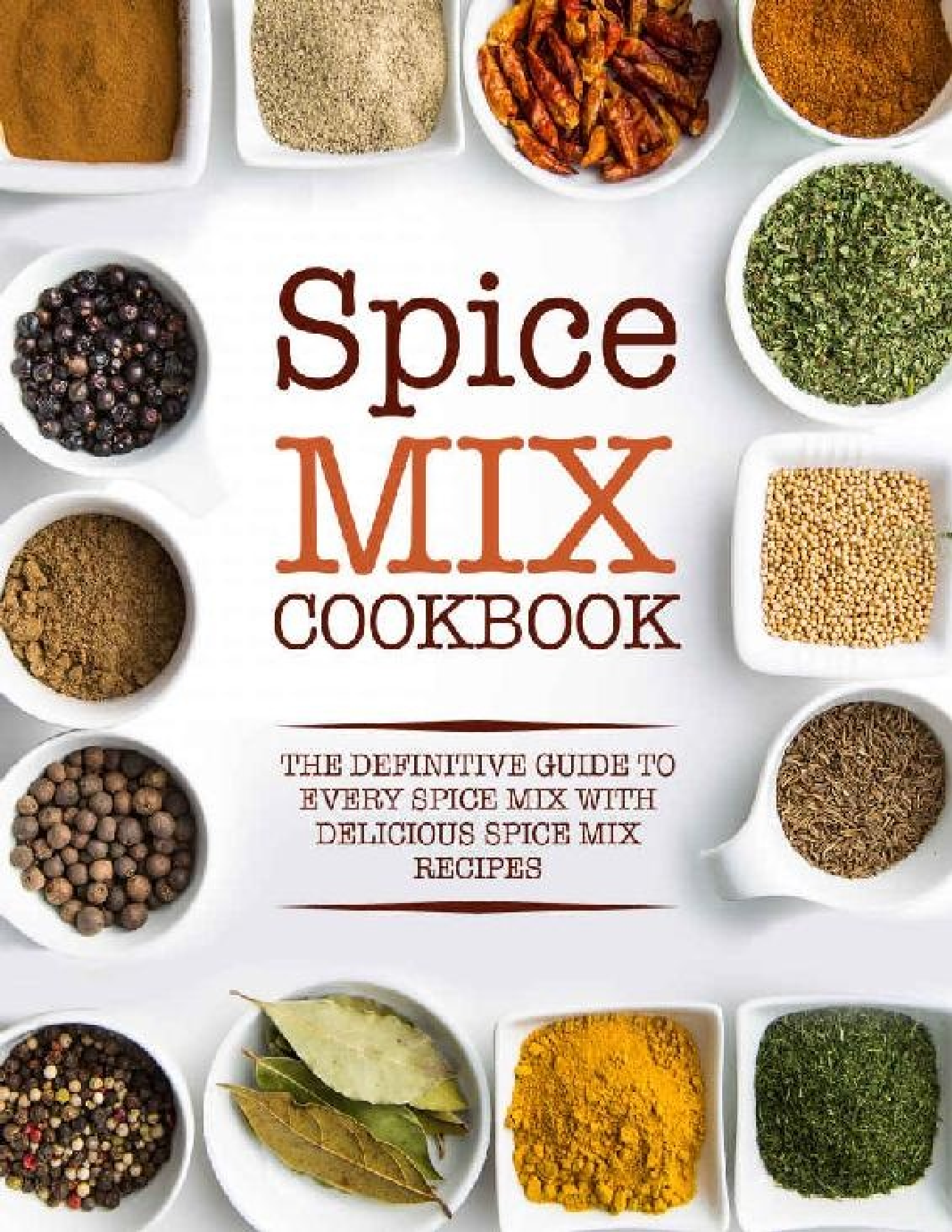




Spice MIX COOKBOOK

THE DEFINITIVE GUIDE TO
EVERY SPICE MIX WITH
DELICIOUS SPICE MIX
RECIPES

SPICE MIX COOKBOOK

THE DEFINITIVE GUIDE TO EVERY SPICE MIX
WITH DELICIOUS SPICE MIX RECIPES

By
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ABOUT THE AUTHOR.

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With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen chefinf delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Spice Mixes. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

— **BookSumo Press**

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ANY ISSUES? CONTACT US

If you find that something important to you is missing from this book please contact us at info@booksumo.com.

We will take your concerns into consideration when the 2nd edition of this book is published. And we will keep you updated!

— **BookSumo Press**

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COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb

***All units used are standard American measurements**



CHAPTER 1: EASY SPICE MIXES RECIPES

SEPTEMBER BLEND

Ingredients

- 1/3 C. **cinnamon**
- 3 tbsp ground **allspice**
- 1 1/2 tbsp ground **cardamom**
- 1 tbsp ground **nutmeg**
- 2 tsp ground **cloves**
- 2 tsp ground **ginger**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 24

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	9.7
Fat	0.2 g
Cholesterol	0.0 mg
Sodium	1.5 mg
Carbohydrates	2.3 g
Protein	0.1 g

* Percent Daily Values are based on a 2,000 calorie diet.



OLD EUROPEAN SEASONING

Ingredients

- 5 tsp **paprika**
- 2 tsp **salt**
- 2 tsp **onion** powder
- 2 tsp ground black **pepper**
- 1 tsp ground cayenne **pepper**
- 1 tsp dry **mustard**

Directions

- In a bowl, add all the ingredients and mix well.

