

# FOOD ON THE RUN!

All of you who know Pierre would know that he loves to braai (haai nooit!!!). At one stage there was not a big variety of braai spice on the market and Pierre started experimenting with combining different spices. The end result being a spice for all occasions. I suppose he originally intended it to be for braai only, but nowadays I use it constantly in most of my food.



## Pierre's Secret Braai Spice

### Ingredients :

- ❑ 1 x refill box Robertsons Barbecue Spice (we also often use the No Name variety – those that mama picks and papa pays for)
- ❑ 1 x refill box Robertsons Steak and Chops Spice
- ❑ 1 x refill box Robertsons Chicken Spice
- ❑ 1 packet Chili Beef Aromat
- ❑ Coriander (ground) to taste
- ❑ +/- 10 to 15 g fine black pepper (or to taste)
- ❑ salt to taste

### Method :

Mix all ingredients well and taste – add more salt if necessary. Store in airtight container and throw some into your favorite braai sprinkler (we found that empty Aromat containers work well) for use at the braai (or in the kitchen ladies). You can double up recipe to fill a big container. Always useful to keep one sprinkler in cupboard and one in your picnic basket.

### Notes :

- ❑ Just a note from my side. I have often seen Pierre mix his spice and a word of advice : do not be afraid to experiment. We have in some batches added Ina Paarman's Braai Spice just to give a different taste. Next time try something different to keep it interesting.
- ❑ The spice though great on steak and chops, is also fantastic to use on chicken. Especially topless chicken (e.g. deboned, skinless breast). Grilled to perfection – not to dry.

### More on salt ...

Just remember that too much salt is not good for your health. Salt consists of sodium and chloride (with sodium being the main culprit). The body needs salt to function properly. Salt helps to regulate the body's fluid balance and to maintain healthy blood pressure levels. An excessive intake can increase the risk of developing high blood pressure, which can result in stroke, heart disease and / or kidney failure, as well as causing the body to retain too much water.



### Some other ways to flavour food without adding salt. The variations are endless...

**Fish** : Dry mustard, tarragon, bay leaf, green pepper, marjoram, fresh mushrooms, onion, oregano, basil, garlic, thyme

**Beef / Steak** : Rosemary, black pepper, bay leaf, thyme, clove

**Roast beef** : Basil, oregano, nutmeg, tarragon, marjoram, sage, green pepper, fresh mushrooms

**Beef stew** : Chili powder, bay leaf, caraway, marjoram

**Meatballs** : Garlic, thyme, basil, oregano, onion, thyme, black pepper, dry mustard

**Beef stroganoff** : Red pepper, onion, garlic, nutmeg, curry powder

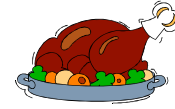


**Roast chicken** : Ginger, garlic, onion, thyme, tarragon

**Barbecue Chicken** : Garlic, dry mustard, allspice, dry mustard, basil, oregano

**Boiled / steamed Chicken** : Lemon juice, fresh orange, dried apricots & apricot Liqui-fruit, parsley, garlic, sage, thyme, paprika

**Pork** : Apple, applesauce, garlic, onion, sage, rosemary, marjoram



**Broccoli** :Basil, marjoram, basil, nutmeg, onion, sesame seed

**Cabbage** : Onion, nutmeg, clove, allspice

**Carrots** : Ginger, nutmeg, onion, dill

**Cauliflower** : Dry mustard, basil, paprika, and onion

**Tomatoes** : Oregano, chili powder, dill, onion

**Spinach** : Thyme, nutmeg, garlic, onion

**Green beans** : Lemon juice, dill, nutmeg, pimento, onion, garlic

**Peas** : Green pepper, mint, fresh mushrooms, onions, parsley

**Potatoes** : Green pepper, onion, paprika, parsley, chives, black pepper, mustard powder, garlic

**Rice** : Chives, green pepper, onion, pimento, saffron, turmeric

**Squash & pumpkin** : Onion, cinnamon, ginger, nutmeg, sugar



**Enhance the flavour of food with these salt-free herb and spice combinations. To make ½ cup, combine the ingredients in a jar. Cover tightly, and shake. Keep in a cool, dark, dry place. Then rub or sprinkle them on food for flavour.**

**Mixed herb blend** used for salads, pasta salad, steamed vegetables, vegetable soup or fish

Blend ¼ cup dried parsley flakes, 2 tablespoons dried tarragon, 1 tablespoon each of oregano, dill weed and celery flakes.

**Italian Blend** used for tomato based soups and pasta dishes, chicken, pizza, focaccia and herbed bread.

Blend 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary, and crushed red pepper

**Greek blend** used for seafood, poultry and herbed bread

Blend 3 tablespoons each of garlic powder and dried lemon peel, 2 tablespoons dried oregano and 1 teaspoon black pepper.

**Curry blend** used for rice, lentil, and vegetable dishes, and chicken.

Blend 2 tablespoons each of turmeric and ground coriander, 1 tablespoon ground cumin, 2 teaspoons each of ground cardamom, ground ginger, and black pepper, and 1 teaspoon of each powdered cloves, cinnamon, and ground nutmeg.

**Easy Dip Blend** for mixing with cottage cheese / low fat sour cream (also nice on chicken and fish).

Blend ¼ cup dried dill weed and 1 tablespoon each of dried chives, garlic powder, dried lemon peel, and dried chervil.

**We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.**

Forward any recipes to me at : [drocher@absamail.co.za](mailto:drocher@absamail.co.za)

Daleen Rochér

O, yes and Ed. : I think that when cows start flying we might get Buffalo Wings that do not taste like chicken. I will rather not go into the weight issue we might be accused of telling "tall tales".