

Cardamom Seed Powder / Ginger Powder

Red Grape Breakfast Cake



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FEATURING OUR:
CARDAMOM SEED POWDER

Here is a delightful and different cake, baked with whole fresh red grapes. It is an easy recipe that uses Cardamom Seed Powder and Ginger Powder to enhance the grape, and citrus flavors. This is a moist and delicious cake for breakfast served with herbal tea. It's also a great snack, or dessert cake. One bite and you will agree - this recipe is a keeper!

Ingredients:

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| 1 1/2 cups flour | 3/4 cup sour cream |
| 1/2 tsp salt | 1/4 cup oil |
| 1 tsp Cardamom Seed Powder | 4 Tbspns butter, melted |
| 1/2 tsp Ginger Powder | 2 tsp lemon zest |
| 1 tsp baking powder | 1 tsp orange zest |
| 2 eggs | 1 tsp vanilla extract |
| 2/3 cup sugar (plus 2 Tbspns for topping) | 2 cups fresh (whole) red grapes |

Directions:

Preheat oven to 350 degrees. Line the bottom of a 9 inch round cake pan with a piece of parchment paper, and then butter and lightly flour the pan. Whisk together the flour, salt, baking powder and spices. In a separate bowl, beat the sugar and eggs until light yellow/pale. Add the sour cream, oil, melted butter, zests, and vanilla and beat well. Combine the egg and sugar mixture with the dry ingredients and mix until fully incorporated. Fold in 1 1/2 cups of the grapes. Pour the batter in the prepared pan and smooth the surface. Place the remaining 1/2 cup of grapes on the surface of the cake. Sprinkle 2 Tbspns of sugar over the cake surface. Bake the cake in the preheated oven for 50 minutes. Cool the baked cake on a rack for 15 minutes before removing it from the pan.

Thai Curry / Sesame Seeds / Garlic Granules

Garden Fresh Lettuce Wraps



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FEATURING OUR:
THAI CURRY BLEND

This recipe is loaded with fresh vegetables and it is low in fat and carbs. The spices used - Thai Curry Blend, and Garlic Granules - give the meat a wonderful, mildly spicy flavor, that goes perfectly with the vegetables. The Sesame Seeds are just the right touch for the topping of the wrap. There is a little bit of chopping prep work to make these wraps, but the final product is so worth it! Enjoy every fresh, flavorful bite of this delicious and healthy dish.

Ingredients:

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| 1/2 cup white vinegar | 1 Tbspn Thai Curry | 3 green onions, chopped |
| 1/4 cup granulated sugar | 2 Tbspns soy sauce | 1/2 cup fresh cilantro, chopped |
| 1/8 tsp salt | 1 Tbspn rice wine vinegar | 1/4 cup chopped dry roasted peanuts |
| 1 cup of julienned carrots | 1/2 tsp fish sauce | 1 Tbspn Sesame Seeds |
| 1/2 medium onion, cut in thin slices | Salt & Pepper (to taste) | 2 Tbspns Hoisin Sauce |
| 1 lb. ground pork/turkey/chicken | 8 lettuce leaves (use firm leaves) | Fresh lime wedges |
| 1 Tbspn minced fresh gingerroot | 1/2 seedless cucumber, chopped. | |
| 1 tsp Garlic Granules | 1 small red pepper, finely chopped | |

Directions:

Mix together the white vinegar, sugar, 1/8 tsp salt, carrots and sliced onion. Let this mixture stand in a bowl at room temperature for 30 minutes. Cook & drain the meat (break it into small crumbles). Add the ginger, Garlic Granules, Thai Curry, cook for about a minute, and then add the soy sauce, rice wine vinegar, fish sauce, salt & pepper. Drain the liquid from the carrot mixture. Assemble as follows: place about 1/4 cup of the meat mixture in the lettuce leaf; top with a small amount of the cucumber, red pepper, green onion, carrot mixture, and cilantro. Finish with a sprinkle of chopped peanuts and sesame seeds, and then drizzle a little hoisin sauce and fresh lime juice over the top. Serve immediately.