

OLD BAY SEASONING

Last Modified: 12/06/2016

F EASY

PREP: 5 Min

COOK: N/A

BAR & RESTAURANT COPY

MAKES 1/2 CUP

QUA	MEASURE	INGREDIENT	PROCESS
SEASONING MIX			
2	Tbsp	Ground Bay Leaves	
2	Tbsp	Celery Salt	
2	Tbsp	Ground Mustard	
2	Tsp	Ground Black Pepper	
1	Tsp	Ground White Pepper	
2	Tsp	Ground Ginger	
2	Tsp	Sweet Hungarian Paprika	
1	Tsp	Ground Nutmeg	
1	Tsp	Ground Cloves	
1	Tsp	Ground Allspice	
1/2	Tsp	Ground Mace	
1/2	Tsp	Ground Cardamom (EXPENSIVE)	
1/2	Tsp	Crushed Red Pepper Flakes	

PREPARATION	
FACTOID	Old Bay is used on Grilled Fish, Steamed Shrimp, Fried Chicken, French Fries, Potato Salad and for Vegetable Dips.
FACTOID	This recipe uses Cardamom, for which there is NO SUBSTITUTE! Cardamom is the third most expensive spice sold in the US.
TOOLS	1) Small Mixing Bowl
PREP	None.
1	In a small mixing bowl, thoroughly combine all of the listed ingredients together.
HINTS	Sealed tightly in a small glass container, this Seasoning will last for several months when stored under cool, dark conditions.

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