Servings Per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	5 m

Nutritional Information:

Calories	10
Fat	0.4g
Cholesterol	0mg
Sodium	582mg
Carbohydrates	1.8g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

LEILA'S FAVORITE SEASONING

Ingredients

- 4 tbsp **coriander** seeds
- 2 tbsp white **cumin** seeds
- 2 pieces **cassia**
- 1 tsp **fennel** seed
- 2 tsp black **mustard** seeds
- 4 **cloves**
- 1/2 tsp wild **onion** seeds
- 1/2 tsp **fenugreek** seeds
- 1 tsp dried **fenugreek** leaves
- 10 dry **curry** leaves
- 1 tsp green **cardamom** seeds
- 1/2 tsp **lovage** seeds

Directions

- In a heavy-bottomed pan, add all the ingredients and cook until toasted, tossing frequently.
- Transfer the spice mixture onto a plate and keep aside to cool.
- In a spice grinder, add all the ingredients and grind until finely ground.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	20 mins

Nutritional Information:

Calories	296.8
Fat	17.0 g
Cholesterol	0.0 mg
Sodium	60.9 mg
Carbohydrates	41.4 g
Protein	14.0 g

* Percent Daily Values are based on a 2,000 calorie diet.

PORTUGUESE SEASONING

Ingredients

- 1/4 C. **cumin** seed
- 3 tbsp whole black **peppercorns**
- 1 tbsp **coriander** seed
- 2 tbsp **sugar**
- 1 1/2 tsp **salt**

Directions

- In a heavy-bottomed pan, add the peppercorns, cumin seeds and coriander seeds over medium heat and cook until toasted, tossing frequently.
- Transfer the seeds mixture onto a plate and keep aside to cool.
- In a spice grinder, add the seeds mixture and grind until finely ground.
- Transfer the mixture into a bowl with the sugar and salt and mix well.

Servings Per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	408.4
Fat	12.6 g
Cholesterol	0.0 mg
Sodium	7062.1 mg
Carbohydrates	77.5 g
Protein	9.9 g

* Percent Daily Values are based on a 2,000 calorie diet.

5-INGREDIENT MASALA AT HOME

Ingredients

- 1 tbsp **cardamom** pod
- 5 cm whole **cinnamon** sticks
- 1 tsp **cumin** seed
- 1 tsp **clove**
- 1/4 whole **nutmeg**

Directions

- In a spice grinder, add all the ingredients and grind until finely ground.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	15.0
Fat	0.9 g
Cholesterol	0.0 mg
Sodium	8.9 mg
Carbohydrates	2.2 g
Protein	0.5 g

* Percent Daily Values are based on a 2,000 calorie diet.

BRENDA'S COUNTRY MIX

Ingredients

- 2 **cinnamon** sticks
- 50 g **coriander** seeds
- 50 g **cumin** seeds
- 50 g **fennel** seeds
- 50 g **mustard** seeds
- 50 g **fenugreek** seeds
- 5 **cardamom** pods
- 5 star **anise**

Directions

- In a heavy-bottomed pan, add all the ingredients and cook until toasted, tossing frequently.
- Transfer the spice mixture onto a plate and keep aside to cool.
- In a spice grinder, add all the ingredients and grind until finely ground.

Servings Per Recipe: 6

Timing Information:

Preparation	2 mins
Total Time	7 mins

Nutritional Information:

Calories	150.8
Fat	7.5 g
Cholesterol	0.0 mg
Sodium	30.2 mg
Carbohydrates	20.4 g
Protein	7.8 g

* Percent Daily Values are based on a 2,000 calorie diet.

SHEBOYGAN SEASONING

Ingredients

- 1 tsp ground **cumin**
- 1/2 tsp **paprika**
- 1/2 tsp **chili** powder
- 1/2 tsp sea **salt**
- 1/4 tsp ground **coriander**
- squeeze **lime** juice

Directions

- In a bowl, add all the ingredients and mix well.
- Rub the potatoes with the spice mix and cook onto the grill until desired doneness.
- Drizzle with the lime juice and enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	16.3
Fat	0.9 g
Cholesterol	0.0 mg
Sodium	1179.9 mg
Carbohydrates	2.4 g
Protein	0.7 g

* Percent Daily Values are based on a 2,000 calorie diet.



CENTRAL AMERICAN EXPRESSO BLEND

Ingredients

- 2 C. unsweetened **cocoa**
- 1 3/4 C. **sugar**
- 1/4 C. instant **espresso** powder
- 2 tsp ground **cinnamon**
- 1 tsp grated **nutmeg**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.
- This spice mix will be great in preparing the hot cocoa.
- You can also use this mix instead of the cocoa in chocolate pudding recipe.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	456.1
Fat	6.1 g
Cholesterol	0.0 mg
Sodium	11.4 mg
Carbohydrates	114.2 g
Protein	9.1 g

* Percent Daily Values are based on a 2,000 calorie diet.

LEVANTINE RUB

Ingredients

- 3 tbsp dried **thyme**
- 2 tbsp ground **sumac**
- 2 tbsp **sesame** seeds
- 1 tbsp dried **oregano**
- 1/2 tsp **garlic** powder

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 1

Timing Information:

Preparation	3 mins
Total Time	3 mins

Nutritional Information:

Calories	303.6
Fat	20.0 g
Cholesterol	0.0 mg
Sodium	21.5 mg
Carbohydrates	31.3 g
Protein	9.7 g

* Percent Daily Values are based on a 2,000 calorie diet.

HOMEMADE BEAU MONDE

Ingredients

- 1 tbsp ground **cloves**
- 1 1/4 tsp ground **cinnamon**
- 1 tbsp **salt**
- 3 **bay** leaves
- 1 tbsp ground **allspice**
- 2 tbsp black **pepper**
- 1 tsp ground **nutmeg**
- 1 tsp ground **mace**
- 1 tsp **celery** seed
- 2 tbsp white **pepper**

Directions

- In a spice grinder, add all the ingredients and grind until finely ground.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	147.2
Fat	4.5 g
Cholesterol	0.0 mg
Sodium	7009.1 mg
Carbohydrates	31.5 g
Protein	4.3 g

* Percent Daily Values are based on a 2,000 calorie diet.

