

# Spice mixes and recipe building blocks

## Chai Spice Mix

- 5 teaspoons cardamom
- 1 ½ teaspoons cinnamon
- 1 ½ teaspoons ginger
- ¼ teaspoon black pepper
- ½ teaspoon allspice
- ½ teaspoon cloves
- ½ teaspoon nutmeg

Mix all ingredients together and store in an airtight container. Makes about ¼ cup. This seasoning is great on roasted carrots, or try ½ teaspoon added to a mug of tea.

## Taco Seasoning

- 2 tablespoons chili powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon red pepper flakes
- ½ teaspoon ground oregano
- 1 teaspoon paprika
- 2 tablespoons salt
- 2 teaspoons black pepper

Mix all ingredients together and store in an airtight container. Makes about ¼ cup.

## Chili Seasoning

- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried mustard powder
- 1 teaspoon dried oregano

Mix all ingredients together and store in an airtight container. Makes enough for one recipe of chili.

## Cinnamon Sugar Mix

- ½ cup sugar
- 1 tablespoon cinnamon

Mix ingredients together and store in an airtight container. Makes about ½ cup.

## Italian Herb Mix

- 1 tablespoon dried basil
- 2 teaspoons garlic powder
- 2 teaspoons dried parsley
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

Mix all ingredients together and store in an airtight container. Makes about ¼ cup of seasoning.

## Cashew Cream Sauce

**For basic, all-purpose cashew cream:**

- 1 cup raw, unsalted cashews
- 2 ½ cups water, divided
- ⅛ teaspoon kosher salt

**For sweetened cashew cream:**

- 1 cup raw, unsalted cashews
- 1 tablespoon maple syrup
- 2 ½ cups water, divided
- ⅛ teaspoon kosher salt

For both recipes, soak the raw cashews for at least 12 hours in 2 cups of water. Drain the nuts and add to a blender bowl. Add ½ of the remaining water, salt and maple syrup (if using). Blend. Add more water as needed for a creamy consistency.

Store in an airtight container in the fridge for up to a week.

## Basic Chicken Stock

- 1 pound chicken parts (preferably wings, back bones, feet or thighs)
- 1 large onion
- 3 stalks celery, including leaves
- 1 large carrot
- 1 ½ teaspoons salt
- 3 whole cloves (optional)
- 6 cups water

Chop all the vegetables (no need to peel) and place in a stockpot.

Add the chicken parts and salt. On medium heat, stir, adding ½ cup water to prevent things from sticking to the bottom of the pot.

When the chicken is slightly browned, add the remaining water and bring to a boil.

Add the whole cloves to the mix, if using.

Once the water boils, lower the heat and simmer for 2 hours.

To clean up the stock, remove all of the solids with a slotted spoon and skim the surface for any fat or debris that may have accumulated.

Allow to cool and store in an airtight container or use double plastic freezer bags to store in the freezer, squeezing out as much air as possible before sealing.

## Quinoa

Quinoa sometimes gets a bad reputation for having a funky taste, but a different cooking method can make all the difference. It has a natural coating to prevent birds from eating it, which also happens to deter people just trying to enjoy a healthy grain. People tend to cook quinoa like rice, letting it fully absorb the cooking water and, consequently, the taste of the coating. Try this cooking method for fresh-tasting quinoa every time.

Fill a pot with four times as much water as you have dry quinoa. So, for 1 cup of dry quinoa, you'd use 4 cups of water. One cup of dry quinoa will make about 2 ½ cups cooked. Salt the water if you'd like.

Bring to a boil, then add the quinoa and cook at a full boil for 8 to 9 minutes. Don't cover.

Drain the quinoa into a fine mesh sieve or strainer — make sure the holes are small enough so the quinoa won't wash through and make sure the sieve can fit on top of the pot. Rinse the quinoa with water (the temperature doesn't matter). Rinse the cooking pot and add about 1 to 2 inches of water. Bring to a boil. Place the sieve on top of the pot and steam the quinoa for about 10 minutes, uncovered.

Then, fluff the quinoa with a fork and continue with your recipe as required.





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Washington, D.C. 20201  
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