

### **Lawry's Seasoning**

2 tablespoons salt.

2 teaspoons sugar.

½ teaspoon paprika.

¼ teaspoon turmeric.

¼ teaspoon onion powder.

¼ teaspoon garlic powder.

¼ teaspoon cornstarch.

### **Homemade Mrs. Dash Seasoning Mix**

1 tablespoon garlic powder

1 teaspoon basil

1 teaspoon marjoram

1 teaspoon thyme

1 teaspoon parsley

1 teaspoon savory

1 teaspoon onion powder

1 teaspoon sage

1 teaspoon black pepper

1 teaspoon dried lemon zest (optional)

½ teaspoon cayenne pepper

Combine all ingredients. Store in an air-tight container.

Now, although we're trying to cut the amount of sodium we consume, we're not about to stop sprinkling it on meat before grilling. Steaks, burgers, ribs, chops — this, and some mesquite wood chips — add such an amazing flavor! What I haven't told my husband, though, is that my version uses less than half as much salt as the commercial product. Sometimes what he doesn't know is something he doesn't need to know!

### **SAVORY SEASONING**

Ingredients

- ¼ cup sea salt
- 1 tablespoon celery salt
- 1 tablespoon garlic salt
- 1 tablespoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon onion powder
- ½ teaspoon ground oregano
- dash white pepper
- ½ teaspoon cornstarch (optional...helps make the mix easy to sprinkle)

Combine ingredients in a blender or coffee grinder and whirl for 5 seconds. Store in an air-tight container or salt shaker.

### **Old Bay Seasoning**

That great Old Bay flavor using spices you already own. Sprinkle on seafood, chicken, scrambled eggs, popcorn, pizza... it's so versatile!

- 5 dried bay leaves
- 1½ tablespoons celery salt
- 1½ teaspoons dry mustard
- 1½ teaspoons black pepper
- ¾ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- ½ teaspoon paprika
- ½ teaspoon ground red pepper flakes
- ¼ teaspoon mace

Crumble bay leaves and whirl them in a blender, coffee grinder or food processor until they're powdery. (A coffee grinder works, too.) Measure 1 tablespoon of the bay leaf powder and add it to the other ingredients in an air-tight container. Shake well.

**Italian Seasoning** Put in a grinder and pulverize (NOTE: its all dried for easy storage)

- 3 tablespoons [dried basil](#)
- 3 tablespoons [dried oregano](#)
- 3 tablespoons [dried parsley](#)
- 1 tablespoon [garlic powder](#)
- 1 teaspoon [onion powder](#)
- 1 teaspoon [dried thyme](#)
- 1 teaspoon [dried rosemary](#)
- ¼ teaspoon [black pepper](#)
- ¼ teaspoon [red pepper flakes](#)

### **Ranch-Dry**

- 1 1/2 cup dry buttermilk
- 1/3 cup dried parsley
- 1 tbs. dried dill weed
- 1 tbs. dried chives
- 1 tbs. garlic powder
- 1 tbs. onion powder
- 1 tsp. ground black pepper or lemon pepper
- 1 tsp. salt

### Slaw dressing

My quantities make right at 2.5 cups ..... a good amount for a whole head of shredded cabbage.

1.5 Cups of Kraft olive oil Mayo --- 3 parts  
1/2 cup Raw Apple Cider Vinegar --- 1 part  
1/2 cup Pure Raw Honey --- 1 part  
1/2 teaspoon Celery Seed ----- basic recipe

options; 1/2 teaspoon lemon pepper. my addition.  
and or 1/2 Tablespoon ground dry Mustard, James Beard option which gives it a bit of a spicy kick.

### Paleo Mayonnaise

- 1 large egg yolk
- ¼ teaspoon salt
- ¼ teaspoon Dijon mustard
- 1 ½ teaspoon lemon juice
- 1 teaspoon white vinegar
- ¾ cup [macadamia nut oil](#) or [avocado oil](#)

*All ingredients should be at room temperature*

Put all the ingredients except the oil in a large bowl and whisked until the yolk thickened and the color brightened (around 30 seconds).

