

THE SUGAR WOOD



**FREE
RECIPE BOOK SAMPLES**

A FLAVOUR FOR ALL SEASONS

BY: AUTUMN THOMPSON

B.B.Q DILL SEASONING



B.B.Q DILL SEASONING IS A DELIGHTFUL BLEND THAT COMBINES THE FRESHNESS OF DILL WITH A WONDERFUL HINT OF SMOKINESS, CREATING A UNIQUE FLAVOR PROFILE THAT CAN ELEVATE A WIDE RANGE OF DISHES. THIS VERSATILE SEASONING IS PERFECT FOR ADDING A ZESTY TWIST TO GRILLED MEATS, SEAFOOD, ROASTED VEGETABLES AND SO MUCH MORE! WHETHER YOU'RE SPRINKLING IT ON POPCORN FOR A GOURMET SNACK OR USING IT AS A RUB FOR YOUR NEXT BARBECUE, B.B.Q DILL SEASONING IS SURE TO IMPRESS YOUR TASTE BUDS.

- 1. B.B.Q. DILL CHICKEN WINGS**
- 2. B.B.Q DILL MASHED POTATOES**

B.B.Q DILL CHICKEN WINGS

INGREDIENTS

- 4 LBS CHICKEN WINGS
- 4 TBSP B.B.Q DILL SEASONING
- 5 TSP CORN STARCH
- 1 TSP GARLIC & HERB SEASONING
- 1/4 CUP OIL
- 3 TBSP MELTED BUTTER
- PICKLE BRINE (PICKLE JUICE)



DIRECTIONS

1. PLACE THE CHICKEN IN A LARGE ZIP LOCK BAG OR BOWL (YOU WILL COVER WITH CLING WRAP) POUR IN THE PICKLE BRINE AND LET REST IN THE FRIDGE FOR 3 - 5 HOURS OVER NIGHT IS BEST
2. REMOVE FROM FRIDGE, RINSE WELL AND THOROUGHLY PAT DRY
3. PRE HEAT OVEN TO 250, LINE A BAKING SHEET WITH PARCHMENT PAPER, PLACE A WIRE RACK OVER ONTO THE PAN, SPRAY OR RUB THE WRACK WITH OIL
4. WHISK TOGETHER ALL OF THE DRY INGREDIENTS
5. COAT ALL CHICKEN EVENLY IN THE DRY MIXTURE
6. LAY THE CHICKEN ON THE WRACKED & LINED BAKING SHEET IN A SINGLE LAYER BAKE IN THE LOWER 1/3 OF THE OVEN FOR 25 - 30 MIN
7. RAISE THE TEMPERATURE TO 425 DEGREES
8. BAKE FOR A FURTHER 40 - 45 MIN OR UNTIL GOLDEN BROWN (ROTATING THE PAN EVERY 15 MIN)
9. SERVE WITH YOUR FAVOURITE DIP, I PREFER MY B.B.Q DILL DIP OR BLUE CHEESE DIP

B.B.Q DILL MASHED POTATOES

INGREDIENTS LIST

- 1/2 - 1 CUP BUTTER
- 2 TBSP GARLIC & HERB SEASONING
- 1 TSP PEPPER
- 1 TSP HORSE RADISH
- 1/2 TSP SMOKEY PAPRIKA
- 2 TBSP B.B.Q DILL SEASONING
- 3 TSP PICKLE BRINE
- 5 OR 6 MEDIUM/LARGE RUSSET OR WHITE POTATOES



IF IT FLOATS YOUR BOAT

1. SOUR CREAM
2. CHIVES (CUT INTO SMALL PIECES)
3. CHEDDAR CHEESE OR JALAPENO HAVARTI
4. BACON (CUT INTO SMALL PIECES AND PAN FIRED UNTIL CRISPY)

