

Enliven Everyday Breakfasts



Make your standard morning fare special, just by adding a few key flavors. For example:

- Enliven your **hot cereal** (oatmeal, cream of wheat, other grains) with nuts, raisins and other dried or fresh fruit, cinnamon, nutmeg, cardamom, and vanilla.

- Whether you scramble your eggs or delicately French-fold them, try a sprinkling of tarragon, basil, marjoram, oregano, dill, parsley, saffron, and/or rosemary, or—if you prefer a more robust breakfast—some curry, cilantro, cayenne, cumin, garlic, and/or chives.

- Make **muffins, sweet rolls, or quick breads** over the weekend for a healthful breakfast on the go all week. But don't settle for plain oat or corn breads. It takes just a minute more to make apple oat with walnuts and ginger; blueberry with lemon and cardamom; banana with dates, nutmeg and cinnamon; corn with cheese and cumin. Likewise with coffee cakes, scones, or biscotti (try almond with orange peel and ginger, or chocolate or carob chip with cinnamon and vanilla).



- **French toast** looks as if it's time consuming, but it's actually pretty quick to prepare and quicker to make special. An added drop or two of vanilla or almond extract and some cinnamon, nutmeg, cloves, mace, allspice, cardamom, orange peel or lemon peel will greatly enhance the flavor. These same spices do a great job boosting your batter when you're whipping up a batch of homemade or box-mix pancakes or waffles, too.



Why Buy Bulk Spices?

Want the freshest spices along with the most flexibility and fun while shopping? Then buying in bulk is for you. Comparison shop for a few spices, and you'll see why bulk is your best choice:

> Price

You'll pay from three to 10 times more for the same amount of spice if you buy it in bottles instead of in bulk! (You—and the environment—have to pay for all those jars and labels, after all.)

> Freshness

As you measure your spices from the bulk jars, relish the aroma, color and texture of each. You know that these spices are fresh because the stock is updated often. They're bright, not faded, richly aromatic, not faint. Your senses can't judge the color or aroma of prepackaged spices, because they're hidden away.

> Versatility

Whether you're stocking up on your favorite cooking staples or just buying a pinch of this or that for a particular recipe, when you buy in bulk, you'll always have the right amount. You don't have to buy an entire package of that exotic spice you'll use only once a year, and you don't have to purchase multiple packages of a basic pickling spice to last through canning season.

> Fun

With bulk spices, you can decide to buy a smidgen of something that strikes your fancy just for fun (chances are there will be plenty of enticing choices). Once home, you'll enjoy replenishing your spice jars, and you'll look forward to cooking with these wonderful, fresh seasonings. Shopping for bulk spices is an all-around satisfying experience!

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EXPERT TIPS & INFORMATION
ON USING BULK SPICES

16 SPICE UP
BREAKFAST



spice savvy

Spice up Your Morning!

Recipes for ...

- > Cardamom cottage cheese pancakes
- > Dried tomato frittata
- > Sunrise fruit salad

... and more!

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Q&A

I know cream of tartar is a common cooking ingredient, but what, exactly, is it?

Cream of tartar is a fine white acidic powder. It's refined from the tartar (argol) that forms on casks during the fermentation of grape juice into wine. The chemical name for cream of tartar is potassium hydrogen tartrate (KC₄H₅O₆).

Most often cream of tartar is used to stabilize and give more volume to beaten egg whites (Add 1/8 tsp. per egg white before you begin beating). You'll often find it in recipes for meringues, angel food cakes, or other dishes that call for beaten egg whites.

It's also often combined with baking soda to make double-acting baking powder, used for baking. (One tsp. baking powder equals 1/4 tsp. baking soda plus 1/2 tsp. cream of tartar.)



How do I reconstitute dried vegetables? Is it always necessary?

Reconstituting (or rehydrating) dried vegetables is very easy. Simply soak them in enough water to cover until they're plump and soft. How long? That depends on the particular vegetable or fruit. Some vegetables require overnight soaking (best done in the refrigerator), while most fruits will take no longer than two hours. Mushrooms and tomatoes, though, take only 20 to 30 minutes if you soak them in hot water. Some cooks believe that longer soaking of mushrooms (2 hours in cold water) yields a more flavorful result. Save the liquid you drain off for use in stocks, stews, and for cooking grains.

Reconstitute dried fruits or vegetables before adding them to your stir-fry, omelet or casserole. Otherwise they'll stay a bit dry and chewy, and they'll absorb liquid from your recipe when they reconstitute. If your dish has plenty of liquid—you're making soup or stew, for example—then you can add the dried vegetables directly to the pot and let them reconstitute while the dish simmers. This method almost always works for smaller pieces of dried ingredients, like onion or garlic flakes. Keep in mind that most dried vegetables will double in volume once they're reconstituted; dried fruits will yield about half again as much as you started with.



