

POULTRY RUB, Ranch Blend

# HOMEMADE CHICKEN SALAD



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POULTRY RUB

This is a classic chicken salad recipe. It is simple chicken salad (it does not have nuts, raisins, grapes or any other extras) - with just lots of chicken, a little relish, mayo, and just the right spices. The chicken is cooked in our Ranch Blend and then the salad is spiced with our Poultry Rub. Perfect herbs and spices that come together for a perfectly delicious chicken salad.

**Ingredients:**

3 Large, Boneless & Skinless Chicken Breasts.  
1 Tblspn Ranch Blend

1 cup (or more, to taste) Mayonnaise (lite or regular)  
2 1/2 Tblspn Dill Relish  
2 1/2 tsp Poultry Rub

**Directions :**

Sprinkle a tsp of the Ranch Blend on each chicken breast. Cook the breasts in a crock pot (cook on high for 3-4 hours) or in a pressure cooker - e.g. an 'Instant Pot' - (add 1/2 cup of water to the pot, Manual High Pressure, 15 minutes, quick release). Let the cooked chicken cool and then, using two forks, shred the cooked chicken (you should get about 5 cups of shredded chicken). Place the shredded chicken in a large bowl and add the mayonnaise, relish and Poultry Rub. Mix to thoroughly combine. Serve chilled on a sandwich, on a roll, with crackers, or on fresh lettuce leaves.

CRYSTALLIZED GINGER, Ginger Root Powder, True Cinnamon

# Gingered Peach-Plum Bars



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CRYSTALLIZED GINGER

Favorite summer fruits - peaches and plums- make the tart and sweet filling for these wonderful bars. The fruit and the crumble topping are spiced with Ginger and True Cinnamon for a delicious and slightly tangy flavor. Just one bite and you can taste the sweet summer freshness. They are just yummy served cool or warm with a scoop of ice cream.

**FOR THE FILLING: :**

2 medium peaches, peeled and diced  
2 small black plums, diced  
1 tsp Ginger Root Powder  
1 tsp True Cinnamon, 1 Tblspn cornstarch  
2 Tblspns lemon juice,  
2 Tblspns (white) sugar

**FOR THE CRUMBLE & CRUST:**

1/2 cup light brown sugar,  
1/4 cup (white) sugar, 1 1/2 cups flour,  
1/2 tsp baking powder, 10 Tblspns butter (cold), 1 large egg yolk, 1 Tblspn cold water, Pinch of salt, 1/2 tsp Ginger Root Powder, 1 1/2 Tblspn Crystallized Ginger

**Directions :**

Spray (with cooking spray) a 9x9 inch baking pan. Preheat oven to 350 degrees.  
**MAKE THE FILLING:** Mix together the filling ingredients. Set aside.  
**MAKE THE CRUST & CRUMBLE:** Whisk together the flour, sugars, Ginger Root Powder, salt, and baking powder. Cut in the butter (with a fork or pastry blender). Add the egg and water. Stir until mixture is small crumbles. Take 1/2 of the mixture and press it into the bottom of the prepared pan to make the crust. Pour the prepared filling over the crust. Add the Crystallized Ginger to the remaining 1/2 of the crust/crumble mixture and then sprinkle it over the filling. Bake in the preheated oven for about 40 minutes or until the top is golden brown. Let cool completely in the pan before cutting into bars.