla Sugar

Wash and cut fruit, leaving slightly damp, then toss with Vanilla Sugar (1-2 TB. per quart of strawberries, for example) and let stand for a few minutes, then serve plain or as a topper for cereal or ice cream. Vanilla Sugar is an old-fashioned mix of real Vanilla Beans aged in pure sugar, that was used in the old days before Vanilla Extract. We've been blending and using Vanilla Sugar in our coffee for a long time, and it tastes great. Vanilla Sugar can be used in baking and candy-making, and is particularly nice where the flavor of the vanilla bean should shine through, such as in ice-cream. Vanilla sugar is also the perfect sprinkle for coffee and hot chocolate. *Madagascar and Mexican Vanilla Beans chopped, mixed and aged with white sugar.*

1/2 cup jar (net 3.4 oz.) #92351 \$ 7.95
1 cup jar (net 6.8 oz.) #92380 \$ 14.95
2 cup jar (net 13.6 oz.) #92322 \$ 27.95

Single-Strength Vanilla

35% alcohol. Pure extract from the highest quality 100% premium Madagascar "Bourbon Islands" vanilla beans. These beans have a rich and complex, smooth, true flavor. The cool-perking process retains the bean's full flavor, along with all of the desirable vanilla side notes. With over 400 flavor components in every high-quality vanilla bean, artificial vanilla (which contains only one-synthetic vanillin) will never come close to matching the wonderful richness of pure vanilla extract. This extract is 10% stronger than the pure vanilla extract sold in supermarkets, and has the great Madagascar flavor. *Ingredients: water, alcohol, sugar and vanilla bean extractives.*

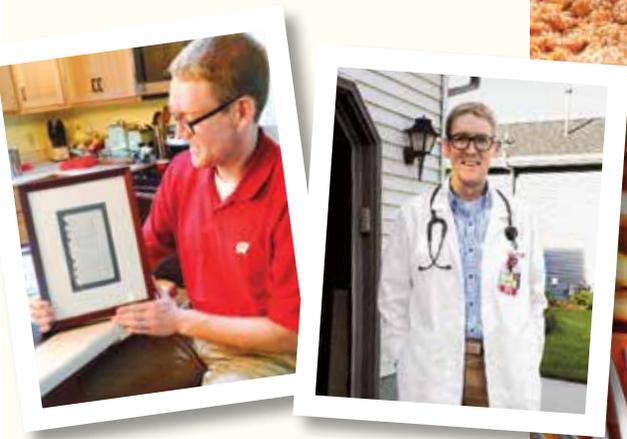
2 fluid ounce bottle #92135 \$ 7.49
4 fluid ounce bottle #92151 \$ 12.95
8 fluid ounce bottle #92180 \$ 23.95
16 fluid ounce bottle #92119 \$ 39.95

Double-Strength Vanilla

35% alcohol. Pure double-strength vanilla extract made from the highest quality Madagascar "Bourbon Islands" vanilla beans. Compared to the single-strength, twice as many beans are used to make each gallon of extract (about 200 beans). "Two-fold" vanilla extract has been the secret ingredient of professional bakers for years. For the amount of vanilla flavor specified in a recipe, use half as much. When used this way, double-strength vanilla makes economic sense, as there is the equivalent of twice as much vanilla per bottle. For unbeatably rich vanilla flavor in baked goods and desserts, use the same amount the recipe calls for. *Ingredients: water, alcohol, sugar and vanilla bean extractives.*

2 fluid ounce bottle #92230 \$ 10.95
4 fluid ounce bottle #92256 \$ 18.95
8 fluid ounce bottle #92285 \$ 34.95
16 fluid ounce bottle #92214 \$ 59.95





Troy displays one of his most treasured recipes—handwritten on a piece of paper from his grandmother.

Troy says, "I have some great role models. My grandma is a nurse, my mom is a nurse, and so are my wife and mother-in-law."

Troy Lawrence

“Faith.”

That’s what Troy Lawrence will say when asked how he became a nurse.

“God has truly given me a lot of really good opportunities that led me here.”

One of those opportunities, as small as it might seem, proved to be a turning point in his decision.

“I was working as a unit clerk in the ER while in college. I remember an elderly gentleman who needed to drink an IV contrast, which isn’t easy to do. He was in a lot of pain—so much pain he couldn’t really even sit up to drink it. He asked me to hold the glass for him so he could use a straw to try and drink. I still remember standing there, holding that glass, watching the red liquid go through the straw and thinking, ‘I really appreciate this opportunity to be able to help you. I really want to be able to do this.’ ”

Troy lives in Sun Prairie, Wisconsin, with his wife Clare, also a nurse, and their son Isaac. He says working in home health allows him to get to

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Buttery Brunch Breakfast Cake

If everyone ate a small piece of this cake for breakfast every day, the world would be a happier place.

Cake:		Topping:	
1 Cup butter (2 sticks), room temperature		1/3 Cup brown sugar	
1 Cup sugar		1/4 Cup sugar	
2 eggs		1 tsp. PENZEYS CINNAMON	
1 tsp. PURE VANILLA EXTRACT		1 Cup chopped walnuts	
2 Cups flour		Butter Cream Filling:	
1 tsp. baking soda		5 TB. flour	
1 tsp. baking powder		1 Cup milk	
1/2 tsp. salt		1 Cup butter (2 sticks)	
1 Cup sour cream		1 Cup sugar	
		2 tsp. PURE VANILLA EXTRACT	

Preheat oven to 350°. Grease two 9-inch round cake pans and line with waxed paper cut in a round to fit the pan bottom. Set aside. In a large bowl, cream together the butter, sugar, eggs and VANILLA. In a separate bowl, sift together the flour, baking soda, baking powder and salt. Gradually add the dry ingredients to the batter, alternating with the sour cream. Mix well. Divide the batter between the cake pans. For the topping, combine the brown sugar, sugar, CINNAMON and walnuts. Mix well. Sprinkle over the cakes. Bake at 350° for 25 minutes. Let the cakes cool for 5 minutes before carefully removing from pans, then let cool completely. Split each layer in half, using a long thin bread knife, so that you have four round cakes.

