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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Make Your Own Herb And Spice Mixes

By Lucinda Jenkins

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I love inventing new herb and spice combination to increase the flavor of our meals. Variety is the spice of life and with all the 1,000's of herbs and spices our palates should never be bored!

There is such good health and cost benefit by making your own mixes. You won't have unnecessary salt added to your mixes and you will save money too! Once you get a whiff of your own herb mixes you'll never go back to those little tins on the grocery store shelf.

Herbed Rice Mix

1 lb long grain rice
1/3 cup dried minced onion
1/3 cup dried parsley flakes
1 tablespoon dried chives
1 tablespoon dried tarragon
1 tablespoon of ground celery seed
1/2 teaspoons salt
1 teaspoons pepper

Mix the ingredients together and store in canning jars
Add a raffia bow and instruction card and you now have a gift!

Put 1 1/3 cup of water in a pan and bring to a boil, add 1/2 cup of rice mix and simmer for 20 minutes ,
fluff with a fork
you can also add a dried chili pepper to the mix if you like some heat!

Homemade Taco Seasoning mix

2 tablespoon of ground chili pepper(mild, hot or wildfire hot)
1 1/2 Tsp. paprika

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1 Tsp. onion powder

1/2 Tsp. salt

1/2 tsp. of ground cumin

3/4 Tsp. garlic powder

Mix together and add to taco meat, chili or other dishes that called for a Mexican , Southwest flavor

Crab or Shrimp Boil

Place in a piece of cheesecloth

3 bay leaves

1/2 tablespoon of dried ginger pieces

1 teaspoon black peppercorns

1 teaspoon of brown mustard seed

1 teaspoon of dill seed

1 teaspoon of coriander seed

1 teaspoon of whole cloves

1 teaspoon of whole allspice

Five Spice Powder

Mix together

1 tsp Ground cinnamon

1 tsp Ground cloves

1 tsp ground Fennel seed

1 tsp ground ginger

1 tsp ground pepper

African Curry Powder

All ingredients are ground, mix together:

4 oz coriander seeds

4 oz turmeric

1/2 oz cayenne

1 oz ginger

1 oz mustard seeds

2 oz fenugreek seeds

2 oz cinnamon stick (cinnamon is fine)

This article was written by Lucinda Jenkins of Glenbrook Farms Herbs and Such. She is a well known herbalist and gourmet cook. Visit her site www.glenbrookfarm.com for herbs, spices, fines teas, recipes

The New Cuisine: African Food Today

By Dylan Miles

Make Your Own Herb And Spice Mixes

Today, African food is the most diverse cuisine on the planet, a true "melting pot" of foods and flavors. Africa's history is rich and so is its cuisine. With influences from so many other countries, Dutch, English, Asian, and Indian, Africa's new cuisine is the newest global food trend.

The Mediterranean has a place in African foods with its influence of olive oil, olives, and pasta. Rich African stews are infused with elements from both the East and the West. Using little meat, but an abundance of vegetables, African stews have become a gourmet trend.

Southern African cuisine is reminiscent of the East with its sosaties, which are like kebabs, bobotie, which is a curried minced dish, and bredies, which is a type of casserole dish.

It's all about spice

Africa is all about spice: hot and spicy seasonings characterize the African cuisine. Close your eyes and you'll be able to recognize the Ethiopian seasoning mix, Berbere, which is a combination of chilies, chives, tarragon, coriander, cardamom, fenugreek, and garlic.

The unique flavors of the African new cuisine are dependent on the abundant use of various specific aromatic plants and other spices. Fenugreek, for example, is used a lot and has a bittersweet flavor. Cassava is a starch root and is used to thicken stews. Bambara are African peanuts and are used in various dishes. Similar to cardamom, grains of paradise are strong pepper-flavored seeds and used to flavor stews. Other seeds that are used for flavor include the Egusi seeds. African spices are often mixed. Some spice mixes, such as the Ras Al-Hanout includes over 25 different ingredients, such as rose petals, turmeric, cinnamon, cumin and grains of paradise.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co-editor of

on which you will find a longer, more detailed version of this article.



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