DIRECTIONS

1. PREHEAT OVEN TO 410° F
2. PUNCTURE THE POTATOES IF YOU SO DESIRE... I DON'T
3. PLACE IN THE OVEN, AS IS, UNTIL POTATOES ARE TENDER TO PINCH (POTATOES SHOULD INDENT SLIGHTLY WHEN POKED OR SQUEEZED GENTLY, APPROXIMATELY 45 MIN DEPENDING ON THIS SIZE OF THE POTATOES, SKIN WILL BE CRUNCHY)
4. WHEN READY CUT IN HALF AND GENTLY PEEL OFF THE SKIN, PLACING THE POTATOES INTO A SEPARATE BOWL AND DISCARD THE SKIN
5. MIX / MASH (I USE MY KITCHEN AID MIXER) THE POTATOES UNTIL FLUFFY, ONCE READY ADD THE BUTTER, HORSE RADISH, PEPPER, GARLIC & HERB SEASONING AND PAPRIKA. (ADD THE CHEESE & SOUR CREAM IF YOU WISH OR USE THEM AS TOPPERS) MIX GENTLY SO NOT TO OVER PROCESS YOUR POTATOES.. WE DON'T WANT IT STICKY OF MUSHY
6. TOP WITH WHAT EVER TOPPINGS YOU DESIRE

*TIP... DO NOT ADD YOUR INGREDIENTS WHILE THE POTATOES ARE STILL REALLY HOT AS IT WILL TURN YOUR POTATOES STICKY, WHIPPING THE POTATOES WITH NOTHING IN THEM ALLOWS AIR TO COOL THE POTATOES ENOUGH TO HELP AVOID THIS

GARLIC & HERB SEASONING



GARLIC & HERB SEASONING IS A STAPLE IN MANY KITCHENS, CELEBRATED FOR ITS VERSATILE AND HARMONIOUS FLAVOR PROFILE THAT CAN ELEVATE A WIDE ARRAY OF DISHES. THIS BLEND COMBINES THE ROBUST TASTE OF GARLIC WITH AN ASSORTMENT OF HERBS CREATING A BALANCED AND AROMATIC SEASONING. ITS VERSATILITY MAKES IT AN IDEAL CHOICE FOR ENHANCING THE FLAVOR OF MEATS, VEGETABLES, PASTA, AND EVEN BREAD. ITS ABILITY TO COMPLEMENT BOTH BOLD AND SUBTLE INGREDIENTS MAKES IT A FAVORITE AMONG HOME COOKS AND CHEFS ALIKE.

1. BROCCOLI & CHEESE SOUP

2. GARLIC & HERB BAKED POTATO

BROCCOLI & CHEESE SOUP

INGREDIENTS LIST

- 3 TBSP BUTTER
- 1 SWEET ONION
- 1 CUP BROCCOLI
- 1 TBSP GARLIC & HERB SEASONING
- 1 TBSP ALL-PURPOSE FLOUR
- 1 CUP HEAVY CREAM
- 1 CUP MILK
- 1 TSP SALT
- 1 - 2 TSP PEPPER
- 1 CUP OLD CHEDDAR
- 1/2 CUP CHICKEN BROTH
- 2- 4 TBSP PARMESAN CHEESE
- 1 CHIVE STALK (CUT INTO SMALL PIECES)
- 3 - 4 STRIPS BACON (CUT INTO SMALL PIECES AND PAN FIRED UNTIL CRISPY)



DIRECTIONS

1. IN A MEDIUM/LARGE POT ADD THE BUTTER AND HEAT UNTIL MELTED ON A MEDIUM-HIGH HEAT
2. ADD THE ONIONS AND COOK UNTIL CARAMELIZED (GOLDEN BROWN) STIRRING FREQUENTLY (
3. ADD IN YOUR GARLIC AND FLOUR COOK FOR A MINUTE UNTIL THE MIXTURE IS WELL INCORPORATED
4. WHILE CONTINUING TO WHISK, SLOWLY ADD THE CHICKEN BROTH AND MILK THEN ADD THE BROCCOLI
5. ADD IN THE GARLIC & HERB SEASONING WHILE STIRRING CONTINUOUSLY TO AVOID BURNING YOUR MIXTURE WHILE IT THICKENS
6. ONCE THICKENED, TURN HEAT TO LOW AND CONTINUE TO STIR FOR APPROX. 7 MIN., UNTIL THE BROCCOLI IS TENDER NOT MUSHY... DO NOT OVER COOK
7. REMOVE FROM HEAT AND STIR IN THE HEAVY CREAM, CHEDDAR AND PARMESAN CHEESE (LEAVING A LITTLE FOR THE TOPPINGS
8. PLATE YOUR SOUP IN YOUR FAVOURITE BOWL AND ADD YOUR FAVOURITE TOPPERS. I PUT A PINCH OF CHIVES (CUT INTO SMALL PIECES) PARMESAN CHEESE, A LITTLE CHEDDAR CHEESE AND FRESH BACON PIECES. ON MINE.. YOU DO WHAT TICKLES YOUR TASTE BUDS!