For the filling: In a small saucepan, combine the flour and milk on low heat, whisking or using a fork to stir vigorously to make sure there are no lumps before you start heating. Raise heat to medium-low, cook until thick (like a very thick gravy or a paste), stirring pretty much constantly. It will take 6-12 minutes or so depending on your pan and the heat. Set aside to cool. Cream together the butter and sugar on high speed very well until light and fluffy. Add the cooled milk a spoon at a time and mix well. Add the VANILLA and mix. Spread the filling on the two bottom layers and carefully top with the top layers.

Prep. time: 30 minutes
Baking time: 25 minutes
Serves: makes 2 cakes; serves 32

Nutritional Information: Servings 32; Serving Size 1 slice (60g); Calories 240; Calories from fat 140; Total fat 15g; Cholesterol 45mg; Sodium 200mg; Carbohydrate 24g; Dietary Fiber <1g; Sugars 16g; Protein 3g.



Grandma G's Apple Cranberry Crisp

Adding the cranberries to the filling gives the crisp a lovely pink color and a nice bit of tartness.

Filling:

- 1 3-lb. bag McIntosh apples, peeled, cored and sliced
- 1/2 Cups cranberries, optional
- 3/4 Cup sugar (you might use a bit more if adding cranberries, which are quite tart)
- 2 tsp. PENZEYS CINNAMON
- 1 tsp. GROUND NUTMEG
- 1 tsp. GROUND ALLSPICE
- 1/2-1 tsp. GROUND CLOVES (recipe calls for full teaspoon)

Crust:

- 2 Cups flour
- 1 Cup packed brown sugar
- 1 Cup shortening

Preheat oven to 350°. In a large bowl, combine the apples, cranberries (if using), sugar and SPICES. Toss to coat. In a second large bowl, combine the flour and brown sugar. Add the shortening and cut with a fork until the mixture resembles pebbles. Spoon the filling into a 9x13 pan. Sprinkle with the crust crumbles. Gently press the crust to form a flat surface. Bake at 350° for 45-60 minutes.

Prep. time: 20 minutes

Baking time: 45-60 minutes

Serves: 15

Nutritional Information: Servings 15; Serving Size 1 piece (146g); Calories 320; Calories from fat 130; Total fat 14g; Cholesterol 0mg; Sodium 5mg; Carbohydrate 49g; Dietary Fiber 2g; Sugars 34g; Protein 2g.

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know people on an extremely intimate and personal level.

“I get to see where you live, I get to meet more of people’s family than most nurses do. The patient is home, and I’m a guest in their home. It very much flips the traditional patient-nurse dynamic.

“I have the privilege of going into people’s lives at a very dark time for them. Generally speaking the people I see aren’t having the best days, and I probably see them in the middle of a very long streak of their bad days. I really like being able to go in to try and bring some kind of brightness to that dark spot.”

Troy says nursing involves much more than people might realize.

“Healing comes in so many forms. People are more complicated than just medical and health problems. Your well-being is so much more than an absence of disease. It’s spiritual health, it’s happiness, it’s joy, and being sick can take so many of those things from you.”

Troy says it’s often not medicine that a patient needs.

“Sometimes all people want is another person. They need somebody who’s not going to judge them—somebody who’s not afraid of what they have—not afraid of them, to sit and be close and share that experience.

“I pray with people a lot as part of spiritual healing. I’ve sung with people. Sometimes that helps them feel like the burden is being harnessed, and I think that’s how we help them heal as a whole person.

“We deliver traditional medicine and traditional therapies, wound care, but that extra comfort, that extra peace—that’s my favorite part.”

Troy says much of a person’s health is determined more by circumstances than choices. “For a long time in medicine we’ve done a good job of blaming victims for their problems.

People develop diseases because they were forced to make decisions and they weren’t really informed decisions. They did what they had to do.”

He uses the example of a parent choosing to buy inexpensive soda versus the more expensive gallon of milk in an attempt to feed their children.

“It’s not that they wouldn’t want to choose the milk—it’s much more affordable to choose the other. Often they’re just doing what they can to keep the heat on in the winter.

“If a person doesn’t have access to the appropriate things that he needs, it really keeps him from being healthy. The social inability to access things that will keep you healthy prevents you from making the choices that you would otherwise make.

“As Americans we are heavily driven by pride and people will do whatever they have to to avoid asking for help. Unfortunately, sometimes the help doesn’t exist anyway.”

Born to a teenage mom, Troy realizes his life could have taken many different directions.

“I was pretty much raised by Grandma and Grandpa. It was me, my aunts and uncles, and Mom.”

He acknowledges the unique relationship he has with his mom.

“We pretty much grew up together. If I had to go back and do it again the exact same way, I would. It’s made me who I am.”

Growing up with Grandma and Grandpa in the house came with some extra benefits.

“One of my favorite childhood treats was my grandma’s apple crisp. Coming home from school on a fall day, if I smelled that in the oven, it was a good afternoon.”

These days Troy makes that apple crisp using the very pan his grandmother once used.

“Food holds an incredible meaning for people,” he says. “You have certain

things that you distinctly remember.”

He can still smell the pancakes his grandfather made before church on Sunday mornings.

“It was great to roll over in bed and just smell those pancakes—to smell that cast iron pan going.”

Troy’s mom Krista loves to tell the story of how he asked for a spice rack as a 21st birthday gift.

“I love to cook,” says Troy. “Chili was one of the first things I ever wanted to make on my own, because when I went off to college I really missed Grandma’s chili.

“Food is something that people, since the beginning, have come together over. Sitting down together to eat is more than just a nice thing, it’s an important bonding we have with one another.”

He is looking forward to sharing the same kind of moments with his son.

“I can’t wait to teach him to cook some of those things,” says Troy.

