



**GOOD  
FOOD**  
S T O R E

1600 S. 3rd. St. West  
Missoula, MT 59801  
406-541-FOOD (3663)

# Spice Blend Recipes

Creating your own spice blends is an easy way to have your favorite flavors at your fingertips. It's economical too - stirring together your own spice blends can result in significant savings compared to pre-packaged blends. Adjust the indicated proportions up or down depending upon how quickly you go through your spices.

## Italian

4 tablespoons basil  
3 tablespoons salt  
2 tablespoons oregano  
2 tablespoons granulated garlic  
1 1/2 teaspoons black pepper  
1 1/2 teaspoons crushed red pepper  
1 1/2 teaspoons thyme

## French

3 tablespoons basil  
2 tablespoons thyme  
2 tablespoons tarragon  
1 tablespoon salt  
1 teaspoon pepper  
1 teaspoon fennel

## Beau Monde Seasoning

1 tablespoon salt  
1 tablespoon ground bay leaf  
2 tablespoons white pepper  
2 tablespoons black pepper  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
1 tablespoon allspice  
1 tablespoon mace  
1 teaspoon celery seed  
1 tablespoon cloves

## Indian Curry

2 tablespoons cumin  
2 tablespoons coriander  
2 tablespoons turmeric  
2 tablespoons garam masala  
1 tablespoon salt  
1 teaspoon cayenne  
1 teaspoon black pepper

## Cajun

3 tablespoons paprika  
2 tablespoons & 2 teaspoons  
granulated garlic  
1 tablespoon & 1 teaspoon  
granulated onion  
1 tablespoon & 1 teaspoon cayenne  
1 tablespoon black pepper  
1 teaspoon salt  
1 teaspoon oregano  
1 teaspoon thyme

## Mexican

4 tablespoons cumin  
3 tablespoons salt  
2 tablespoons oregano  
1 tablespoon granulated garlic  
1 tablespoon chili powder  
1 1/2 teaspoons black pepper  
1 1/2 teaspoons cayenne

These spice blends will last for up to one year because all ingredients are dried. To preserve peak flavor and color, store spices in a cool, dry place, away from exposure to bright light, heat, moisture or oxygen. Store herbs and spices in airtight containers, such as glass jars or plastic containers. Spice containers can be found with the spices in the bulk department.

