

ROSEMARY POWDER, Paprika, Garlic Granules, True Cinnamon, Cayenne Powder

SHEPPARD'S PIE



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FEATURING OUR:
POWDERED ROSEMARY

Here is another easy-to-make family favorite dinner. We usually make this with ground turkey, but beef or lamb can also be used. The spices used-Rosemary Powder, Garlic Granules, Paprika and True Cinnamon- provide wonderful flavors for the filling. Don't forget the pinch (or two) of Cayenne in the potatoes- it really makes them! Enjoy this delicious dish- it's a great meal to serve for a pleasing hearty dinner.

Ingredients:

1 lb. Ground Beef, or Ground Lamb or Ground Turkey
1 medium onion, diced
1 Tblspn olive oil
2 Tblspns flour
1/4 cup red cooking wine
2 Tblspns tomato paste
2 Tblspns Worcestershire sauce
3/4 cup chicken or beef stock
Salt/Pepper to taste
2 tsp Rosemary Powder
1 tsp Paprika

2 1/2 tsp Garlic Granules
1/8 tsp True Cinnamon
1 cup frozen carrots *
1 cup frozen peas *
*Can use 2 cups of frozen peas and carrots mixture
5 large golden potatoes, peeled and cut into one inch pieces
2 Tblspns creme cheese
2 Tblspns butter
1 - 2 Tblspns milk
1/4 cup shredded Irish (white) cheddar cheese (or shredded parmesan)
Pinch of Cayenne Powder
1 egg beaten

Directions: Preheat oven to 375 degrees. Make the potato topping: Cook the potatoes in salted boiling water until tender. Drain the cooked potatoes and mash them with the butter, creme cheese, milk, cheddar cheese, and Cayenne. Add salt /Pepper to taste. Set the potatoes aside. Make the filling: In a large frypan cook the meat and onion in the oil until the meat is done and then break it into small crumbles. Stir in the flour, wine, Worcestershire sauce, tomato paste, stock, Rosemary, Paprika, Garlic Granules, and True Cinnamon. Stir to combine and reduce the heat to medium-low. Bring the mixture to a simmer and cook it for about 5 minutes or until thickened. Add salt/pepper to taste. Pour the filling in a greased deep dish 9 inch pie pan and spread it over the bottom. Spread the potatoes over the top of the filling. Brush the top of the potatoes with the beaten egg. Bake in the preheated oven for about 40 minutes or until the potato topping is golden.

TRUE CINNAMON (Ceylon) / NUTMEG POWDER

Apple Blondies



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FEATURING
OUR TRUE CINNAMON (CEYLON)

These Blondies are moist and a delicious apple flavor, with a nice, slightly crunchy top. The apples help to make them moist and the True Cinnamon and Nutmeg help to perfectly compliment the apple flavor. This is an easy to make recipe that is a great treat for dessert or snack. Love those fall-time apples!

Ingredients:

2 large apples, chopped
1 stick butter, melted & cooled
1 Tblspn lemon juice
1/2 cup granulated (white) sugar
1/2 cup light brown sugar
1 egg

1 tsp vanilla extract
1/2 tsp baking powder
1/4 tsp salt
1 tsp True Cinnamon
1/2 tsp Nutmeg
1 1/4 cup flour
3/4 white chocolate chips

Preheat oven to 350 degrees. Lightly spray a 9 x 9 inch baking pan with cooking spray. Sprinkle the lemon juice over the chopped apples & toss to coat. Set aside. In a medium sized bowl, combine the sugars, egg, and vanilla. Pour the cooled butter into this mixture and stir until smooth. In a separate bowl combine the flour, baking powder, salt, and spices. Take out 2 Tblspns of this flour mixture and mix it with the apples. Combine the remaining flour mixture with the butter mixture. Stir until smooth. Fold in the apples and the white chocolate chips and stir gently until incorporated. Pour the batter into the prepared pan and bake until a knife inserted in the middle of the pan, comes out clean (about 40 minutes). Cool blondies completely before cutting into squares.