“When he goes off to college one day, I hope he calls me and says, ‘Hey dad, how did we make...whatever.’ I want him to crave the things we ate together. Those memories are about more than just the food.”

As a home health nurse, Troy says he truly appreciates the unique opportunity to work one-on-one with his patients in such a personal setting. A few years ago he felt like he was being led down yet another path, and is now studying to become a nurse practitioner, and hopes to continue to work within the community.

“I really do just enjoy the human connection. I enjoy being able to go home at the end of the day and feel like I made a difference for somebody.”

—Traci Parker



Troy’s Wisconsin Chili

You don’t have to wear a foam rubber wedge of cheese on your head while you make this chili from Troy, but let’s face it, you’d look great and the chili would taste even better.

1	lb. lean ground beef	1	16-oz. can pinto beans
5	bratwurst sausages, casings removed	1	12-oz. bottle beer (Troy prefers reds or ambers from Wisconsin, of course)
1	tsp. GRANULATED GARLIC POWDER	1-2	tsp. salt (to taste)
1	sweet onion, chopped	1	tsp. PENZEYS PEPPER
1	green bell pepper, chopped	1-2	TB. CHILI POWDER (regular, medium or hot)
1	yellow bell pepper, chopped	1-2	tsp. GROUND CUMIN
1	red bell pepper, chopped	½-1	tsp. CAYENNE PEPPER
6-7	garlic cloves, minced (or 1½-2 tsp. PENZEYS MINCED GARLIC)	1	tsp. MEXICAN OREGANO (TURKISH OREGANO works if you don’t have MEXICAN)
1	jalapeño pepper, seeded, deveined and minced	1	tsp. GROUND CORIANDER
8	oz. sliced white mushrooms	¼	tsp. WHITE PEPPER
1	29-oz. can tomato sauce		
1	14.5-oz. can diced tomatoes		
1	12-oz. can tomato paste		
1	16-oz. can dark red kidney beans		

In a large skillet, combine the beef, bratwurst and GRANULATED GARLIC. Cook over medium-high heat until browned, stirring frequently to break up the lumps—about 10 minutes. Transfer to a large stock pot. Discard all but 1 TB. of the drippings in the skillet. Add the onion, bell peppers, garlic and mushrooms. Cook over medium heat until softened, stirring often, 8-10 minutes. Transfer to the pot. Add the tomato sauce, diced tomatoes, tomato paste, beans, beer, salt and SEASONINGS. Stir to combine. Cook over low heat for 2-3 hours. Serve with freshly shredded Wisconsin cheddar cheese, sour cream and chopped green onions.

Prep. time: 20 minutes

Cooking time: 2½-3½ hours

Serves: 12-14

Nutritional Information: Servings 12-14; Serving Size 1 generous cup (371g); Calories 320; Calories from fat 130; Total fat 15g; Cholesterol 50mg; Sodium 1070mg; Carbohydrate 28g; Dietary Fiber 7g; Sugars 10g; Protein 19g.

4 JAR BOXES

Baker's Assortment Gift Box

This gift box contains the ingredients any baker will love—the most popular spices for fresh, homemade baked goods.

BOX CONTAINS: China Cinnamon, Natural High Fat Cocoa, Baking Spice, Double Strength Madagascar Pure Vanilla Extract.

#81748 \$38.75

Baking Mini Gift Box

Share the very best with all the bakers who have over the years made your life a little bit sweeter. The Baking Mini also is the gift of confidence that everything you bake will come out tasting its best.

BOX CONTAINS: ¼ cup jar each of our Powdered China Ginger, East Indian Ground Nutmeg, Ground China Cinnamon and our Ceylon Cinnamon. Also includes cards with handy tips for each spice.

#82437 \$15.95

Cheese Seasonings Gift Box

Rich with cheese, spices, poppy and sesame seeds. Delicious mixed with yogurt or mayo for dressing salads and pasta, or as a dip. Also good sprinkled on chicken or fish, steamed vegetables, eggs, baked potatoes or popcorn.

BOX CONTAINS: Salad Elegant, Rocky Mountain Seasoning, Garden Salad, Sicilian Salad.

#85746 \$33.99

Cocoa Lover's Gift Box

This gift contains all the spices needed to make delicious, homemade cocoa. Also perfect for coffee lovers.

BOX CONTAINS: Natural High Fat Cocoa, China Cinnamon, Regular Hot Chocolate Mix, Hot Chocolate Mix with a Hint of Mint.

#80846 \$18.25

Ethnic Milwaukee Gift Box

Easy to use spice mixes based on the rich cultural heritage of Milwaukee.

BOX CONTAINS: Old World Seasoning, Brady Street Cheese Sprinkle, Galena St. Rub, Fox Point Seasoning.

#85546 \$33.99

Extracts Gift Box

We've combined all of our popular extracts into one gift. Perfect for baking or adding flavor to pancake or waffle batter, cake mixes, coffee, tea or hot chocolate. Extracts are really flavorful, and a little goes a long way, so this is a gift that will last.

BOX CONTAINS: Double Strength Vanilla Extract, Almond Extract, Orange Extract, Lemon Extract.

#81843 \$49.99

Grill & Broil Gift Box

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular seasonings for summertime grilling to winter broiling.

BOX CONTAINS: Northwoods Seasoning, BBQ 3000, Galena Street Rib Rub, Jerk Chicken/Fish Seasoning.

#86743 \$30.75

Grill & Broil Mini Gift Box

Our best selling gift box now in an easy to give size. Makes great taste simple. From the lifetime griller to the first time cook this mini is the perfect way to give the gift of delicious flavor.

BOX CONTAINS: ¼ cup jar each of our Cajun Seasoning, BBQ 3000, Galena Street Rub and our 4/5 Special Seasoned Salt. Also includes cards with handy tips for each spice.

#82424 \$15.95

Herb Gift Box

One of our most popular gifts. There is no better or easier way to add flavor to everyday meals than with the use of herbs and herb blends.