GARLIC & HERB BAKED POTATOES

INGREDIENTS LIST

- 3 - 4 RUSSET POTATOES
- 3 TBSP OIL (GRAPE, OLIVE, VEGETABLE ETC.)
- 3 TBSP BUTTER
- 3 TBSP GARLIC & HERB SEASONING

IF IT FLOATS YOUR BOAT

- SOUR CREAM
- CHIVES (CUT INTO SMALL PIECES)
- GRATED CHEDDAR CHEESE
- BACON (CUT INTO SMALL PIECES AND PAN FIRED UNTIL CRISPY)



DIRECTIONS

1. PREHEAT OVEN TO 410° F
2. CHOOSE SIMILAR SIZED POTATOES FOR EVEN, EASY COOKING
3. TAKE A 1' X1' PIECE OF TIN FOIL (BIG ENOUGH TO WRAP AROUND YOUR POTATOES AT LEAST TWICE.. SO MAKE THEM BIGGER IF YOUR POTATOES ARE BIGGER) AND LAY THEM FLAT ON YOUR COUNTER
4. CLEAN YOUR POTATOES AND THEN POKE A COUPLE OF HOLES INTO EACH OF THEM
5. IN A BOWL MIX YOUR BUTTER WITH A SMALL AMOUNT OF OIL UNTIL WELL BLENDED.
6. COAT A POTATO WITH YOUR BUTTER/OIL MIXTURE, THEN SPRINKLE THE POTATO WITH THE GARLIC AND HERB TO TASTE (I USE APPROX. 1/2 TSP OR MORE PER POTATO)
7. WRAP SNUGGLY IN THE PIECE OF TINFOIL
8. PLACE IN THE OVEN UNTIL POTATOES ARE TENDER TO TOUCH (POTATOES SHOULD INDENT SLIGHTLY WHEN POKED OR SQUEEZED GENTLY, APPROXIMATELY 45 MIN DEPENDING ON THIS SIZE OF THE POTATOES)
9. PLATE YOUR POTATO BY TAKING IT OUT OF THE TINFOIL, CUT OPEN YOUR POTATO AND DRESS AS YOU DESIRE. I PUT A PINCH OF THE GARLIC & HERB SEASONING, SOUR CREAM, CHIVES (CUT INTO SMALL PIECES), CHEDDAR AND FRESH BACON PIECES. ON MINE.. YOU DO YOU.

ONION SOUP MIX



ONION SOUP MIX IS A VERY VERSATILE CULINARY STAPLE THAT BRINGS A RICH AND INCREDIBLE FLAVOR TO A VARIETY OF DISHES. WHILE ITS PRIMARY USE IS IN CREATING A COMFORTING BOWL OF ONION SOUP, ITS VERSATILITY SHINES AS IT CAN BE USED TO SEASON MEATS, ENHANCE CASSEROLES, OR EVEN BE MIXED INTO DIPS FOR AN ADDED DEPTH OF FLAVOR. ITS CONVENIENCE AND ABILITY TO TRANSFORM EVERYDAY INGREDIENTS INTO SOMETHING EXTRAORDINARY MAKE MY ONION SOUP MIX IS MADE WITH VEGAN BEEF SOUP BASE MAKING IT PERFECT FOR EVERYONE. WHETHER YOU'RE SEEKING TO CREATE A QUICK AND FLAVORFUL MEAL OR EXPERIMENTING WITH NEW CULINARY CREATIONS, THIS ONION SOUP MIX IS A GO-TO CHOICE THAT NEVER DISAPPOINTS.