SOUTHWEST TOSCANO BLEND

Ingredients

- 2 tbsp ground roasted **cumin** seeds
- 1/4 C. ground **anise** seed
- 3 tbsp **black seed** (nigella)
- 3 tbsp ground **fenugreek** seeds
- 1 tbsp ground roasted **coriander** seed
- 2 tbsp ground **mustard**
- 2 tbsp garam **masala**
- 2 tbsp **chili** powder
- 1 tsp **turmeric**

Directions

- In a heavy-bottomed pan, add the cumin and coriander seeds and cook until toasted, tossing frequently.
- Transfer the seeds mixture onto a plate and keep aside to cool.
- In a spice grinder, add the seeds mixture and remaining ingredients and grind until finely ground.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.
- This spice will be great with all kinds of meats.

Servings Per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	30 mins

Nutritional Information:

Calories	132.6
Fat	5.7 g
Cholesterol	0.0 mg
Sodium	117.3 mg
Carbohydrates	19.5 g
Protein	7.4 g

* Percent Daily Values are based on a 2,000 calorie diet.

TACO MIX

Ingredients

- 2 tsp hot **chili** powder
- 1 1/2 tsp **paprika**
- 1 tsp **onion** powder
- 1/2 tsp sea **salt**
- 1/2 tsp **garlic** powder
- 1/2 tsp ground **cumin**
- 1/2 tsp **oregano**
- 1/4 tsp ground black **pepper**
- 1 pinch cayenne **pepper**
- 1 pinch red **pepper** flakes

Directions

- In a bowl, add all the ingredients and mix well.

Servings Per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	5 m

Nutritional Information:

Calories	12
Fat	0.5g
Cholesterol	0mg
Sodium	235mg
Carbohydrates	2.4g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

GROUND BEEF SEASONING

Ingredients

- 2 tbsp ground **paprika**
- 2 tbsp kosher **salt**
- 1 tbsp ground black **pepper**
- 1 tbsp ground white **pepper**
- 1 tbsp granulated **garlic**
- 1 tbsp dry **mustard**
- 1 1/2 tsp celery **salt**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	5 m

Nutritional Information:

Calories	7
Fat	0.2g
Cholesterol	0mg
Sodium	573mg
Carbohydrates	1g
Protein	0.3g

* Percent Daily Values are based on a 2,000 calorie diet.



WACO RANCH BLEND

Ingredients

- 1/4 C. dry **buttermilk** powder
- 2 tbsp dried minced **onion**
- 2 tbsp dried **parsley**
- 1 tbsp dried **chives**
- 1/4 tsp **salt**
- 1 tsp **garlic** powder
- 1 tsp dried **celery** flakes
- 1/2 tsp white **pepper**
- 1/4 tsp **paprika**
- 1/4 tsp dried **dill** weed

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 2

Timing Information:

Preparation	10 m
Total Time	10 m

Nutritional Information:

Calories	8
Fat	0.1g
Cholesterol	1mg
Sodium	39mg
Carbohydrates	1.3g
Protein	0.6g

* Percent Daily Values are based on a 2,000 calorie diet.

HOUSTON RANCH POWDER

Ingredients

- 1 C. dried **parsley**
- 2/3 C. garlic **salt**
- 1/2 C. crushed saltine **crackers**
- 1/2 C. dried minced **onion**
- 1/2 C. onion **salt**
- 1/4 C. **onion** powder
- 1/4 C. **garlic** powder
- 2 tbsp dried **dill** weed
- 2 tbsp ground black **pepper**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 2

Timing Information:

Preparation	5 m
Total Time	5 m

Nutritional Information:

Calories	2
Fat	0g
Cholesterol	0mg
Sodium	340mg
Carbohydrates	0.5g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

FLAVORS OF AUTUMN

Ingredients

- 1 tsp **celery** salt
- 1/2 tsp ground black **pepper**
- 1/2 tsp crushed **savory**
- 1/2 tsp ground **cloves**
- 1/2 tsp ground **cinnamon**
- 1/2 tsp ground **thyme**
- 1/4 tsp ground **sage**
- 1/4 tsp **mustard** powder

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 1

Timing Information:

Preparation	5 m
Total Time	5 m

Nutritional Information:

Calories	5
Fat	0.2g
Cholesterol	0mg
Sodium	372mg
Carbohydrates	0.9g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.

7-SPICES FROM BEIRUT

Ingredients

- 1/2 C. ground black **pepper**
- 1/2 C. ground **cumin**
- 1/2 C. **paprika**
- 1/4 C. ground **coriander**
- 1/4 C. ground **cloves**
- 4 tsp ground **nutmeg**
- 4 tsp ground **cinnamon**
- 2 tsp ground **cardamom**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 8

Timing Information:

Preparation	5 m
Total Time	5 m

Nutritional Information:

Calories	7
Fat	0.3g
Cholesterol	0mg
Sodium	2mg
Carbohydrates	1.2g
Protein	0.3g

* Percent Daily Values are based on a 2,000 calorie diet.

5-SPICE INDIAN

Ingredients

- 2/3 C. **cumin** seeds
- 1/3 C. **fennel** seeds
- 1/4 C. black **mustard** seed
- 3 tbsp dried **oregano**
- 2 tbsp **fenugreek** seeds

Directions

- In a non-stick skillet, add all the ingredients over medium heat and cook for about 2 minutes, tossing frequently.
- Transfer the seeds mixture onto a plate and keep aside to cool.
- In a spice grinder, add all the ingredients and grind until finely ground.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 2

Timing Information:

Preparation	5 m
Cooking	2 m
Total Time	7 m

Nutritional Information:

Calories	28
Fat	1.5g
Cholesterol	0mg
Sodium	7mg
Total Carbohydrates	3.5g
Protein	1.4g

* Percent Daily Values are based on a 2,000 calorie diet.