BOX CONTAINS: Pasta Sprinkle, Bouquet Garni, Bavarian Rub, Parisien Bonnes Herbes.

#81043 \$20.49

Indian Curry Gift Box

Our most popular curry seasonings, a perfect set for creating Indian cuisine bursting with vibrant spicy flavor.

BOX CONTAINS: Maharajah Curry Powder, Garam Masala (Punjabi Style), Tandoori Seasoning, Balti Seasoning.

#80741 \$45.55

International Salt Free Gift Box

No salt, sugar or MSG. Just fresh and aromatic spices and herbs, all excellent for flavorful fish, chicken and vegetables.

BOX CONTAINS: Mural of Flavor, Bavarian Seasoning, Sunny Spain Seasoning, Tuscan Sunset.

#80646 \$28.49

Kind Heart Gift Box

Spread kindness. Show someone you care with this gift of four versatile seasonings that are all free of salt yet full of flavor.

BOX CONTAINS: 33rd & Galena, Arizona Dreaming, Mural of Flavor, and Penzeys Forward!

#82440 \$14.79

Mill Owner's Gift Box

A thoughtful gift for those who already have a peppermill (or two).

BOX CONTAINS: Tellicherry Black Peppercorns, White Peppercorns, Green Peppercorns, Four Peppercorn Blend.

#81243 \$32.99

Original Mini Gift Box

Penzeys original Mini Gift Box makes giving a gift of great flavor to everyone you love both possible and reasonable. These four universally-appealing spices instantly bring deliciousness.

BOX CONTAINS: ¼ cup jar each of our Penzeys Cinnamon, Penzeys Pepper, Penzeys Garlic Powder and our salt-free Mural of Flavor Seasoning. Also includes cards with handy tips for each spice.

#82419 \$15.95

Pepper Lover's Gift Box

The Pepper Lover's Gift Box is perfect for the pepper lover in your life.

6" BOX CONTAINS: 6" peppermill, Tellicherry Black Peppercorns, White Peppercorns, Green Peppercorns.

#81148 \$52.45

Salad Lover's Gift Box

Tasty, versatile blends for making fresh, flavorful, homemade salad dressings.

BOX CONTAINS: Italian Vinegar & Oil, Buttermilk Ranch, Green Goddess and Creamy Peppercorn

#85641 \$28.45

Some Like It Hot Gift Box

The perfect gift for that special someone who can never have it hot enough.

BOX CONTAINS: HOT Chili Powder, Spicy 4/5, HOT Curry Powder, Northwoods Fire.

#80941 \$27.35

Taco Seasonings Gift Box

All of our Taco Seasonings in one box. Tacos are so tasty, quick and easy, is it any wonder one of the most popular flavors in America is Mexican?

BOX CONTAINS: Original Taco, Bold Taco, Chicken Taco, Rojo Taco Seasoning.

#81948 \$45.55

Welcome SEASONINGS

BOX CONTAINS: ¼ cup jar each of our Bangkok Blend, Frozen Pizza Seasoning, Cajun Style Seasoning, Ruth Ann's Muskego Ave Seasoning, a Heal the World magnet, a Heal the World dish towel, and handy tip cards.

#82624 \$19.95

Welcome SPICES

BOX CONTAINS: ¼ cup jar each of our French Thyme, Ground Red Chipotle Pepper, Vietnamese Cinnamon, Hungarian Sweet Paprika, a Heal the World magnet, a Love People dish towel, and a set of handy tip cards.

#82611 \$19.95

Do-It-Yourself Gift Box Kit

Here's how easy it is to create a distinct gift for that unique individual: purchase any 4 jars of seasonings separately, order this kit and pack the separately purchased jars at home for that personalized touch.

KIT CONTAINS: 1 box, 1½ oz. of cinnamon sticks, ½ oz. of whole Grenada nutmegs and ½ oz. of select Turkish bay leaves, a brochure with recipes on how to use the cinnamon sticks, nutmeg and bay leaves.

4 jar kit #89744 \$4.55



Mail order item only (catalog or online), not available in stores.



INTERNATIONAL SALT FREE
#80646 \$28.49

WELCOME SPICES
#82611 \$19.95



GIFT BOXES | 4 JAR



GRILL & BROIL GIFT BOX
#86743 \$30.75



KIND HEART GIFT BOX
#82440 \$14.79

8 JAR BOXES

American Kitchen Gift Boxes

Traditional spice mixes for the modern kitchen, a place where good sense combines with great taste. A gift for the family that's just starting out, for older folks trying to eat more healthy, or even for yourself.

8 JAR BOX CONTAINS: Cajun Seasoning, Fox Point Seasoning, Singapore Seasoning, Buttermilk Ranch Dressing Base, China Ginger Powder, Sweet Curry Powder, Chinese Five Spice, Italian Herb Seasoning.

#85483 \$59.29

Baker's Assortment Gift Box

This gift box contains the ingredients any baker will love—the most popular spices for fresh, homemade baked goods.

BOX CONTAINS: Half cup jars of: Sweet China Cassia Cinnamon, Natural High Fat Cocoa, Double Strength Madagascar Pure Vanilla Extract, Ceylon True Cinnamon, Dutch Blue Poppy Seeds, China Ginger Powder, Minced Lemon Peel. Quarter cup jars of: Powdered Cloves, Ground Cardamom.

#81580 \$69.99

Flavors of Asia Gift Box

Asian cooking in American kitchens has been popular for some time. Whether you are a fledgling Asian cook or an iron chef, this gift box has all the basic tools for a delicious Asian meal at home.

BOX CONTAINS: Garlic, Cilantro, White Pepper, China Ginger Powder, Bangkok Blend, Chinese Five Spice, Singapore Seasoning, Indonesian Saté.

#82282 \$55.85

Grill & Broil Gift Box

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling.

BOX CONTAINS: Northwoods Seasoning, BBQ 3000, Galena Street Rub, Jerk Chicken/Fish Seasoning, Cajun Seasoning, Lemon Pepper, 4/5, Bicentennial Rub.