To learn more, visit our website:
www.frontiercoop.com

Spice up Your Morning!

Want to enhance your day from the get go? Take time to eat a breakfast that nourishes your health and indulges your senses. No more plain toast, unadorned oats or simple salt and peppered eggs. With spices you can turn every breakfast food—from standard morning fare to special sunrise recipes—into something worth getting up for!



Cardamom Cottage Cheese Pancakes

Indulge yourself with something both sweet and healthful. These delicate, tasty pancakes make a great special-occasion breakfast or brunch dish.

- 1 cup cottage cheese
- 3 egg yolks
- 1/2 cup flour
- 1 Tbsp. honey
- 1/2 tsp. cardamom seed powder
- 1/4 tsp. cinnamon powder
- 1/4 tsp. sea salt
- 1/8 tsp. nutmeg powder
- 3 egg whites
- 1/8 tsp. cream of tartar powder

Heat lightly oiled griddle or skillet.

Mix together cottage cheese, egg yolks, flour, honey, cardamom, cinnamon, salt, and nutmeg.

In a separate bowl, beat the egg whites and the cream of tartar until stiff (but not dry).

Gently fold the egg whites into the cheese mixture.

Drop batter onto griddle or skillet and cook until lightly browned on both sides. (Turn just once, so they stay light and fluffy!)

Serve with plain yogurt, sour cream, maple syrup or cinnamon applesauce. Serves 2 to 3.

Morning Millet

Millet is a nutritious, versatile African grain. Its nutty flavor makes a delightful main-dish dinner grain, though here its sweet, light personality is also a perfect welcome to the day! Serve it with herbal tea or a roasted chicory beverage.

- 1 Tbsp. vegetable oil
- 1 cup millet
- 2 1/2 cups water
- 1/4 cup dried apricots or dried cranberries
- 1/2 tsp. ginger root powder
- 1/4 tsp. sea salt
- 1/8 tsp. nutmeg powder
- 1/4 tsp. almond extract
- cinnamon sugar* (optional)

Heat oil in a heavy saucepan. Add millet. Cook, stirring, for a couple of minutes to lightly toast the millet. Add water, fruit, and spices, and bring to a boil.

Reduce heat and simmer, covered, about 20 to 30 minutes, until liquid is absorbed. Remove from heat and stir in almond extract.

Sprinkle with cinnamon sugar, or brown sugar, honey, or maple syrup. Serves 2.

(*To make cinnamon sugar, simply combine ground cinnamon and sugar to taste.)

Dried Tomato Frittata

Easier to master than a perfectly turned omelet, a frittata is a hearty, Italian version of the classic egg dish. Substitute any cooked vegetables for the tomatoes and mushrooms.

- 1 Tbsp. olive oil
- 1/4 cup dried tomato flakes, reconstituted and drained
- 1/4 cup dried shitake mushrooms, reconstituted, drained, and sliced
- 1 tsp. dried chives
- 1/2 tsp. marjoram leaf
- 1/2 tsp. tarragon leaf
- 1/4 tsp. basil leaf
- 1/4 tsp. sea salt
- 1/4 tsp. coarse-grind black pepper
- 1/8 tsp. garlic powder
- 5 eggs, beaten
- 1/4 cup feta cheese, crumbled

Heat oil in a heavy, ovenproof skillet. Sauté tomato flakes and mushrooms for about two minutes. Stir in chives, marjoram, tarragon, basil, salt, pepper, and garlic powder.



Pour eggs into pan, spreading evenly. Sprinkle cheese over the top.

Cook, covered, over low heat, about 8 to 10 minutes, until the eggs are set and lightly browned on the bottom. Meanwhile, preheat oven broiler.

Remove the cover, and place skillet under the broiler for a minute or two, just until the top of the frittata is nicely browned. Cut in wedges and serve hot or warm. Serves 2 to 4.

Sunrise Fruit Salad

Talk about starting your day on the right foot—this dish is not only healthful, it's cheering to look at and luscious, too! Use whatever fruit's in season, and be sure to make extra to pack in lunch boxes.

- 1/2 cup seedless green grapes
- 1/2 cup melon balls
- 1/2 cup strawberries, sliced
- 1/2 cup orange slices, cut in half
- 3/4 cup plain yogurt
- 1/2 tsp. lemon juice
- 1 Tbsp. honey
- 1 tsp. peppermint leaf
- 2 Tbsp. crystallized ginger, chopped into small pieces

Combine fruit. In a small mixing bowl, blend yogurt, lemon juice, honey, peppermint and ginger. Pour the dressing over the fruit and mix gently. Serves 2.