Add ¼ cup of the oil in a slow steady stream while whisking vigorously (~1 minute).

After the oil is incorporated, slowly added the second ¼ cup of oil and incorporated it the same way as the first (~30 seconds). I added the last ¼ cup of oil all at once (per the instructions) and whisked it to emulsify the mayo completely.

### Blue cheese dressing

- 1 cup mayonnaise
- 2 Tbsp [white vinegar](#)
- ½ tsp Worcestershire sauce
- ¼ lb crumbled blue cheese
- ¼-½ cup [heavy cream](#)
- Freshly ground black pepper, to taste

In a glass bowl, combine the mayonnaise, vinegar, Worcestershire sauce and cheese.

Adjust thickness by stirring in some of the cream. Season to taste with freshly ground black pepper. Chill.

Store unused portion in the refrigerator, where it should keep for a day or two.

Makes about 2 cups of dressing.

### Worcestershire Sauce Recipe (Makes about 1 cup of sauce)

- 1/2 cup apple cider vinegar
- 1/8 cup molasses
- 1/8 cup soy sauce
- 2 tbsp honey
- 1 tbsp fish sauce
- 1 tsp pepper
- 1 clove garlic
- 1 tsp onion powder
- 1/2 tsp chili powder
- 1/4 tsp cinnamon or ground clove
- 1/2 tsp ground ginger
- Juice from 1/2 lime

In a small saucepan, mix ingredients together and bring to a boil. Reduce heat and simmer for 10 minutes. Remove from heat and pour into a blender. Blend until smooth. Store in a dressing bottle, or covered bowl in the refrigerator for up to 1 month.

**All Purpose**— I use this on kale chips, chicken, roasted veggies and more!

- 4 t onion powder
- 2 t garlic powder
- 2 t mustard powder
- 1/4 t dried thyme
- 1/4 t ground black pepper
- 1 t sea salt

**Smokey Southwestern**— This is perfect for chili, beans, or meats.

- 1 T chili powder
- 2 t ground cumin
- 1 t coriander
- 1/2 t onion powder
- 1/2 t garlic powder
- 1/2 t dried oregano
- 1/2 t paprika
- 1 t sea salt

**Mediterranean**— Perfect for greek chicken and salad.

- 4 T dried parsley
- 4 t dried onion flakes
- 2 t dried basil
- 1 t dried oregano
- 1 t dried thyme
- 1 t garlic powder

**Taco Seasoning**— This is perfect for chili, beans, or meats.

- ½ C chili powder
- ¼ C onion powder
- 2 T ground cumin
- 2 T garlic powder
- 1 T paprika
- 2 T sea salt
- 1 T black pepper

Options

- 1 t oregano
- 1-2 T crushed red pepper flakes (depends on how spicy you want the seasoning)

Homemade Tajin Recipe

- 2 tsp Chimayo chili powder
- 2 tsp ancho chili powder see notes
- 2 T cumin powder
- 2 T garlic powder
- 2 T chipotle powder (optional)
- 4 T crystallized lime powder see notes
- 2 T fine sea salt

### **Adobo Chili Spice Mix for Pork**

4 ancho or California dried chiles (4 to 6)

1/2 tsp dried oregano

1/4 tsp ground cumin

1/4 tsp ground black pepper

3 cloves garlic, peeled

juice of 1 orange, 1 lemon and 1 lime

Remove the seeds and veins from the chilies, tear the chilies into small pieces, and soak them in warm water until they begin to swell, about 30 minutes. Drain, reserving the water.

Combine the ingredients in a blender or food processor and blend to a not-too-smooth texture (there should still be pieces of chili identifiable in the paste). If more liquid is needed to blend, add a little of the soaking liquid.

Makes 1 cup, enough for 6-8 chops or 2 pounds of cubed pork. Can also use on chicken or turkey parts, but do not marinate these overnight.