#86480 \$56.95

Salt Free Grill & Broil Gift Box

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. This bestselling box combines our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling.

BOX CONTAINS: Sunny Spain, California Seasoned Pepper, Singapore Seasoning, Mural of Flavor, Jerk Chicken/Fish, Black/Red, Tuscan Sunset, Florida Seasoned Pepper.

#86988 \$61.55

Herb Gift Box

One of our most popular gifts. There is no better or easier way to add flavor to everyday meals than with the use of herbs and herb blends.

BOX CONTAINS: Cracked Rosemary, Thyme, Rubbed Sage, French Tarragon, Turkish Oregano, California Basil, Herbes de Provence, Pasta Sprinkle.

#80383 \$36.99

Indian Curry Gift Box

Our most popular curry seasonings, a perfect set for creating Indian cuisine bursting with vibrant spicy flavor.

BOX CONTAINS: Sweet Curry Powder, Hot Curry Powder, Maharajah Curry Powder, Tandoori Seasoning, Rogan Josh, Balti Seasoning, Garam Masala (Punjabi Style), Vindaloo Seasoning.

#80488 \$75.95

International Salt Free Gift Box

No salt, sugar or MSG. Just fresh and aromatic spices and herbs, all excellent for flavorful fish, chicken and vegetables.

BOX CONTAINS: Mural of Flavor, Bavarian Seasoning, Sunny Spain Seasoning, Tuscan Sunset, Adobo Seasoning, Jerk Chicken/Fish, Pasta Sprinkle, Regular Chili Powder.

#82387 \$55.85

Kind Heart 8 Jar Seasonings

Blends are the easiest way to add flavor to foods—simply sprinkle and enjoy!

BOX CONTAINS: Brady Street, Taco Seasoning, Regular Chili Powder, Forward!, Cinnamon Sugar, Sandwich Sprinkle, Pasta Sprinkle, Chip & Dip, Heal the World dish towel, Kind Heart lapel pin, Kind Heart refrigerator magnet.

#82529 \$39.95

Kind Heart 8 Jar Spices

Fresh, vibrant, versatile spices that will bring a burst of life to everything you cook.

BOX CONTAINS: Turkish Oregano, Penzeys Cinnamon, Dill Weed, Smoked Spanish Paprika, California Basil, Granulated Garlic, China Powdered Ginger, Penzeys Pepper, Heal the World dish towel, Kind Heart lapel pin, Kind Heart refrigerator magnet.

#82516 \$34.95

Salad Lover's Gift Box

Tasty, versatile blends for making fresh, flavorful, homemade salad dressings. At Penzeys, we use freshly ground, top quality spices, giving superior flavor. If you can't decide which dressing base to try, this might even be a good gift for yourself.

BOX CONTAINS: Italian Vinegar & Oil, Buttermilk Ranch, Creamy Peppercorn, Green Goddess, Country French Vinaigrette, Garden Salad, Sandwich Sprinkle, Salad Elegant.

#85188 \$59.25

Some Like It Hot Gift Box

The perfect gift for that special someone who can never have it hot enough.

BOX CONTAINS: HOT Chili Powder, Spicy 4/5, HOT Curry Powder, Northwoods Fire, Vindaloo Seasoning, Ground Chipotle Pepper, Crushed Indian Style Red Pepper, Galena Street Rub.

#85388 \$56.95

Steak Seasonings Gift Box

America's love affair with steak is alive and well. These seasonings are blended using robust spices and coarser grinds to stand up to your favorite steak.

BOX CONTAINS: Cajun Seasoning, Chicago Steak Seasoning, English Prime Rib Rub, Bicentennial Rub, Singapore Seasoning, Northwoods Seasoning, Mignonette Pepper, Saté Seasoning.

#86680 \$64.95

Taste Of Mexico Gift Box

A great blend of fragrant herbs and spices—vital for authentic and flavorful Mexican cooking.

BOX CONTAINS: Epazote, Ground Ancho Chili Pepper, Ground Cumin, Mexican Oregano, Cilantro, Ground Chipotle Pepper, Adobo Seasoning, Ceylon Cinnamon.

#81685 \$51.29

Do-It-Yourself Gift Box Kit

Here's how easy it is to create a distinct gift for that unique individual: purchase any 8 jars of seasonings separately, order this kit and pack the separately purchased jars at home for that personalized touch.

KIT CONTAINS: 1 box, 1½ oz. of cinnamon sticks, ½ oz. of whole Grenada nutmegs and ½ oz. of select Turkish bay leaves, a brochure with recipes on how to use the cinnamon sticks, nutmeg and bay leaves.

8 jar kit #89881 \$5.35



Mail order item only (catalog or online), not available in stores.

STEAK SEASONINGS GIFT BOX
#86680 \$64.95



KIND HEART 8 JAR SEASONINGS GIFT BOX
#82529 \$39.95



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GIFTS THAT SAY SO MUCH

GIFTS THAT SAY SO MUCH

Baker's Gift Crate

From apple bread to blueberry pie to cookies, this gift fits the bill for every baking recipe. Our Baker's Crate has it all—it might even be the perfect addition to your own kitchen or a thoughtful wedding gift.

BOX CONTAINS: Vietnamese Cassia Cinnamon, Ceylon Cinnamon, Cinnamon Sugar, Baking Spice, Ground Cloves, Ground Ginger, Minced Lemon Peel, Dutch Blue Poppy Seed, Mulling Spices, Ground Allspice, Ground West Indies Nutmeg, Ground Cardamom, Ground Anise, Cream of Tartar, Vanilla Sugar, Dutch Cocoa, Natural Cocoa, Madagascar "Bourbon Islands" Vanilla Beans, Pure Vanilla Extract, Pure Almond Extract.

