

Tarragon / Dill Weed / Garlic Granules
Israeli Couscous Springtime Salad



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FEATURING OUR:
TARRAGON HERB

Spring vegetables including fresh asparagus, peas, cucumbers, and chives, are combined with Israeli Couscous to make this refreshingly delicious seasonal salad. The salad dressing is a light vinaigrette made with white wine vinegar, lemon, Tarragon, Dill and Garlic Granules. These herbs and spices work wonderfully with the spring vegetables and make this just a perfect salad to compliment any meal.

Ingredients:

1 cup Israeli Couscous	1/2 cup seedless Cucumber, peeled and chopped	1 Tblspn dried Tarragon
1 cup chicken broth	1/4 cup Red Pepper, chopped	1 tsp dried Dill Weed
1 cup water	1/4 cup chopped fresh Chives	1/2 tsp Garlic Granules
3/4 cup Asparagus, slightly cooked, cooled, and sliced into 1 inch pieces	2 Tblspns Lemon Juice	2 tsp Lemon Zest
3/4 cup cooked & cooled Tiny Peas	2 Tblspns White Wine Vinegar	1/2 tsp sugar or stevia
	3 Tblspn Olive Oil	Spring lettuce mix

Directions:

Cook the couscous by lightly browning it in a saucepan with 1 Tblspn of olive oil (cook for about 3 minutes). Add the water and the chicken broth to the pan, bring to a boil, and then cook the couscous for about 12 minutes, or until most of the liquid is absorbed. Cool the cooked couscous completely and then combine it with all of the vegetables. Prepare the dressing by combining the lemon juice, vinegar, 2 Tblspns of olive oil, herbs and spices, lemon zest and sugar. Pour the mixed dressing over the couscous and vegetables. Serve the couscous salad over a spring lettuce mix.

True Cinnamon & Cayenne Powder
Dark Chocolate Dipped Macaroons



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FEATURING OUR:
TRUE CEYLON CINNAMON

These almond-flavored macaroons are sweetened with True Cinnamon and then dipped in dark chocolate, lightly spiced with Cayenne Powder. The Cayenne intensifies the dark chocolate flavor and gives these macaroons a nice little kick. The sweet kick lingers, even after your final bite. It is sweet- spicy yumminess at its best!

Ingredients For The Macaroons:

1 1/3 cup sweetened shredded coconut	1/2 tsp True Cinnamon
1/3 cup sugar	1/8 tsp salt
2 Tblspns flour	Ingredients & Directions For The Chocolate:
2 (large eggs) egg whites	Mix together the following, thoroughly:
1 tsp almond extract	8 ounces dark chocolate chips, melted
	1/8 tsp (scant) Cayenne Powder

Directions For The Macaroons:

Preheat oven to 325 degrees. Line a cookie sheet with parchment paper. In a small mixing bowl, mix together the first seven ingredients. Using a teaspoon, scoop rounded mounds of the mixed batter onto the parchment paper of the cookie sheet. Place the macaroons into the preheated oven and bake for about 20 minutes, rotating the cookie sheet halfway through the cooking time. When the macaroons are lightly golden around the edges, remove them from the oven. Let them cool completely. Dip the bottom and top of each macaroon into the chocolate and then place them on a sheet of parchment paper until the chocolate hardens. Makes about 2 dozen macaroons.