

TURMERIC BAKER'S (SWEET SPICE) BLEND, True Cinnamon

## HEALTHY MORNING SMOOTHIE



**A Healthy Turmeric Recipe**

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TURMERIC BAKER'S BLEND

Here's an easy and healthy treat to prepare in the morning, or anytime. The Turmeric Sweet Spice Blend and True Cinnamon are blended with this smoothie for flavor and for added health benefits. The combination of these beneficial spices, fruits, juices, and yogurt, make this a really healthy way to start your day. Enjoy!

### Ingredients :

1 Banana, sliced  
1 cup canned unsweetened crushed pineapple (drained & frozen)  
1/2 cup carrot juice  
Two (5.3 ounce) containers of low-fat coconut yogurt  
1 Tblspn lemon juice

2 - 3 Tblspns milk (add until you have the desired thickness)  
1/2 tsp Turmeric Baker's (Sweet Spice) Blend (add up to 2 tsps, if desired)  
1/4 tsp True Cinnamon  
1/2 tsp Stevia

### Directions:

Place all ingredients in a blender and blend until smooth. Pour into two chilled glasses, add a straw and serve.

TURMERIC ZEST SEASONING BLEND, Chinese Five Spice Blend, White Pepper

## CANTONESE SALT 軍 PEPPER PORK



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TURMERIC ZEST SEASONING

Here's great way to use those fresh summer hot chili peppers (and it's not a salsa!). This popular Cantonese dish has a nice hot kick from the chili peppers (and a bit from the Turmeric Zest). Our Turmeric Zest and Chinese Five Spice Blends add delicious flavors and color to the pork and the White Pepper helps to give it the 'pepper' taste. You can lessen the heat on this dish by adding less chilies, and the combination of the flavors are still excellent.

### Ingredients :

2 - 3 lbs. pork shoulder or butt, trimmed & cut into 3" pieces (1/4 " thick)  
2 Tblspns cooking sherry, 1 tsp sesame oil  
2 tsp Chinese Five Spice Blend  
2 tsp Turmeric Zest Seasoning Blend  
1 tsp White Pepper (divided)  
2 1/2 tsp salt (divided)

1/4 cup flour, 2 Tblspns cornstarch  
1 cup (divided) peanut oil, 3 Tblspns water  
4 garlic cloves, peeled & sliced thin  
2 long hot red chili peppers, sliced crosswise & seeds removed  
3 spring onions (green part only), sliced  
2 long hot green peppers, sliced crosswise & seeds removed

### Directions:

Marinate the pork for at least 30 minutes in the sherry, sesame oil, 1/2 tsp White Pepper, 2 tsp salt, Chinese Five Spice & Turmeric Zest Blend. Cover the marinated pork pieces in a mixture of flour, cornstarch, 1/8 tsp White Pepper, 1 1/2 tsp peanut oil, and the water. Place the remaining peanut oil in a large skillet and heat to medium high. Fry the garlic in the oil until they are just starting to turn golden (about 30 seconds). Remove the garlic and drain on a paper towel. Add the pork pieces to the oil and fry until they are cooked and golden brown. Remove the pork, turn the heat to high, add the peppers and spring onions, cook for 30 seconds and then remove from the heat. Drain the excess oil from the pan (leaving a small amount in the pan). Add the pork pieces, garlic, 1/8 tsp White Pepper, & 1/2 tsp salt and stir-fry quickly to combine. Serve immediately over rice.