#83539 \$169.95

Cooking Gift Box

There's no better way to show someone you care than by cooking for them—or by giving them our new Cooking Gift Box. Cheery and bright, it's full of delicious spices and seasonings for every style of cooking. Also included are a colorful Kind Heart pin, our new "Love People. Cook them tasty food" dish towel, and a 24-page booklet full of stories and recipes. It's a great gift and a great way to share the happiness Cooking brings to your life with everyone on your gift-giving list.

BOX CONTAINS: 1/2 Cup jar of Penzeys Cinnamon, 1/2 Cup jar of Mural of Flavor Salt Free Seasoning, 1/4 cup jar of Penzeys Minced Garlic, 1/4 cup jar of Pasta Sprinkle, 2 oz. bottle of Penzeys Pure Vanilla Extract, a Kind Heart Pin, a "Love People. Cook Them Tasty Food" dish towel and a 24-page booklet of stories and recipes.

#83021 \$37.95

Grill & Broil Gift Crate

Easy to use, robust, flavorful blends are the ideal gift for backyard cooks everywhere—from beginners to pros. These bestselling boxes combine our most popular meat, poultry and fish seasonings from summertime grilling to winter broiling. Perfect for all cuts of beef, pork, chicken and seafood, just rub on to taste, starting with 1 tsp. per pound.

BOX CONTAINS: BBQ 3000, 4/S, Mural of Flavor, Cajun Seasoning, Galena Street Rub, Bicentennial Rub, Singapore Seasoning, Jerk Chicken/Fish Seasoning, Northwoods Seasoning, Lemon-Pepper, Saté Seasoning, Pork Chop Seasoning, Trinidad Lemon Garlic Marinade, Black & Red Spice, Florida Seasoned Pepper, Southwest Seasoning, Bavarian Rub.

#85838 \$128.79

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Our Hot Chocolate Set comes in a charming snowflake covered box with both our regular and mint Penzeys Hot Chocolate Mix, plus two Penzeys Kind Heart mugs.

GIFT SET CONTAINS: One 2-cup jar Regular Hot Chocolate mix, One 2-cup jar Hot Chocolate mix with a Hint of Mint and 2 Penzeys Kind Heart Mugs.

#87737 \$37.59

Pasta & Salad Seasonings Gift Crate

Everyone wants to eat healthy, but no one wants to feel deprived. With this crate, you can have the best of both worlds—delicious, flavorful food that won't take a toll on your waistline.

BOX CONTAINS: Creamy Peppercorn Dressing Base, Buttermilk Ranch Dressing Base, Parisien Bonnes Herbes, Garden Salad Seasoning, Brady Street Cheese Sprinkle, Sicilian Salad Seasoning, Greek Seasoning, Country French Vinaigrette Dressing Base, Salsa Salad Seasoning, Green Goddess Dressing Base, Rocky Mountain Salad Seasoning, Salad Elegant, Sweet California Basil, Italian Herb Mix, Turkish Oregano, Coarse Grind Tellicherry Black Pepper, Italian Vinegar and Oil, Granulated Garlic, Sandwich Sprinkle, Pasta Sprinkle.

#87337 \$152.75

The Spice Replacement Gift Crate

There are certain times in life when a person needs to completely replace their selection of spices and seasonings—whatever the reason, this is a wonderful assortment of the spices commonly called for in recipes. This gift also includes popular, versatile and traditional blends to round out your spice cupboard.

BOX CONTAINS: Old World Seasoning, Brady Street, Galena Street Rib Rub, Fox Point Seasoning, Tellicherry Black Peppercorns, Four Peppercorn Blend, Granulated Garlic, Medium Hot Chili Powder, Italian Herb Mix, Cake Spice, Sweet Curry Powder, Hungarian Sweet Paprika, Cayenne Pepper, China Cassia Cinnamon, Sunny Spain Seasoning, Taco Seasoning, 6" Peppermill, 6" Salt shaker.

#86172 \$157.89



WEDDING 9 Jar
#88839 \$39.95

COOKING GIFT BOX
#83021 \$37.95

WEDDING 15 Jar
#88868 \$69.95

Teacher's Gift Box

Let the teachers in your life know how much you appreciate them. At Penzeys we believe that education is the future of everything, so we put together this gift box as a way of showing our admiration and gratitude for everything teachers do. **BOX CONTAINS:** 1/4 Cup jar of Smoked Spanish-Style Paprika, 1/2 Cup jar of Penzeys Forward! Salt Free Seasoning, a Teachers Care bumper sticker, a Teach! pin, and a 24-page booklet of stories and recipes. #83018 **\$9.95**

Two Hearts Gift Crate

All dressed up and ready to go—this crate looks so great it doesn't even need wrapping. Plus, it has everything the happy couple could need to create wonderful meals and memories. **BOX CONTAINS:** Black & Red, Regular Chili Powder, Herbes de Provence, Italian Herb Mix, Pasta Sprinkle, Poultry Seasoning, Hot Chocolate Mix, Lemon Pepper, Taco Seasoning, Chip & Dip Seasoning, Sandwich Sprinkle, 4/5 Seasoned Salt, Dill Weed, Parsley, China Cinnamon, Granulated Garlic, Hungarian Sweet Paprika, 8" Peppermill with Tellicherry Peppercorns, 8" Salt shaker, Double Strength Vanilla, Four Peppercorn Blend, Spanish Coupe Saffron and wedding charms. #87537 **\$204.99**

Wedding 9 Jar

Help the happy couple cook up some memories. **BOX CONTAINS:** 1/4 cup jar each of English Prime Rib Rub, Mural of Flavor, Smoked Spanish Paprika, Ruth Ann's Muskego Ave, Sandwich Sprinkle, Thyme, Penzeys Cinnamon, 1/2 cup jar each of Cajun Seasoning, and Penzeys Frozen Pizza Seasoning, a Heal the World magnet, a Heal the World dish towel. #88839 **\$39.95**