SPRING BREAK MIX

Ingredients

- 1 tsp **onion** powder
- 3/4 tsp seasoning **salt**
- 1 1/2 tsp dried **oregano** leaves , crushed
- 3/4 tsp crushed red **pepper** flakes
- 1/2 tsp **garlic** powder
- 1/2 tsp **chili** powder
- 1/3 tsp **cumin**

Directions

- In a bowl, add all the ingredients and mix well.
- Rub the meat of your choice with this rub generously.
- Cook according to your choice and enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	7.1
Fat	0.1 g
Cholesterol	0.0 mg
Sodium	6.8 mg
Carbohydrates	1.5 g
Protein	0.2 g

* Percent Daily Values are based on a 2,000 calorie diet.



BOBBY'S COOKOUT RUB

Ingredients

- 1/4 C. brown **sugar** , packed
- 2 tbsp **chili** powder
- 2 tbsp **paprika**
- 1 tbsp **cumin**
- 1/2 tsp cayenne **pepper**
- 1 tbsp **garlic** powder
- 3 tsp **mustard** powder
- 2 tsp **salt**
- 2 tsp black **pepper**

Directions

- In a bowl, add all the ingredients and mix well.
- Coat the chicken with the spice rub evenly.
- Cover the chicken place in the fridge for about 8-24 hours.
- Cook the chicken onto the grill until desired doneness.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	6 hrs.
Total Time	6 hrs.

Nutritional Information:

Calories	522.6
Fat	10.5 g
Cholesterol	0.0 mg
Sodium	6607.8 mg
Carbohydrates	112.1 g
Protein	11.9 g

* Percent Daily Values are based on a 2,000 calorie diet.

ZESTY AFRICAN MIX

Ingredients

- 1/2 tsp **salt**
- 1/2 tsp sweet **paprika**
- 1 tsp ground **cumin**
- 3/4 tsp black **pepper**
- 3/4 tsp ground **coriander**
- 1/2 tsp **cayenne**
- 1/2 tsp ground **ginger**
- 1/4 tsp **turmeric**
- 1 tsp ground **cinnamon**
- 1 tsp **garlic** clove , minced
- 1/2 **lemon** zest, minced

Directions

- In a bowl, add all the ingredients and mix well.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	46.3
Fat	1.2 g
Cholesterol	0.0 mg
Sodium	1169.9 mg
Carbohydrates	10.6 g
Protein	1.7 g

* Percent Daily Values are based on a 2,000 calorie diet.

BLACKENING SEASONING

Ingredients

- 2 1/2 tbsp **paprika**
- 1 tbsp sea **salt**
- 1 1/2 tsp ground **cumin**
- 1 1/2 tsp dried **thyme**
- 1 tsp ground black **pepper**
- 1/2 tsp **garlic** powder
- 1/2 tsp ground red **pepper**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place for up to 2 weeks.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	237.9
Fat	9.8 g
Cholesterol	0.0 mg
Sodium	20988.3 mg
Carbohydrates	45.0 g
Protein	11.2 g

* Percent Daily Values are based on a 2,000 calorie diet.

CASABLANCA BLEND

Ingredients

- 2 tsp black **pepper**
- 1 tsp **onion** powder
- 2 tsp **garlic** cloves , minced
- 1 tsp **salt**
- 1/2 tsp cayenne **pepper**
- 1 tsp ground **cinnamon**
- 1 tsp ground **coriander**
- 1/2 tsp dried **thyme**
- 1 tsp ground **ginger**
- 1 tbsp **lemon** zest
- 1 tbsp **sugar**

Directions

- In a bowl, add all the ingredients and mix well.
- Rub the meat of your choice with this rub generously.
- Cook according to your choice and enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	25.5
Fat	0.2 g
Cholesterol	0.0 mg
Sodium	582.9 mg
Carbohydrates	6.4 g
Protein	0.4 g

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY NEW ENGLAND BLEND

Ingredients

- 1 tbsp sweet **paprika**
- 1 tsp **garlic** powder
- 1/4 tsp **salt**
- 1/4 tsp black **pepper**
- 1/4 tsp dried **rosemary**
- 1/4 tsp **cayenne**

Directions

- In a bowl, add all the ingredients and mix well.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	16.6
Fat	0.5 g
Cholesterol	0.0 mg
Sodium	294.1 mg
Carbohydrates	3.3 g
Protein	0.8 g

* Percent Daily Values are based on a 2,000 calorie diet.



CARIBBEAN JERK BLEND

Ingredients

- 2 tsp **allspice**
- 2 tsp minced **thyme**
- 3 tsp packed brown **sugar**
- 1 tsp **cinnamon**
- 1 tsp **paprika**
- 2 tsp grated **nutmeg**
- 2 tsp ground **ginger**
- 2 tsp cayenne **pepper**
- 1 tsp ground **thyme**
- 1 1/2 tsp ground habanero chile **pepper**
- 1 1/2 tsp **salt**
- 1 1/2 tsp ground black **pepper**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	136.6
Fat	3.4 g
Cholesterol	0.0 mg
Sodium	3503.2 mg
Carbohydrates	29.5 g
Protein	2.2 g

* Percent Daily Values are based on a 2,000 calorie diet.

ALASKAN SEAFOOD SEASONING

Ingredients

- 2 tbsp **sugar**
- 1 tbsp **chili** powder
- 1 tsp **pepper**
- 1/2 tbsp **cumin**
- 1/2 tbsp **paprika**
- 1/2 tsp **salt**
- 1/4 tsp dry **mustard**
- 1/4 tsp **cinnamon**
- 2 **salmon** fillets

Directions

- In a bowl, add all the ingredients except the salmon and mix well.
- Rub the salmon with the spice mix evenly.
- In a skillet, add a little oil over medium-high heat and cook until heated through.
- Add the salmon and cook for about 2 minutes.
- Flip the side and set the heat to low.
- Cook for about 7-8 minutes.

