



# Handy recipes

## modern med

### Baharat Seasoning

Preparation time: 5 minutes  
Makes: About 4 tablespoons

#### Ingredients

- 2 tablespoons McCormick Cumin, ground
- 1 tablespoon McCormick Black Pepper, cracked
- 1 tablespoon McCormick Coriander, ground
- 1 tablespoon McCormick Paprika, ground
- 1 teaspoon McCormick Cardamom, ground
- ½ teaspoon McCormick Cloves, Ground
- ½ teaspoon McCormick Nutmeg, ground

#### Method

1. Mix all ingredients in small bowl until well blended.
2. Store in tightly covered jar in cool, dry place.

### Gulf Baharat Seasoning

Preparation time: 5 minutes  
Makes: About 7 tablespoons

#### Ingredients

- 2 tablespoons McCormick Cumin, ground
- 1 tablespoon McCormick Black Pepper, cracked
- 1 tablespoon McCormick Coriander, ground
- 1 tablespoon McCormick Paprika, ground
- 2 teaspoons McCormick Cinnamon, ground
- 1 teaspoon McCormick Cardamom, ground
- 1 teaspoon McCormick Cayenne Pepper
- 1 teaspoon McCormick Ginger, ground
- ½ teaspoon McCormick Cloves, ground
- ½ teaspoon McCormick Nutmeg, ground

#### Method

1. Mix all ingredients in small bowl until well blended.
2. Store in tightly covered jar in cool, dry place.

### Turkish Baharat Seasoning

Preparation time: 5 minutes  
Makes: About 5 tablespoons

#### Ingredients

- 2 tablespoons McCormick Cumin, ground
- 1 tablespoon McCormick Black Pepper, cracked
- 1 tablespoon McCormick Coriander, ground
- 1 tablespoon McCormick Paprika, ground
- 2 teaspoons McCormick Mint Leaves
- 1 teaspoon McCormick Cardamom, ground
- 1 teaspoon McCormick Cinnamon, ground
- ½ teaspoon McCormick Cloves, ground
- ½ teaspoon McCormick Nutmeg, ground

#### Method

1. Mix all ingredients in small bowl until well blended.
2. Store in tightly covered jar in cool, dry place.



## Rise & shine to global tastes

### Skhug Hot Sauce

Preparation time: 15 minutes  
Refrigeration time: 30 minutes  
Makes: ½ cup

#### Ingredients

- ½ cup fresh coriander leaves, finely chopped
- ½ cup fresh Italian parsley leaves, finely chopped
- ⅓ cup extra virgin olive oil
- 4 fresh Thai bird's eye chillies\*, finely chopped
- 2 cloves garlic, minced
- 2 teaspoons lemon juice
- 1 teaspoon McCormick Coriander, ground
- 1 teaspoon McCormick Cumin, ground
- ½ teaspoon McCormick Cardamom, ground
- ½ teaspoon McCormick Black Pepper, cracked
- ½ teaspoon McCormick Adjustable Grinder Sea Salt

#### Method

1. Mix all ingredients in medium bowl until well blended.
2. Refrigerate at least 30 minutes to blend flavours or until ready to serve.

\*Note: Red or green chillies can be substituted for Thai bird's eye chillies.



## Sweet on pepper

### Peppered Date Syrup

Preparation time: 35 minutes  
Makes: About 1 cup

#### Ingredients

- 6 whole Medjool dates, pitted and chopped (about ½ cup)
- ½ teaspoon McCormick Black Pepper, cracked
- 1 cup (250 mL) boiling hot water

#### Method

1. Soak dates with pepper and boiling water in covered small bowl 30 minutes or until dates have softened.
2. Remove dates with a slotted spoon into a food processor bowl, reserving the water. While processor is running on high speed, gradually pour in ½ to ¾ cup of the reserved water through the lid. Cover completely. Process 2 to 3 minutes on high speed or until smooth.
3. Store syrup in tightly covered, clean container in refrigerator until ready to use.

#### Test kitchen tips:

For Vanilla Peppered Date Syrup: Add ¼ teaspoon vanilla extract to the boiling water used for soaking the dates.



## Egg yolks: The sunny side of flavour

### Soy Ginger Cured Egg Yolks

Preparation time: 5 minutes  
Makes: 8 cured eggs

#### Ingredients

- ¾ cup soy sauce
- 2 teaspoons McCormick Garlic Powder
- 1 teaspoon McCormick Ginger, ground
- 8 egg yolks\*

#### Method

1. Mix soy sauce and spices in medium bowl.
2. Carefully add yolks into the bowl. Cover and refrigerate 4 to 6 hours for a runny yolk or longer for more firm yolk.

\*Egg safety and handling: Consuming raw or undercooked eggs may increase your risk of foodborne illness. Wash hands with soap and warm water before handling eggs and at every step of egg preparation.