Wedding 15 Jar

All you need is love (a little spice never hurts). **BOX CONTAINS:** 1/4 cup jar each of Sandwich Sprinkle, Mural of Flavor, Smoked Spanish Paprika, Turkish Oregano, Penzeys Roasted Garlic, Arizona Dreaming, Forward!, Northwoods, Penzeys Frozen Pizza Seasoning, Cajun, Ruth Ann's Muskego Ave, Fox Point, 1/2 cup jar each of Penzeys Cinnamon and Penzeys Pepper, a 2-ounce bottle of Double Strength Vanilla and a Heal the World magnet. #88868 **\$69.95**

Wedding Crate

The perfect gift for making tasty meals and lasting memories in the kitchen. **BOX CONTAINS:** 1/4 cup jar each of Sandwich Sprinkle, Mural of Flavor, Smoked Spanish Paprika, Turkish Oregano, Penzeys Roasted Garlic, Arizona Dreaming, Forward!, Northwoods, Penzeys Cinnamon, Ruth Ann's Muskego Ave Seasoning, Granulated Garlic, Sweet Curry, Galena St., Turkish Seasoning, Thyme, English Prime Rib Rub, California Basil, Tuscan Sunset, Singapore Seasoning, Fox Point, 1/2 cup jar each of Penzeys Frozen Pizza Seasoning, Cajun, Penzeys Pepper, Regular Chili Powder and Original Taco Seasoning, a 2-ounce bottle of Double Strength Vanilla, a 6-inch peppermill in dark finish, a 6-inch salt shaker in dark finish, a Heal the World magnet and a Heal the World dish towel. #88871 **\$149.95**

Penzeys Mug

A friendly way to share the values of love and cooking. Dishwasher safe! 12 fl. oz. #94047 **\$8.50**

Heal the World Mug

Our new purple mug is just the perfect size, and it looks really happy sitting on a table or desk. Dishwasher safe! 12 fl. oz. #94049 **\$8.50**

Heal the World Towel

As warm and soft as the Love it comes from. Actual size of towel is 28" by 28." #88121 **\$7.95**
***\$6.95** each with the purchase of any gift box.

Love People Dish Towel

... Says it all. Actual size of towel is 20" by 28." #88118 **\$5.95**
***\$4.95** each with the purchase of any gift box.

Heal the World Magnet

#78008 **\$3.95**

Love People Gift Boxes

A wonderful selection of spices and seasonings for every cook. Share the love and happiness that come from cooking with these cheerful gifts. Choose from four festive colors!

REGULAR BOX CONTAINS: 1/4 cup jars of Penzeys Curry, Frozen Pizza Seasoning, Penzeys Cinnamon, Mural of Flavor, Penzeys Roasted Garlic, Penzeys Minced Garlic, Turkish Oregano, Sandwich Sprinkle, a Kind Heart pin and a Love People bumper magnet. Love People Regular (purple) #82716 **\$29.95**
Love People Regular (yellow) #82729 **\$29.95**
Love People Regular (orange) #82732 **\$29.95**
Love People Regular (blue) #82745 **\$29.95**

DELUXE BOX CONTAINS: 1/4 cup jars of Penzeys Roasted Garlic, Penzeys Minced Garlic, Turkish Oregano and Sandwich Sprinkle. 1/2 cup jars of Penzeys Curry, Frozen Pizza Seasoning, Penzeys Cinnamon and Mural of Flavor, plus a 2oz. bottle of Single Strength Vanilla, a Kind Heart pin and a Love People bumper magnet. Love People Deluxe (purple) #82811 **\$44.95**
Love People Deluxe (yellow) #82824 **\$44.95**
Love People Deluxe (orange) #82837 **\$44.95**
Love People Deluxe (blue) #82840 **\$44.95**

Limited-time introductory offer!
regular Love People **\$19.95!**
\$29.95 after Jan 3rd



LOVE PEOPLE REGULAR (shown in orange) #82732 **\$29.95**

LOVE PEOPLE DELUXE (shown in purple) #82811 **\$44.95**



Limited-time introductory offer!
deluxe Love People **\$29.95!**
\$44.95 after Jan 3rd



Maggie's beloved father, Benjamin Martorelli, taught her the importance of being a friend to those in need.

how to balance two different dietary styles. "I try to cook healthy food, reducing the sugar, salt and fat wherever possible. I've had hypertension for 25 years now. It's well controlled with a little medication and a lot of lifestyle changes. My husband grew up in a Pennsylvania Dutch family. He has been very open to trying my 'twists' on otherwise-fattening foods.

"Our biggest obstacle is oats: I try to add fiber to his diet, but he doesn't care much for the taste," she laughs.

Maggie sees a real connection between nursing and cooking. "We learn in psychology that basic needs must be met first before you can relate on a higher level. We also know how closely related physical and mental health are. I believe that when we feed and minister kindness to another, we build a bridge that welcomes and sustains.

"My father used to say he was 'the richest man in the world,' out of love for his family, friends and life. I feel very fortunate to carry his spirit with me in my kitchen and my work," Maggie says.

"Having gone to nursing school almost 40 years ago, I remember being taught that people with Type 1 diabetes rarely lived past their 20s, people with Down Syndrome didn't live past their 30s, and people receiving hemodialysis rarely lived more than a couple of years," she

recounts. "How far we've come in a relatively short time. Vaccines were hailed as a saving grace in helping to eradicate many diseases.

"For the past 16 years I have worked as a school nurse. My students range from 12 to 21 years old, some of whom have chronic medical issues as well, such as diabetes, asthma, seizure disorders and mental illness. I love the autonomy of my job and the new challenges that come with every day; the school nurse never knows what will arrive at the door.

"Unfortunately, some kids can't be immunized, so they rely on the protection of herd immunity—being surrounded by healthy kids who won't catch and transmit serious disease to them. Maybe their immune systems are compromised by HIV, autoimmune disease or cancer treatment—maybe they've had an organ transplant. Still, they need to be in school, not just to learn, but to socialize and not have to feel different, which is especially cruel to a child. For this reason I support mandatory vaccinations," she says.

