

Seasoning Mixes

SEAFOOD SEASONING MIX

¼ cup salt	1 tsp. dried parsley
2 tbsp. cayenne pepper	½ tsp. dry hot mustard
1 tbsp. black pepper	½ tsp. ground file powder
1 tbsp. white pepper	¼ tsp. dried thyme
2 tbsp. paprika	¼ tsp. dried oregano
1½ tbsp. onion powder	¼ tsp. dried tarragon
1 tbsp. garlic powder	¼ tsp. dried rosemary
2 tsp. dried sweet basil	⅛ tsp. cloves

In a large mixing bowl, blend all the ingredients together well. Store in a tightly covered glass jar for use as needed. This is an excellent seasoning for all seafoods. Use this seasoning mix as you would use salt. Do not add additional salt to any dish using this seasoning mix. Makes about ½ cup of seasoning mix. Serving size is 1 tsp.

Lagniappe: This seasoning mix lends itself mainly to seafood but it is generally a good seasoning for any dish. You can make a large amount at one time and store for later use or give as gifts during the year or at Christmas time.

Carbs per serving: trace
Net Carbs per serving: trace
Calories per serving: 1

CHICKEN SEASONING MIX

¼ cup salt	2 tsp. dry hot mustard
3 tbsp. cayenne pepper	½ tsp. ground file powder
2 tbsp. black pepper	1 tsp. dried rosemary
1 tbsp. white pepper	¼ tsp. dried thyme
2 tbsp. paprika	¼ tsp. dried oregano
2 tbsp. onion powder	¼ tsp. dried marjoram
1 tbsp. garlic powder	⅛ tsp. all spice
1 tbsp. dried sweet basil	⅛ tsp. cloves
2 tsp. dried parsley	

In a large mixing bowl, blend all the ingredients together well. Store in a tightly covered glass jar for use as needed. This is an excellent seasoning for all poultry. Use this seasoning mix as you would use salt. Do not add additional salt to any dish using this seasoning mix. Makes about ½ cup of seasoning mix. Serving size is 1 tsp.

Lagniappe: This seasoning mix lends itself mainly to poultry but it is generally a good seasoning for any dish. You can make a large amount at one time and store for later use or give as gifts during the year.

Carbs per serving: trace
Net Carbs per serving: trace
Calories per serving: 1

BEEF SEASONING MIX

½ cup salt	2 tsp. dry hot mustard
½ cup paprika	2 tsp. sweet basil
3 tbsp. onion powder	2 tsp. dry parsley
3 tbsp. garlic powder	1 tsp. rosemary
2½ tbsp. cayenne pepper	1 tsp. file powder
2 tbsp. black pepper	½ tsp. ground bay leaves
2 tbsp. white pepper	¼ tsp. thyme
1 tbsp. chili powder	¼ tsp. oregano

Mix together all the ingredients in a large mixing bowl. Place in a jar that has a tight lid and store for use as needed. This is an excellent seasoning for beef dishes. Use it like you would any seasoning. Makes about 2 cups of seasoning mix. Serving size is 1 tsp.

Lagniappe: This seasoning lends itself to beef, but you may use it like you would any seasoning mix in the place of salt. Be careful not to add extra salt to the dish when you use this seasoning mix. This seasoning mix brings out the exciting flavors of the meat you are cooking and does not need additional salt.

Carbs per serving: trace
Net carbs per serving: trace
Calories per serving: 1

CAJUN SEASONING MIX

$\frac{1}{4}$ cup salt	$\frac{1}{2}$ tsp. ground bay leaves
$\frac{1}{4}$ cup paprika	$\frac{1}{2}$ tsp. file powder
3 tbsp. cayenne pepper	$\frac{1}{2}$ tsp. ground cloves
2 tbsp. onion powder	$\frac{1}{4}$ tsp. ground thyme
$1\frac{1}{2}$ tbsp. garlic powder	$\frac{1}{4}$ tsp. rosemary
$1\frac{1}{2}$ tbsp. fresh ground black pepper	$\frac{1}{4}$ tsp. ground ginger
1 tbsp. white pepper	$\frac{1}{4}$ tsp. cumin powder
2 tsp. dried sweet basil	$\frac{1}{8}$ tsp. ground allspice
2 tsp. chili powder	$\frac{1}{8}$ tsp. ground nutmeg
1 tsp. dry hot mustard	$\frac{1}{8}$ tsp. ground tarragon

Combine all the ingredients in a mixing bowl and mix thoroughly with a wire whisk. Store in a tightly covered glass jar for use as needed. Serving size is 1 tsp.

Lagniappe: I wanted to make a general seasoning mix in addition to the specific mixes that are also listed. This seasoning is almost the only one you need to do genuine Cajun cooking. If you are watching your salt intake, feel free to cut down on the salt according to your specific needs. If you are on a salt-free diet, just cut out all of the salt and use the rest of the recipe for an excellent seasoning. You can keep this seasoning mix stored in a cool, dry place for up to 4 months without losing its flavor and freshness. Like the other seasoning mixes, this makes a great Christmas gift of special “thank you” throughout the year.

Carbs per serving: 1 g.

Net carbs per serving: trace

Calories per serving: 5.1