

Mexican Fire - This south-of-the border blend brings smoke & heat to any dish. Contains: chile flakes, chipotle chile flakes, Mexican & Mediterranean oregano. Salt-free.

Mole Rub – Mole is a traditional Mexican combination of spices, chocolate & chiles for sauces, as a dry rub or to season soups & stews. Contains: chili powder, chocolate, sugar, salt, onion, garlic, black pepper, our special blend of herbs & spices.

Monde d'Amour – Use this French spiced salt in dips, dressings or to top casseroles or meat. Contains: salt, onion, celery seed, MSG, sugar, other herbs & spices.

Mulling Spices (for Cider or Wine) – Mix one packet with a gallon of cider & warm (do not boil) for a tasty cold-weather treat. For a festive look, poke holes in an orange with a toothpick, insert cloves from packet & slice the orange into the warming cider. Contains: Cinnamon sticks, cinnamon, nutmeg, cloves. Salt-free.

Open Range Rub - Add a smoky kick to meats, veggies, and dips. Great for taco meat or rubbed on your favorite grilled item. Makes a spicy dip with sour cream. Contains: salt, chile peppers, assorted herbs & spices.

Orange Chipotle Seasoning – A smoky citrus rub for meat, fish, fajitas or as a dip with sour cream. Contains: salt, sugar, onion, garlic, bell pepper, chipotle chiles, modified food starch, turmeric, yeast extract, orange peel, paprika, parsley, citric acid.

Peking Spice - Rub on duck, turkey or chicken for a sweet, Asian-style crust. Contains: sugar, star anise, fennel, cloves, our special herbs & spices. Salt-free.

Pickling Spices - Use to pickle fruits and vegetables or to flavor vinegar. Contains: mustard seed, coriander, bay leaves, allspice, red pepper, cloves, cinnamon. Salt-free.

Pork Chop Rub – Adds flavor without heat to your pork, chicken, meats & veggies. Makes a great dip, too! Mix 1 TBSP rub to 8 oz. of sour cream. Contains: paprika, salt, garlic, spices & silicon dioxide (anti-caking agent).

Poultry Base - A baste for chicken, turkey or fish. Add 2 tablespoons of the blend to 1/3 cup white wine & 2 tsp. lemon juice. Let rest for 30 minutes, then baste poultry liberally. Contains: thyme, sage, parsley, chervil, white peppercorn, savory. Salt-free.

Provençal Sea Salt – Great on grilled steak, poultry or fish or on roasted corn. Contains: Celtic sea salt, Herbs de Provence (savory, fennel, rosemary, lavender).

Pumpkin Pie Spice – Use to make pumpkin pie, quick bread, muffins or cookies. Contains: cinnamon, star anise, fennel, orange peel, cloves, nutmeg. Salt-free.

Quatre Epices – French & Middle Eastern seasoning for soup, vegetables, ragout & pot-cooked dishes. Contains: white pepper, nutmeg, ginger, cloves.

Rainbow Pepper Blend – A treat for the eyes and the tastebuds. Contains: black tellicherry, green, white and pink peppercorns. Salt-free.

Ras Al Hanout – Moroccan seasoning for fruit, meat or couscous. Contains: allspice, cumin, peppercorns, cardamom, cayenne, cloves, cinnamon, lavender, coriander, mace, ginger, saffron & other spices, Salt-free.

Salad Herbs – Sprinkle on salad with oil & vinegar. Contains: tarragon, parsley, chervil, garlic. Salt free.

Salt-free Garlic Sprinkles – Use for easy garlic bread, in mashed potatoes, or on pork, poultry or fish. Contains: granulated garlic, pepper, chile pepper, spices & natural flavors with oleoresin turmeric.

Tandoori – Traditional Indian seasoning. Mix with equal parts yogurt & pour over meat before baking or grilling. Contains: salt, coriander, garlic, ginger, cumin, cinnamon, paprika, cayenne.

Thai – A spicy citrus blend great for veggies, meats & fish. Add some to your rice for a surprising side dish. Contains: garlic, citric acid, coriander, worcestershire powder, cayenne, ginger & basil.

Toasty Fig Seasoning - Season lamb, fish, chicken, pork & steamed vegetables, or use as a dipping spice for olive oil. Contains: figs, onion, cheese, salt, garlic, pepper, calcium silicate, other spices.

Togarashi (Sichimi) - A Japanese blend used for tuna, noodles or rice. Contains: hot pepper dried seaweed, black sesame, other herbs & spices. Salt-free.

Way North Steak Seasoning - A white pepper- style seasoning for steaks. Contains: salt, onion, chile tepin, rosemary, pepper, garlic, thyme, fennel, mustard.

Whiskey Pepper - Use this blend of pepper, spices & whiskey flavor on steak or fish (salmon). Contains: salt, whiskey, garlic, pepper, shallots, rosemary.

Zaa'tar - Common in North African and Turkish cuisine for meatballs or vegetables. Great as a dipping spice with olive oil. Contains: thyme, marjoram, toasted sesame, sumac & other herbs & spices. Salt-free.