Servings Per Recipe: 2

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	479.2
Fat	15.2 g
Cholesterol	146.2 mg
Sodium	889.5 mg
Carbohydrates	17.2 g
Protein	66.4 g

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET CAYENNE

Ingredients

- 2 tbsp **paprika**
- 2 tsp brown **sugar**
- 2 tsp **salt**
- 2 tsp black **pepper**
- 1/2 tsp dried **thyme**
- 1/4 tsp cayenne **pepper**

Directions

- In a bowl, add all the ingredients and mix well.
- This spice rub will be great for the pork, chicken and shrimp as well.
- Cook your desired meat onto the grill until desired doneness and enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	22.1
Fat	0.5 g
Cholesterol	0.0 mg
Sodium	1165.4 mg
Carbohydrates	5.0 g
Protein	0.6 g

* Percent Daily Values are based on a 2,000 calorie diet.



STEAK SEASONING

Ingredients

- 1 tbsp ground **cinnamon**
- 1 tbsp ground **coriander**
- 1 tbsp **paprika**
- 1 tbsp **sugar**
- 1 tbsp **salt**
- 2 tsp **cayenne**

Directions

- In a bowl, add all the ingredients and mix well.
- Rub the steak with the spice rub evenly.
- Cook the steak onto the grill until desired doneness and enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	28.4
Fat	0.6 g
Cholesterol	0.0 mg
Sodium	1745.8 mg
Carbohydrates	6.7 g
Protein	0.6 g

* Percent Daily Values are based on a 2,000 calorie diet.

CALIFORNIA TARRAGON

Ingredients

- 2 tbsp **salt**
- 2 tbsp brown **sugar**
- 1 tbsp black **pepper**
- 1 tbsp **garlic** powder
- 1 tbsp **basil**
- 1 tbsp **paprika**
- 1 tbsp **tarragon**

Directions

- For the spice mix: in a bowl, add all the ingredients and mix well.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	28.4
Fat	0.6 g
Cholesterol	0.0 mg
Sodium	1745.8 mg
Carbohydrates	6.7 g
Protein	0.6 g

* Percent Daily Values are based on a 2,000 calorie diet.

HOVAN SEASONING

Ingredients

- 1 tbsp dried **parsley**
- 1 tbsp dried **sage**
- 1 tbsp dried **rosemary**
- 1 tbsp dried **thyme**
- 1/4 C. **onion** powder
- 1/4 C. **paprika**
- 1 tbsp ground black **pepper**
- 1/2 tsp cayenne **pepper**

Directions

- In a spice grinder, add all the ingredients and grind until finely ground.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	17.4
Fat	0.4 g
Cholesterol	0.0 mg
Sodium	2.8 mg
Carbohydrates	3.7 g
Protein	0.6 g

* Percent Daily Values are based on a 2,000 calorie diet.

TEXAN TUESDAY BLEND

Ingredients

- 1/4 C. **paprika**
- 4 tsp **salt**
- 1 tbsp ground black **pepper**
- 2 tsp cayenne **pepper**
- 2 tsp dry **mustard**
- 1 1/2 tbsp **chili** powder
- 1 1/2 tsp **garlic** powder
- 1 tsp **oregano**
- 1 tsp **celery** seed

Directions

- In a bowl, add all the ingredients and mix well.
- This spice rub will be great for any kind of meat or fish as well.
- Cook your desired meat onto the grill until desired doneness and enjoy.

Servings Per Recipe: 8

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	24.5
Fat	1.0 g
Cholesterol	0.0 mg
Sodium	1179.1 mg
Carbohydrates	4.2 g
Protein	1.1 g

* Percent Daily Values are based on a 2,000 calorie diet.

MILANESE OREGANO

Ingredients

- 1/4 C. dried **rosemary**, crumbled
- 2 tbsp dried **oregano**
- 1 tbsp dried **sage**
- 2 tbsp dried **garlic** flakes
- 1/4 C. kosher **salt**
- 2 tbsp cracked black **pepper**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 8

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	12.7
Fat	0.4 g
Cholesterol	0.0 mg
Sodium	3538.3 mg
Carbohydrates	2.7 g
Protein	0.3 g

* Percent Daily Values are based on a 2,000 calorie diet.



HOT CURRY FOR MEATS

Ingredients

- 1/4 C. **chili** powder
- 1 tbsp **curry** powder
- 2 tsp celery **salt**
- 1 tsp dry **mustard**
- 1 tsp **oregano**
- 1 tsp **parsley** flakes
- 1 tsp **onion** powder
- 1 tsp **garlic** powder
- 1 tsp white **pepper**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 8

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	20.0
Fat	0.9 g
Cholesterol	0.0 mg
Sodium	40.2 mg
Carbohydrates	3.4 g
Protein	0.8 g

* Percent Daily Values are based on a 2,000 calorie diet.

ALTERATIVE CHINESE 5-SPICE

Ingredients

- 2 tbsp five-**spice** powder
- 1 tbsp **soy sauce**
- 2 **garlic** cloves , crushed

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	9.8
Fat	0.0 g
Cholesterol	0.0 mg
Sodium	503.2 mg
Carbohydrates	1.4 g
Protein	1.1 g

* Percent Daily Values are based on a 2,000 calorie diet.

HOLIDAY ROAST RUB

Ingredients

- 1/4 tsp **onion** powder
- 1 tbsp **garlic** powder
- 1 tsp **cayenne**
- 1 tsp **paprika**
- 1 tbsp poultry **seasoning**
- 2 tbsp ground **sage**
- 1 tsp **thyme**
- 1 tsp black **pepper**
- 1 tsp **oregano**
- 1 tsp **file** powder

Directions

- In a bowl, add all the ingredients and mix well.
- Rub the inside and outside of the turkey with the rub evenly.
- Cook the turkey in the oven until desired doneness.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	75.4
Fat	1.6 g
Cholesterol	0.0 mg
Sodium	6.4 mg
Carbohydrates	15.9 g
Protein	3.1 g

* Percent Daily Values are based on a 2,000 calorie diet.

