



### Quatre-Épices

Black pepper, ginger, nutmeg and cloves

**Uses:** Soups, stews, quiche, vegetables and wild game

**Soups and Stews:** Add this delightful spice to your creamed soups for a little kick. Works well with cream of broccoli, cream of asparagus, cream of carrot and cream of cauliflower soup. Serve with a nice hunk of artisan bread and a green salad.

Season your chuck roast with a little Quatre-Épices before frying for your favorite stew. It will add a lovely flavor to your stew that will have your family asking for seconds.

**Roasts (including wild game roasts):** Make small slits around your favorite roast and place garlic cloves in each slit, and then rub a small amount of Quatre-Épices around the roast. Sear in a hot pan with oil on all sides then bake in a roasting pan with potatoes, carrots and celery. Bake according to meat instructions.

**Ham Glaze:** For a base use one of these for a base, ½ cup brown sugar, apricot preserves or orange preserves. Add 5 Tbsp. butter, 1 tsp. (to taste) Quatre-Épices. Place ingredients in a small saucepan and turn the heat on low. Heat mixture until butter is melted and sauce is thin enough to spread. Brush on ham. Continue to baste the ham every 15 to 30 minutes to create a nice coating on the ham. For added flavor you can add ¼ cup rum or brandy to your mixture with 2 Tbsp honey. You can

even add 1 tsp of molasses. If using a spiral cut ham lift between the slices and brush on the glaze.

**Vegetables:** Works well with carrots, cauliflower, eggplant, onion and zucchini. Add ½ tsp. mix to your vegetables or potatoes to add a little extra flavor your meal.

**Wild Game Meats:** This spice blend is especially well suited to wild game meats. The strong earthy flavors blend well with the hearty flavor of elk, venison, turkey, pheasant or duck. I recommend tenderizing your cuts of elk or venison before cooking helping the strong fibers of the meat to break down leading to a juicy and tender steak. Coat with oil and spices then grill, fry or bake according to the cut of meat. To ensure a tender cut, sear meat on both sides then remove lower heat to low and allow meat to finish cooking to rare and no more than med-rare. Cooking wild meat longer will give you a tough cut. Always allow meat to rest on the counter tented with foil for five minutes giving the juices a chance to redistribute throughout the meat.