



Herb-a-licious

Oregano, rosemary, parsley, tarragon, onion, salt, garlic, and black pepper

Uses: Meats, fish, well suited for wild game meat such as elk or venison. Try on vegetables, soups, eggs, and salad dressings makes delicious scrambled eggs.

Meats: Rub over meat on both side and wrap in plastic wrap or place in airtight container for a minimum of 30 mins. or up to four hours in the refrigerator. Remove and allow to come to room temperature for 30minutes. Bake grill or fry.

Fish: Rub on meat right before grilling, baking or frying. Add some melted butter or olive oil and rub over both sides of fish. If you are frying the fish with a breadcrumb or flour mixture try adding one teaspoon of Herb-a-licious to the mixture before coating the fish. Fry in butter or oil.

Vegetables: Add one to two teaspoons of mixture to your favorite vegetable sauté. For a delicious marinated beet, steam beets whole and unpeeled until soft. Remove from steamer basket and cool slight so you can handle the beets. Rub the skin off and set aside. Cut beets into slices or chunks. In a separate bowl add 1/3 cup extra virgin olive oil and 1/4 cup balsamic vinegar. Add a pinch of sugar to balance out the acidity. Add 1/2 to one teaspoon of Herb-a-licious and mix thoroughly. Place in an airtight container or canning jar and add beets. Shake to coat beets and place in refrigerator for 24hrs. Shake container every few hour to ensure equal coating.

Eggs: Add a pinch to your scrambled eggs, quiche mixture or your favorite omelet.

Salad Dressing: Add ½ cup olive oil (extra virgin is best), 1/3 cup apple cider vinegar, one to two teaspoons Herb-a-licious, a pinch of sugar or honey (to taste) and shake well. Allow to set for one hour before using.