TACO SEASONING AT HOME

Ingredients

- 1/4 C. **paprika**
- 3 tbsp **salt**
- 2 tbsp **chili** powder
- 2 tbsp black **pepper**
- 2 tbsp **garlic** powder
- 1 1/2 tbsp **sugar**
- 1 tbsp **onion** powder
- 1 tbsp dried **cilantro**
- 1 1/2 tsp ground **cumin**
- 1/2 tsp ground **allspice**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place for several months.
- For a wet rub: in the bowl of the dry rub, add 3 tbsp of the oil and 3 tbsp of the Worcestershire sauce and mix until a thick paste is formed.
- Coat your favorite meat with the spice paste evenly and place in the fridge for about 1 hour.
- Cook your meat onto the grill until desired doneness and enjoy.
- Spread this mixture on the meat and marinate in the refrigerator for 1 hour before grilling.

Servings Per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	336.6
Fat	7.3 g
Cholesterol	0.0 mg
Sodium	239.6 mg
Carbohydrates	72.9 g
Protein	12.3 g

* Percent Daily Values are based on a 2,000 calorie diet.

SPANISH MIX

Ingredients

- 1/4 C. **paprika**
- 2 tbsp Spanish smoked **paprika**
- 2 tbsp ground black **pepper**, ground
- 1 tbsp brown **sugar**
- 2 tsp kosher **salt**
- 2 tsp **garlic** powder
- 1 1/2 tsp chili **powder**
- 1/2 tsp celery **salt**

Directions

- In a bowl, add all the ingredients and mix well.
- Transfer the mixture into a glass jar and seal tightly.
- Store in a cool, dry place.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	312.6
Fat	8.6 g
Cholesterol	0.0 mg
Sodium	4738.7 mg
Carbohydrates	67.7 g
Protein	11.8 g

* Percent Daily Values are based on a 2,000 calorie diet.



CHAPTER 2: CURRY PASTES

CURRY PASTE CAMBODIAN

Ingredients

- 12 large dried red chili **peppers**, stemmed, seeded and broken into pieces
- 1 stalk **lemon grass**, chopped
- 4 tbsp green **onions** , chopped
- 5 **garlic** cloves , crushed and minced
- 2 tsp **ginger**, minced
- 1 tsp **cumin** seed
- 1 tbsp **coriander** seed
- 2 **cloves**
- 6 black **peppercorns**
- 1/2 inch cube **shrimp** paste , wrapped in foil and warmed in pan
- 1 tsp **salt**
- 1 tsp **sugar**
- 2 tbsp **oil**

Directions

- In a bowl of the hot water, place the dried chilies and keep aside for about 30 minutes.
- Drain the chilies well.
- In a skillet, add the lemon grass, green onions, ginger and garlic and stir fry or about 1 minute.
- In a spice grinder, add the drained chilies and toasted ginger mixture and grind until a paste is formed.
- Add the oil, shrimp paste, sugar and salt and grind until a smooth paste is formed.
- Transfer the paste into a glass jar and seal tightly.
- Place in the fridge to store for up to 4 months.

Servings Per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	30 mins

Nutritional Information:

Calories	309.5
Fat	28.6 g
Cholesterol	0.0 mg
Sodium	2337.1 mg
Carbohydrates	14.6 g
Protein	2.3 g

* Percent Daily Values are based on a 2,000 calorie diet.

ANAJLI'S CURRY PASTE

Ingredients

- 2 tbsp grated **ginger**
- 4 cloves **garlic** , chopped
- 4 fresh red **chilies** , chopped
- 1 tbsp ground **coriander**
- 1 tbsp **cumin** seed
- 2 tsp **turmeric**
- 2 tsp ground **cardamom**
- 1 tsp ground **cinnamon**
- 4 whole **cloves**
- 6 whole **peppercorns**
- 1/2 C. cider **vinegar**

Directions

- In a blender, add all the ingredients and pulse until a smooth paste is formed.
- Transfer the paste into a glass jar and seal tightly.
- Place in the fridge to store for up to 2 weeks.

Servings Per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	394.1
Fat	8.0 g
Cholesterol	0.0 mg
Sodium	81.4 mg
Carbohydrates	72.1 g
Protein	13.8 g

* Percent Daily Values are based on a 2,000 calorie diet.

NATIVE CURRY PASTE

Ingredients

- 6 tbsp chopped **ginger**
- 3 tbsp chopped **garlic**
- 2 tbsp ground **cumin**
- 1 tbsp ground **mace**
- 1 tbsp packed brown **sugar**
- 2 tsp **lemon** zest
- 2 tsp ground **cinnamon**
- 2 -4 tsp ground red **pepper**
- 2 tsp **paprika**
- 2 tsp black **pepper**
- 2 tsp **anchovy** paste
- 1 tsp **turmeric**
- 1 tsp ground **cloves**

Directions

- In a blender, add all the ingredients and pulse until a smooth paste is formed.

Servings Per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	569.9
Fat	16.9 g
Cholesterol	27.2 mg
Sodium	1275.1 mg
Carbohydrates	100.5 g
Protein	22.8 g

* Percent Daily Values are based on a 2,000 calorie diet.



CURRY PASTE KARACHI

Ingredients

- 2 **garlic** cloves
- fresh **ginger** root
- 75 g bell **peppers**
- 1 tbsp **paprika**
- 1 tbsp smoked **paprika**
- 2 tbsp garam **masala**
- 1 tbsp **turmeric**
- 1/2 tsp **salt**
- 2 tbsp peanut **oil**
- 2 tbsp **tomato** puree
- 1 **chili**
- 1 bunch **coriander**

Spices

- 2 tsp **cumin** seeds
- 2 tsp **coriander** seeds
- 1 tsp black **peppercorns**

Directions

- Place a skillet over medium-high heat until heated.
- Add the spices and cook until toasted, stirring continuously.
- Transfer the seeds mixture onto a plate and keep aside to cool.
- In a spice grinder, add the spices and grind until finely ground.
- In a food processor, add the ground spices and remaining ingredients and pulse until a smooth paste is formed.

