



Sesame Delight

Ingredients: Garlic, onion black pepper, ginger, anise red pepper flakes, black and natural sesame seeds and orange peel.

Uses: Wonderful on chicken, beef, pork, vegetables and noodles.

As a Marinade: Mix one to two tablespoons of mix with $\frac{1}{2}$ cup soy sauce, $\frac{1}{4}$ cup vegetable oil, one tablespoon sesame oil (optional), and 1 tablespoon honey. Place meat in a shallow dish and pour mixture over the top and marinate from 4 to 24 hours. Grill, bake or stir-fry.

Vegetables: Add one or two teaspoons to your favorite sautéed veggies to add a delicious flavor.

Rice and Noodles: To add a little kick to your rice add one to two teaspoons or more if you want a stronger flavor to your rice while it's cooking.

For Chow mien cook noodles until done, drain, and set aside. In a wok or large fry pan add one Tbsp. vegetable oil, and any meat you are adding to the mien. Cook until done. Remove meat and set aside. Add $\frac{1}{2}$ chopped onion and any other vegetables you want to add and fry until done. Add meat back to the vegetables in the pan with another Tbsp. of oil and 2 chopped green onions (green parts only) one Tbsp. Sesame Delight seasoning and noodles. Cook over high heat stirring constantly and

allowing all the flavors to merge. Cook for five minutes and remove from heat and serve.