Prior to becoming a school nurse, Maggie worked in geriatrics, intensive care, infectious disease and acute medicine settings—most painfully, when the AIDS epidemic was growing in Delaware in the late 1980s. "So many courageous young men endured a ruthless disease which caused panic and discrimination while wreaking brutal physical carnage on their bodies, claiming lives within months of diagnosis."

Which brought her back to something her father often told her when she cared for wounded animals as a child. "When they passed away, he allowed me to grieve and told me that 'at least they didn't die without a friend.'



Easy Apple Crisp

Maggie confesses, "Sometimes my husband brings this to work for breakfast." This recipe also works well with peaches, blueberries or a combination.

- 4-6 apples, peeled, cored and sliced no more than 1/4-inch thick (Maggie uses a mix of Gala and Granny Smith apples)
- 1 TB. lemon juice
- 1 Cup uncooked rolled oats (old-fashioned oats work, too)
- 1 Cup chopped nuts, pepita (pumpkin seeds) or sunflower seeds (optional)
- 1/3 Cup flour
- 1/3 Cup packed brown sugar (Splenda blend works, too)
- 1/4 Cup melted butter
- 1 tsp. PENZEYS CINNAMON

Preheat oven to 375°. Toss the apples with the lemon juice and mix. Arrange in a lightly greased 9-inch square baking pan. In a large bowl, combine the oats, nuts or seeds (if using; we used 1/2 cup each pepitas and sunflower seeds), flour and brown sugar. Stir to combine. Add the melted butter and CINNAMON and mix until crumbly. Sprinkle over the apples. Bake at 375° until the apples are tender, 20-30 minutes. Serve warm or cold.

Prep. time: 20 minutes

Baking time: 20-30 minutes

Serves: 9

Nutritional Information for crisp without optional nuts: Servings 9; Serving Size 1 square (148g); Calories 180; Calories from fat 50; Total fat 6g; Cholesterol 15mg; Sodium 45mg; Carbohydrate 31g; Dietary Fiber 3g; Sugars 18g; Protein 2g.

"Those words carried me more times than he ever lived to know. I was thankful to have them and was the best friend I could be to those who taught me so much about patience, grace and forgiveness."

—Andy Jankowski

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one for the Road to Healing

We live in interesting times—times of change in many ways unlike anything seen before. Today it's no longer possible to wear the blinders that have shielded so many from seeing the unequal realities faced by so many others. There is an incredible beauty to the change that is happening right here, right now, but to read my email inbox is to understand the beauty of this change is not coming easy to anyone.

So often it's nurses who are on the front lines bringing their kindness and compassion to the places where change is most needed. The tough reality of inequality is that it creates the greatest need for healing in the very same communities that have the least ability to afford healing's costs. Charlene Smith (page 48) is a great example of the millions of nurses who spend their careers working every day in the places where they are needed most to "help make people feel better."

As a member of the Oneida Nation, she reminds us that, "in the Indian way, every day is Thanksgiving." For her, this idea of giving thanks is about so much more than just speaking words. It is almost as if there is no way to truly acknowledge how much we've been given without giving back. For Charlene, this giving back starts with the hard work of growing as an individual and continues on to figuring out how our actions can grow and heal our community around us. We should all be thankful there are nurses like Charlene Smith in our world.

For those of us still working to celebrate Thanksgiving once a year, maybe this is the year to look in the direction of those who originally gave us the gift of Thanksgiving. It really is time to think about how we can grow as individuals to build the community needed to heal what has happened and honor those who in their kindness gave us this gift. The healing that needs to happen won't come overnight, but if the worlds of both cooking and nursing can teach us anything it's that kindness and compassion always make the world a better place. Always. Every time.

Give Thanks,

Bill

bill@penzeys.com

Charlene is thankful for many blessings, including her long career as a nurse and being mom to two wonderful women, daughters Kateri (on the left) and Keetah.





Pork Chops and Scalloped Potatoes

Hearty comfort food at its finest. This recipe is from Charlene Smith's sister, Laura Gordon. To read Charlene's story, turn to page 48.

- 6-8 thin pork chops
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp. salt, to taste
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp. PENZEYS PEPPER, to taste
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp. WHITE ONION POWDER, to taste (optional)
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp. GRANULATED GARLIC POWDER, to taste (optional)
- 2 TB. canola oil
- 1 onion, peeled and sliced
- 6 Cups thinly sliced peeled potatoes
- 2 Cups shredded cheddar cheese
- $\frac{1}{2}$ Cup (1 stick) butter, sliced into pats
- $\frac{1}{2}$ Cup flour
- 2 Cups whole milk
- $\frac{1}{2}$ -1 tsp. salt, to taste
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp. PENZEYS PEPPER, to taste

Season the pork chops with salt, pepper, ONION POWDER and GARLIC (if using). Heat the oil in a large frying pan over low heat. Add the pork chops and onion. Cover and cook until browned, 6-8 minutes, turning halfway through cooking. Set aside. Preheat oven to 425°. Lightly grease a roasting pan. Layer half of the potatoes in the bottom of the pan. Sprinkle with half of the cheese. Sprinkle with half of the flour. Top with half of the butter slices. Follow with the remaining potatoes, flour and butter. Top with the pork chops and onions. Sprinkle with the remaining cheese. Pour the milk over the top and sprinkle with salt and PEPPER. Cover the pan and bake at 425° for 45-75 minutes or until the potatoes are soft. Remove cover after 45 minutes and check on the liquid level, if there is a lot leave the cover off so the liquid will reduce in the final half hour or so of cooking time.

Prep. time: 20 minutes

Cooking time: 45-75 minutes

Serves: 6-8

Nutritional Information: Servings 6-8; Serving Size 1 chop and 1 cup potatoes (305g); Calories 530; Calories from fat 310; Total fat 34g; Cholesterol 120mg; Sodium 560mg; Carbohydrate 28g; Dietary Fiber 3g; Sugars 5g; Protein 28g.

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