



TUSCAN SPICE MIX

BY GERALD L. FORD, CMC

INGREDIENTS

- 5 g Dried Parsley
- 15 g Basil, Dried
- 15 g Oregano Dried
- 10 g Fennel Seed, Crushed
- 5 g Rosemary, Dried
- 5 g Chili Flakes, Aleppo
- 15 g Garlic Powder
- 10 g Onion Powder
- 15 g Black Pepper
- 5 g Paprika, Sweet

METHOD

Crush or grind the coarser herbs to desired size. Combine all ingredients, cryovac or use within 3 months if stored in a dry place.