Herb & Spice Blend Descriptions

www.heatandflavor.com

Visit our store at:
First & Main ~ 330-653-5131
94 First Street, Hudson, OH 44236

Adobo – The perfect blend of salt, garlic, onion, pepper and spices to make your beef, chicken or fish taste great. Also adds a zing to your home made fries! Just shake on your meat before cooking or your fries at the end.

Ashes – It won't burn you to ashes, but it is darned hot! Use as an all-purpose very spicy seasoning. Contains: salt, spices, a select blend of dehydrated vegetables, red savina habanero peppers, flour.

Bacon Salt – Adds great Bacon taste to eggs, potatoes, burgers, popcorn, etc. Contains: sea salt, garlic, paprika and other spices.

Barbeque Rub – A great basic, all-around barbeque. Contains: chili powder, paprika, salt, onion, black pepper, garlic, cumin, rice concentrate (anti-caking agent), cayenne & other spices.

Berbere, Ethiopian – Evokes aroma & heat of Moroccan Berbere cuisin. Use on potatoes, soups, stews, sandwiches & broiling. Contains: ground red pepper, paprika, salt, ginger, garlic, clove, fenugreek, cardamom, nutmeg, cinnamon, allspice, other spices.

Bombay Seasoning – Spice up your food with the taste of India. Contains: cinnamon, ginger, cumin, mace, black & green cardamom, pepper, cassia & cloves. Salt-free.

Bouquet Garni – Place in an infuser or tie as a packet in cheese cloth to add flavor to soups, stocks & stews. Remove before serving. Contains: oregano, basil, savory, dill, sage, tarragon & other spices. Salt-free.

Brian's Cajun Blend – Adds Cajun heat & flavor to meals. Contains: paprika, salt, onion, garlic powder, basil, fennel, pepper, cayenne, other herbs & spices.

Brian's Chili Powder (Med., Hot) – Spice up your chili or in ground beef for tacos. Our best-selling medium heat contains: ancho chili, garlic, sweet paprika, onion powder, salt, Mexican oregano.

Caribbean Jerk – Great on chicken & shrimp! Contains: garlic, onion, allspice, salt, coriander, red pepper, thyme, mustard, lemon peel, nutmeg, black pepper, ginger, cloves.

Chef B's BBQ Rub – Shake a thick coat on meat before cooking. Contains: paprika, pepper flakes, mustard seed, garlic/onion powder, celery salt, cumin.

Chesapeake Bay Seasoning – Use for crab boils and clam bakes. Contains: black pepper, celery seed, bay leaves, salt, cayenne, other herbs & spices.

Chicken & Turkey Rub – Coat your bird liberally before cooking with this mild blend. Contains: sage, thyme, pepper, onion, garlic, rosemary, other herbs & spices.

Chile Lime Seasoning & Sprinkle -- Add Mexican heat & flavor to pork, chicken, rice, beans & fish. Contains: Ancho chile powder, spices, garlic, onion, salt, sugar, dehydrated lime zest, citric acid, natural lime flavor & cilantro.

Chinese Five Spice – A traditional five-spice blend called for in many Chinese recipes. It can also be used as a dry rub for ribs & pork (use sparingly). Contains: star anise, fennel, cassia, green peppercorn, cloves.

Chophouse Steak Rub & Sprinkle – Use this steak rub to add the flavor of a fine steakhouse. Contains: salt, maltodextrin, spices, garlic, extract of paprika.

Citrus Sea Salt – Use as a finishing garnish on grilled fish or steamed vegetables. Contains: celtic sea salt, citrus zest, fennel, other herbs & spices.

Creole Seasoning – Adds subtle & complex Creole flavor. Add to dredging flour before sauteing fish. Contains: paprika, garlic, allspice, celery seed, cumin, black pepper, our special blend of spices. Salt-free.

Curry Powders - (Traditional, Madras Hot, Vindaloo Sour) - Curry powders are used in Indian dishes.

- **Traditional** is mild and contains: tumeric, salt, other herbs & spices, silicone dioxide to prevent caking.
- **Madras** is spicy and contains tumeric, salt, cumin, pepper, garlic, other spices.
- **Vindaloo** is sour and best with strong, oily meats like game. Contains coriander, salt, tumeric, paprika, mustard seed, black pepper, other spices.

Espresso Rub – A great rub for flank steak. Contains: sugar, salt, black pepper, espresso powder, paprika, onion, cayenne.

Fajita Rub – Add a Southwestern flavor to your fajitas. Contains: salt, onion, black pepper, garlic, celery, ginger.

Fines Herbs - Traditional, finely-chopped French blend for omelets, soups, sauces & grilled or broiled fish. Contains: parsley, chervil, tarragon, chives. Salt-free.

Fire Dust - A perfect combination of heat & flavor. Use instead of pepper at the table. Contains: black pepper, garlic, chile Caribe, habanero peppers, a select blend of dehydrated vegetables. Salt-free.

