



Hill's Mills & Mixers

BOSCH Kitchen Centre

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(2) BEAN FLOUR RECIPES

SEASONINGS TO USE AS A SALT SUBSTITUTE OR IN FRESH-MILLED BEAN SOUP RECIPES, or over fish, meat patties, or sprinkled over casseroles and soups before serving.

All recipes may be salt and pepper-free, as you wish, or you may include sea salt and coarse pepper.

ALL PURPOSE SEASONING

5 tsp sesame seed
5 tsp red bell pepper flakes
5 tsp parsley leaves
2 ½ tsp curry powder
2 ½ tsp tumeric
2 ½ tsp cumin
1 ½ tsp dry mustard
1 ¼ tsp garlic powder
1 ¼ tsp ground lemon peel
1 ¼ tsp ginger
1 ¼ tsp paprika
1 ¼ tsp tarragon
1 tsp marjoram
1 tsp celery seed (ground)
½ tsp allspice
½ tsp ground coriander
½ tsp rosemary
½ tsp oregano
½ tsp basil
½ tsp dill weed
Dehydrated Vegetable Flakes

METHOD:

In Bosch Blender or Bosch Coffee Grinder, use pulse button until desired coarseness or fineness is accomplished, then mix all ingredients well. I like to add garlic flakes as well.

If there is any ingredient you do not care for, just leave it out. Add coarse pepper if desired.

Mix well and store in air-tight jar. I have several jars going at once, using selective spices for fish, chicken, or just about anything. Love it. Have fun with it.

Add optional ingredients in other jars if desired:

3 Tbsp parmesan cheese
2 Tbsp powdered or granular beef, chicken or vegetable soup base