



Herbie's Spices 4/25 Arizona Road, Charmhaven, NSW, 2263
Tel: 1800HERBIE (1800 437 243) Fax: (02) 4392 9477
Website: www.herbies.com.au e-mail: shop@herbies.com.au
Herbie's Spices is a division of Hemphill Pty Ltd ABN: 75 077 549 583

QUICK MEAT IDEAS WITH HERBS AND SPICES

Chicken

- Dust fillets with a Herbie's spice blend before pan frying, grilling or barbecuing. Suitable blends are:

| | | |
|-----------------------|--------------------|---------------------|
| Native Seasoning | Cajun Spice | Ras el Hanout |
| Tagine Spice | Tandoori | Tasty Meat Sprinkle |
| Bay Seasoning | Berbere | Native BBQ |
| Greek Seasoning | Creole Spice | Lemon & Herb Pepper |
| Chicken Roast & BBQ | American Spicy BBQ | Golden Grill |
| Yemeni "Hawaij" spice | Tempero Baiano | |
- Mix 1 Tbs Herbie's Tandoori Spice Mix with $\frac{3}{4}$ cup plain yoghurt and marinade cuts of chicken for about 2 hours. Cook in the oven or grill. Or follow the recipe instructions on the pack to make delicious Butter Chicken.
- Dry-fry 1 Tbs curry powder for 30 seconds. Add 1 Tbs oil and 1 Tbs tomato paste and mix with the spices, then add 500g chicken pieces and a little water. Simmer. When nearly cooked, yoghurt or coconut milk can be added. Do not replace the lid after adding coconut milk or it will curdle.
- Rub the skin of a chicken with za'atar, Tunisian spice, Rose Harissa or Lemon & Herb Pepper before roasting.
- When roasting a chicken, add enough good chicken stock to make a depth of about 2cm. Sprinkle about a tablespoon of sumac into the stock. The liquid when reduced make a delicious sauce.
- Most suitable curries for chicken are: Vadouvan, Chettinad, Korma, Katsu, and Red or Green Thai curries. Don't forget our Raita mix for the accompaniment!
- Make a marinade of grated onion, garam masala and curry leaves for barbecued chicken thighs.

Pork

- Use Herbie's Vindaloo Curry Powder to make a hot, tasty pork curry using the recipe on the pack.
- Roast a joint of pork, rubbing the surface with Pork Spice, Chinese Stir Fry or Native Seasoning Mix.
- Sprinkle pork chops with Pork Spice or Jerk Seasoning for an exotic, sweetly spicy flavour.
- Add $\frac{1}{2}$ teaspoon sage or ajowan seed to stuffing for pork to combat the richness of the meat.
- Stir-fry pork strips with chilli, lemon grass and Chinese Stir-Fry, moistened with soy sauce. Or stir-fry using Thai Spice Mix, Asian vegetables and coconut milk.

- Make an Asian stock using Chinese Master Stock, coat spare ribs generously and roast.
- Make pork spare ribs using the recipe on the back of the Rib Spice pack.

Beef

- Dust steaks with a Herbie's seasoning blend before grilling, frying or barbecuing. Suitable blends are:

| | | |
|---------------------|-----------------|----------------------|
| Tasty Meat Sprinkle | Crusting Mix | Native BBQ Spice Mix |
| Cajun Spice Mix | Pepper Steak | Garlic Steak |
| Bushman's pepper | Smoky Barbecue | American Spice BBQ |
| Creole Spice | Bush Tucker Rub | Bill's Steak Rub |
- Before roasting meat, shake in a clean plastic bag with any of the above spice blends.
- Most suitable curries for beef are: Kashmiri, Rendang, Malaysian, Curry Mix with Seeds, Vindaloo, or Medium Curry.
- For a stew or casserole, brown onions and garlic in oil, coat cubed lean beef with flour, salt, Seasoning Herbs and a few bruised juniper berries. Add stock and tomato paste, simmer until tender. Alternately, use Baharat or Tagine mix and use the recipe on the back of the pack.

Lamb

- Crust cutlets and chops with your chosen spice before grilling, frying or barbecuing. Suitable blends are:

| | | |
|--------------------|---------------|------------------|
| Lamb Roast and BBQ | Chermoula | Greek Seasoning |
| Sydney spice | Mexican Spice | Native BBQ spice |

 Add a squeeze of lemon juice to each side while they are cooking.
- Make a Moroccan tagine using the recipe on the back of the pack.
- Make Tandoori or curry as described for Chicken. Most suitable curries for lamb are: Vindaloo, Curry Mix with Whole Seeds and Spices, Kashmiri, Medium Curry, Korma and Rogan Josh.

Fish and Seafood

- Pan-fry white-fleshed fish fillets with a dusting of any of the following spices and blends:

| | | |
|-------------------------|-----------------------------|----------------------|
| Aussie Fish Seasoning | Catch of the Day spice | Lemon & Herb Pepper |
| Balmain & Rozelle Spice | South Indian Seafood Masala | Turmeric Seafood Rub |
| Tempero Baiano | Fish Cake spice | Cajun Spice |
| Furikake Seasoning | Shichimi Togarashi | |
- Most suitable curries for seafood are: Vegetable Curry, Thai-style Green or Red curry.
- Combine Salt & Pepper Squid mix with cornflour, coat squid and prawns, and deep fry.
- Make slashes in the sides of a whole fish. Rub both sides of the fish with Aussie Fish Seasoning and squeeze lemon juice over. Wrap in foil and barbecue.
- Stir-fry seafood with Green or Red Curry Mix and vegetables. Add coconut milk before serving.
- Make a delicious, quick Laksa (curry soup) following the directions on the back of the Laksa mix.
- **NOTE:** Where no quantities are given, start with a small amount and adjust to taste. Remember, you can always add more, but you can't take it out!