Servings Per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	25 mins

Nutritional Information:

Calories	92.6
Fat	7.8 g
Cholesterol	0.0 mg
Sodium	298.8 mg
Carbohydrates	6.4 g
Protein	1.3 g

* Percent Daily Values are based on a 2,000 calorie diet.

NUTTY CURRY PASTE

Ingredients

- 2 **garlic** cloves , chopped
- 2 cm **ginger** , chopped
- 2 green **chilies** , seeds removed
- 1 kaffir **lime** leaf , chopped
- 2 stalks **lemon grass** , peeled and chopped
- 2 tbsp cashew **nuts**
- 1 tbsp brown **sugar**
- 1 tsp ground **turmeric**
- 1 tsp ground **coriander**
- 1 tbsp **fish** sauce
- 2 **limes** , juice

Directions

- In a food processor, add all the ingredients and pulse until a smooth paste is formed.
- Transfer the paste into a glass jar and seal tightly.
- Store in the fridge for up to 4 days.
- This curry paste will be great in all kinds of the soups.

Servings Per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	320.0
Fat	14.1 g
Cholesterol	0.0 mg
Sodium	1610.2 mg
Carbohydrates	50.5 g
Protein	8.7 g

* Percent Daily Values are based on a 2,000 calorie diet.

TROPICAL CURRY PASTE

Ingredients

- 1/2 mango **chutney**, see **appendix**
- 1/4 C. orange **marmalade**
- 1 tbsp dark sesame **oil**
- 1/2 tsp ground red **pepper**
- 1 tsp **curry** powder
- 1/4 tsp **salt**

Directions

- In a bowl, add all the ingredients and beat until well combined.

Servings Per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	489.5
Fat	21.0 g
Cholesterol	0.0 mg
Sodium	941.2 mg
Carbohydrates	82.0 g
Protein	0.9 g

* Percent Daily Values are based on a 2,000 calorie diet.

THAI CURRY PASTE

Ingredients

- 10 red **chilies** , dried
- 1/4 C. **water** , hot
- 3 tbsp **garlic** , chopped
- 1 tbsp **ginger** , chopped
- 2 tbsp **lemongrass** , chopped
- 1 tsp **lime** peel , chopped
- 1 tsp **coriander** root
- 5 tbsp **shallots** , chopped
- 1 tsp **shrimp** paste

Directions

- In a bowl, add the hot water and dried chilies and keep aside for about 15 minutes.
- Drain well.
- With the mortar and pestle, grind the coriander root, ginger, garlic, lime peel and lemon grass until a paste is formed.
- Add the red chilies, shallot and shrimp paste and grind until a smooth paste is formed.

Servings Per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	20 mins

Nutritional Information:

Calories	788.6
Fat	6.6 g
Cholesterol	0.0 mg
Sodium	157.5 mg
Carbohydrates	176.3 g
Protein	34.3 g

* Percent Daily Values are based on a 2,000 calorie diet.



SOUTH INDIAN CURRY PASTE

Ingredients

- 2 **garlic** cloves , crushed
- 2 green **chilies** , chopped
- 1 tbsp fresh **ginger** , grated
- 1 1/2 tsp ground **turmeric**
- 1 tsp ground **cumin**
- 1 tbsp ground **coriander**
- 1/2-1 tsp **chili** powder

Directions

- In a bowl, add all the ingredients and mix until well combined.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	22.3
Fat	0.5 g
Cholesterol	0.0 mg
Sodium	6.9 mg
Carbohydrates	4.5 g
Protein	0.9 g

* Percent Daily Values are based on a 2,000 calorie diet.



HOT GINGER CURRY PASTE

Ingredients

- 2 **onions** , chopped
- 6 large **garlic** cloves
- 2 inches **ginger** , peeled and chopped
- 4 red **chilies** , deseeded
- 1 tbsp ground **coriander**
- 1 tbsp **cumin** seed
- 2 tsp **turmeric**
- 2 tsp **cinnamon**
- 2 tbsp hot **water**

Directions

- In a blender, add all the ingredients and pulse until a rough paste is formed.
- Transfer the paste into a glass jar and coat the top with a little oil.
- Seal tightly and store into the refrigerator for up to 1 week.

Servings Per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	43.7
Fat	0.6 g
Cholesterol	0.0 mg
Sodium	6.9 mg
Carbohydrates	9.5 g
Protein	1.5 g

* Percent Daily Values are based on a 2,000 calorie diet.

SOUTHWEST PASTE

Ingredients

- 4 oz. dried **chilies** , stemmed and seeded
- 4 canned chipotle **chilies** in adobo , seeded
- 3 **garlic** cloves , minced
- 1 tbsp ground **cumin**
- 1 tsp **caraway** seed
- 1 tsp dried **oregano** , crushed
- 1/4 C. extra virgin olive **oil**
- 1/2 C. **shallot** , minced
- kosher **salt** & ground black **pepper**

Directions

- In a microwaves-safe bowl, add 2 C. of the hot water and dried chilies.
- With a plastic wrap, cover the bowl and microwave for about 2-3 minutes.
- Remove from the microwave and keep aside for about 5 minutes.
- Drain the chilies, reserving 2/3 C. of the soaking water.
- In a food processor, add the chipotles and chilies with the reserved soaking water and pulse until smooth.
- Through a metal strainer, strain the mixture into a bowl, by pressing with the back of a spoon.
- Place the garlic, oregano, cumin and caraway seeds onto a cutting board and chop until a paste is formed.
- In a skillet, add the oil over medium heat and cook until heated through.
- Add the shallots and garlic paste and cook for about 5 minutes, mixing often.
- Add the chile puree and stir to combine.
- Set the heat to low and cook for about 10 minutes, mixing often.
- Stir in the salt and pepper and remove from the heat.
- Keep aside to cool.

