

# THE OLIVE AND THE GRAPE

www.theoliveandthegrape.biz Mentor West Side Market Kamm's Corners

## SUGGESTIONS FOR MEAT/POULTRY/FISH SEASONINGS

**CATTLE CALL** – This “can’t keep it on the shelves” blend is good as a rub, “add in’ seasoning in ground meat, and as a flavor booster in marinades; customers say it makes the best steaks ever (used as a seasoning in a olive oil/wine marinade); Highly recommended for Flank Steak (marinade): contains papain, a natural tenderizer; Member of the “Top 5 “Meat” Seasonings”

**PORK SEASONING** – This blend can be used as a “shake on” seasoning, as a rub, or as the seasoning in a marinade; contains papain, a natural tenderizer; equally as good on chops as it is on roasts

**BUTCHER’S RUB** – This all purpose rub a great grilling rub, as well as a seasoning for all types of dishes: meat, eggs, vegetables, ... even salad dressings; with Tellicherry pepper, shallots and garlic, you can’t go wrong; Member of the “Top 5 “Meat” Seasonings”

**LEMON-HERB SEASONING** – This wonderful blend can be used as a “shake on” seasoning, or as a rub on chicken and fish; also great when added to cracker or bread crumbs; great choice for roasting whole chicken (be sure to season the cavity as well); a favorite seasoning for “Beer Can Chicken”; Member of the “Top 5 “Meat” Seasonings”

**CHICKEN SEASONING** - this blend of seasonings contains the natural tenderizer, papain; use this seasoning for any preparation of chicken: as a rub on grilled chicken; with olive oil and acid (vinegar, lemon juice or wine) as a marinade; mixed with bread crumbs ( 1 T, seasoning, 1 cup breadcrumbs, 1 T. Parmesan cheese –optional) for breaded chicken; use on skin and in cavity for a whole roasted chicken; can be used on Cornish hens, turkey and other poultry as well; Member of the “Top 5 Meat” Seasonings

**FISH AND SEAFOOD SEASONING** – the finer grind of this seasoning makes it ideal for all fish, especially the milder, whiter fish, and seafood

**LAMB SEASONING** – As the name implies, this blend is ideal for lamb, whether as a rub or seasoning for a marinade; perfectly balanced, wiith just the right amount of mint; also well suited for duck and goose

**BOHEMIAN “EUROPEAN STYLE” RUB** – this unique blend, including lavender buds, is a great rub for poultry, veal, and pork

**PEPPERCORN RUB** – the seasoning of choice for those who enjoy a peppered steak or roast; nice for prime rib

**RIB and CHICKEN RUB** – This “not just for ribs rub” is blended especially for grilling ribs and chicken, although it is also a good choice for baking/roasting.

**LATINO (adobo-style) SEASONING/RUB** – This Hispanic adobo style blend is excellent as a rub, use 1 t. per pound of chicken, pork, steak or fish; takes salsas and guacamole “up a notch”; Member of the “Top 5 “Meat” Seasonings

**GAME SEASONING** – the name says it all: for venison, wild boar, goose, duck, etc; also nice for those who prefer a “bolder” seasoning on steaks, etc.

**CHIROZO SAUSAGE SEASONING** – don’t let the name limit you: not only is it outstanding for making your own sausage (directions on label), it is a great seasoning for grilling and the “hobo packs” with ground meat, potatoes and onions; was the big hit of our 2011 Grilling Demos!

**RIB PARBOIL SPICES** – This blend comes pre-measured in food grade muslin bags.; you need to try these once, ... your ribs will be so full of flavor, and the meat will fall of the bones; simply use 1 muslin bag for a large stockpot (should hold up to 3 slabs), parboil, then bake or grill as usual ( use a rub or sauce, most customers use a rub when the ribs have been parboiled)

**CRAB, SHRIMP, & LOBSTER SPICES** – For your convenience this blend comes pre-measured in a food grade muslin bag.; use this traditional blend for steaming/boiling crab, shrimp, lobster or fish; when making fish/seafood stock, simply drop in one muslin bag of seasonings to add great flavor and dimension to your stock; note: since crab, shrimp and lobster have short cooking times, it is best to simmer the water with the seasoning bag added for 20 minutes prior to adding the shellfish

**MOROCCAN MEATBALL SEASONING** – This blend of seasonings will offer you an authentic tasting Moroccan Meatball, whether you choose ground lamb, pork, beef, or turkey. Serve your meatballs with rice or couscous.

Refer to the Library Page of our website for more information. Request recipes: [recipes@theoliveandthegrape.biz](mailto:recipes@theoliveandthegrape.biz)