Fire Salt - For those who can never have it hot enough. Put it on the table instead of regular salt. Contains: salt, garlic, spices, flour, red savina habanero peppers.

Fish Herbs – Add to oil & baste fish while cooking. Contains: basil, garlic, parsley, onion, lemon pepper, our special herbs & spices. Salt-free.

French Sunshine – Great for fish, seafood, baked chicken, vegetables, omelets, potatoes, chicken salad, mixed with sour cream as a dip. Contains: shallots, green peppercorn, dill weed, leeks, basil, tarragon, chervil, parsley, white peppercorn. Salt-free.

Garam Masala – Most commonly used spice blend in Indian kitchens. We brought this recipe back from a trip to New Delhi, India. Use at the end of cooking to add a sweet mellow flavor. Contains: cumin, mace, black & green cardamom, black pepper, cassia, cloves. Salt-free.

Garlic & Pepper Seasoning – Steaks, ribs, burgers & chicken love this new seasoning. Contains: sea salt, garlic, red pepper, paprika extract, spices.

Garlic Salt – For pizza & pasta. Contains: garlic, salt.

Garlic Sprinkles Salt-Free – Use for easy garlic bread, in mashed potatoes, or on veggies, pork, poultry or fish. Contains: granulated garlic, chili pepper, spices & natural flavors with oleoresin turmeric.

Greek Seasoning – Try on lamb, steaks, chops, roasts or any Greek dish. A perfect dipping oil seasoning. Contains: soy, onion, garlic, salt, corn, sesame, bell pepper, lemon peel, parsley, other herbs & spices.

Harissa Spice- A North African blend used in fish & meat (beef, lamb, goat) stews, soups & as a flavoring for rice, couscous. Can be made into a paste. Contains: dried chiles, spices, garlic, paprika, salt, citric acid, sumac, may contain 2% or less of tomato powder, natural flavor, vegetable oil.

Head Country Championship Seasoning – Our most popular spice blend. Sprinkle liberally on beef, poultry, pork or fish before cooking. Mix with sour cream for a tasty dip. Contains: salt, garlic, MSG, sugar, bell pepper, onion, paprika, red bell pepper, oregano, smoke flavor, silicone dioxide to prevent caking.

Heather's Butt Rub (original & hot) - A smoky blend perfect for pork butt (actually a pork shoulder), tenderloin, chicken, steak or ribs. Try it on popcorn! Contains: salt, smoked black pepper, paprika, garlic, onion, spices.

Herb & Garlic Seasoning – Easy to use for fish, chicken or steak. Also makes a great sour cream dip & popcorn seasoning. Contains: garlic, onion, salt, spices, paprika, orange peel, green bell pepper.

Herbes de Provence – Traditional herb blend of Southern France for grilled meats or pot roast, in salads, omelets, soups & stews. Contains: savory, fennel, rosemary, lavender. Salt-free.

Italian Seasoning – Use for pizza, pasta salad, omelets or pasta sauce. Contains: Greek oregano, garlic, basil, onion, marjoram, rosemary, black pepper. Salt-free.

Jerk Rub – Adds Caribbean flavor and heat to pork, chicken or ribs. Contains: allspice, onion, thyme, garlic, paprika, salt, our chiles & spices.

Key Lime Spicy Blend - This Caribbean blend is great on fish, chicken, pork & veggies. Start with a **SMALL** amount & adjust to taste. Contains: spices, garlic, onion, salt, sugar, dehydrated lime zest, citric acid & natural lime flavor.

Kristy's Bodacious Brine (BBQ, Smoked, Garlic, Herb, Chinese Five Spice) – Brine helps keep meat moist & infuses a lovely flavor. Dissolve the brine blend with 2 cups hot water. Add to 2 quarts ice cold water. Drop in poultry or pork & chill. Dry meat before cooking. Contains: kosher salt, dark brown sugar, other herbs & spices.

Lemon Pepper – Compliments fish, chicken & pork. Sprinkle on steamed green beans, zucchini or broccoli. Contains: white pepper, lemon extract. Salt-free.

Lemon Pepper Rub – A zesty rub for your chicken, pork & fish for grilling or baking. Contains: lemon peel, black pepper, cumin, red pepper, oregano, thyme, onion, garlic, citric acid & paprika. Salt-free.

Linda's Mediterranean Blend – Local cooking expert, Linda Griffith, challenged us to recreate a favorite French blend – spicy with a complex flavor & aroma. Grind & rub on fish (bluefish or salmon), chicken or pork. Contains: coriander, cumin, dill seed, juniper, paprika, lavender, chiles, sage, herbs & spices. Salt-free.

Mary's Cherry Rub – A fruity rub for ribs, chicken, pork or steak. Contains: brown sugar, salt, onion, garlic, ancho chile, natural smoke flavor, natural cherry flavor.

Mesquite Magic – Adds a sweet, smoky flavor to a variety of meats & fish. Contains: sugar, garlic, onion, paprika, salt, cumin, cayenne peppers, black pepper, mesquite flavor.