- Transfer the mixture into a glass jar and seal tightly.
- Place in the fridge to store up to 3 months.

Servings Per Recipe: 1

Timing Information:

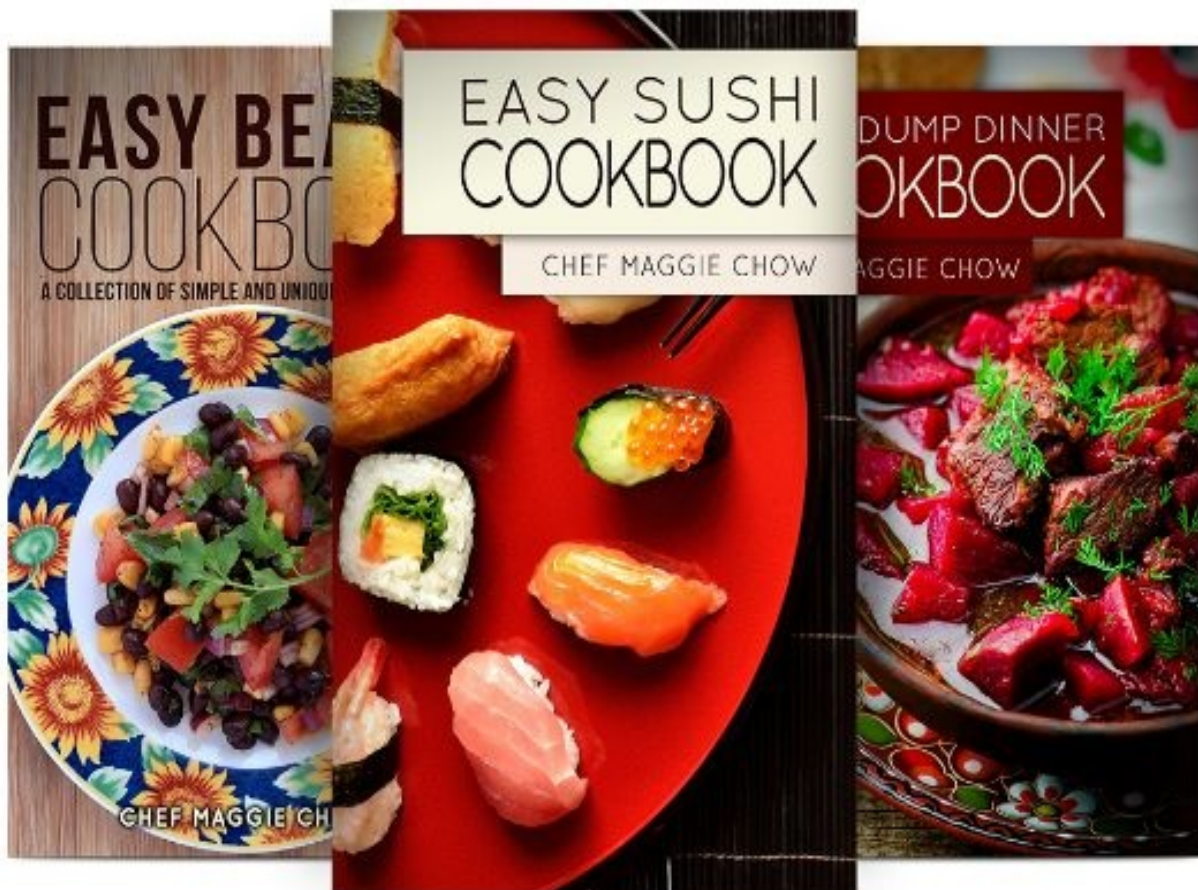
Preparation	15 mins
Total Time	30 mins

Nutritional Information:

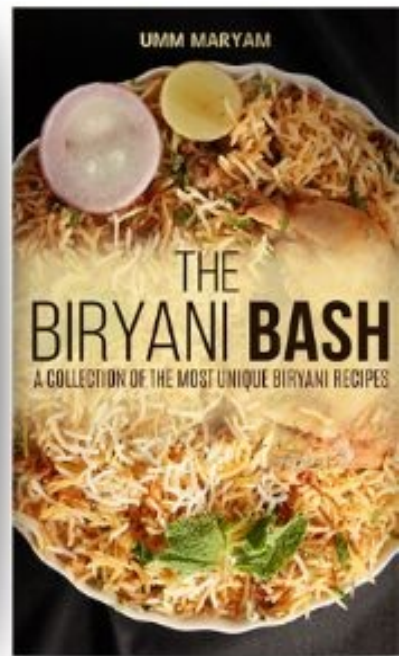
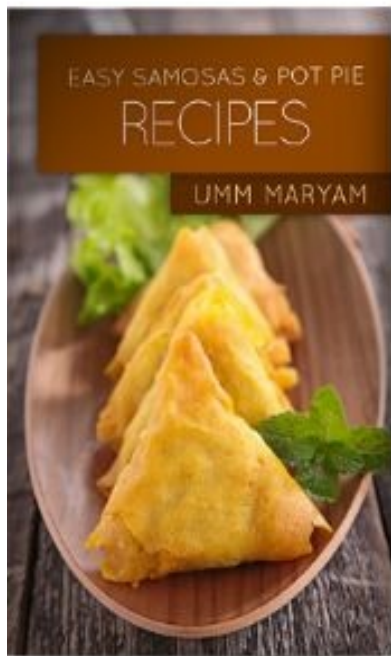
Calories	631.9
Fat	41.6 g
Cholesterol	0.0 mg
Sodium	84.0 mg
Carbohydrates	66.6 g
Protein	10.7 g

* Percent Daily Values are based on a 2,000 calorie diet.

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