1. FRENCH ONION SOUP

2. MEATLOAF

FRENCH ONION SOUP

INGREDIENTS

10 LBS WHITE ONIONS
1 SWEET ONION
1 CUP BUTTER (OR VEGAN BUTTER)
2 TBSP HEAPING MINCED GARLIC
1/2 CUP ONION SOUP MIX
2 TBSP WORCESTERSHIRE SAUCE
1/2 C BLACK WHISKY (OR WINE OF YOUR CHOICE BUT NOT NECESSARY)
1/2 CUP BEEF STOCK (OR VEGETABLE)
1- 2 TBSP BLACK PEPPER
BREAD (SOMETHING WITH A THICK TOASTED CRUST LIKE A BAGUETTE ETC.)
GRUYERE/ OR VEGAN CHEESE (OR LEAVE OUT)



DIRECTIONS

1. THINLY SLICING THE ONIONS.
2. IN A LARGE POT, MELT THE BUTTER WITH THE OLIVE OIL OVER MEDIUM HEAT.
3. ADD THE ONIONS AND COOK THEM SLOWLY, STIRRING OCCASIONALLY, UNTIL THEY CARAMELIZE INTO A RICH, GOLDEN BROWN COLOR. (THIS PROCESS WILL TAKE ABOUT 30-40 MINUTES, BUT IT IS CRUCIAL FOR DEVELOPING THE SOUP'S DEEP FLAVOR).
4. ONCE THE ONIONS ARE CARAMELIZED, DEGLAZE THE POT WITH A SPLASH OF WHITE WINE (OR WHISKY/ IF USING, SCRAPING UP ANY BROWNEED BITS FROM THE BOTTOM.
5. ADD THE STOCK AND THYME, THEN BRING THE MIXTURE TO A SIMMER. LET IT COOK FOR ABOUT 20-30 MINUTES SO THE FLAVORS MELD TOGETHER.
6. ADD THE ONION SOUP MIX & PEPPER TO TASTE
7. WHILE THE SOUP SIMMERS, PREHEAT YOUR OVEN'S BROILER.
8. LADLE THE SOUP INTO OVEN-SAFE BOWLS, TOP EACH WITH A SLICE OF CRUSTY BREAD
9. GENEROUSLY SPRINKLE GRATED CHEESE/ OF YOUR CHOICE OVER THE BREAD.
10. PLACE THE BOWLS UNDER THE BROILER UNTIL THE CHEESE IS MELTED AND BUBBLY, WITH A GOLDEN-BROWN HUE.
11. SERVE YOUR ONION SOUP HOT, ENJOYING THE COMBINATION OF SEMI SWEET CARAMELIZED ONIONS AND SAVORY, CHEESY BREAD.

MEATLOAF

INGREDIENTS

- 1- 2 TBSP GRILLING SPICE (TO YOUR HEAT LEVEL)
- 3 TBSP ONION SOUP MIX
- 1 TBSP GARLIC AND HERB SEASONING
- 1 TSP MINCED GARLIC
- 1 MEDIUM ONION
- 1 1/2 LBS OF GROUND BEEF
- 1 EGG
- 1/2 CUP THE SUGAR WOOD B.B.Q SAUCE (OR SAUCE OF YOUR CHOICE)
- 1/2 TSP LIQUID SMOKE (OPTIONAL)
- 1 TSP SOYA SAUCE
- 1 TSP LEE & PERRINS WORCESTERSHIRE SAUCE
- 1 TSP BUTTER OR OIL
- 1 CUP OF BREAD CRUMBS



DIRECTIONS

1. PREHEAT YOUR OVEN TO 350°F (175°C).
2. IN A LARGE MIXING BOWL, COMBINE ALL OF YOUR INGREDIENTS EXCEPT THE OIL/BUTTER AND SAVE 1/2 CUP B.B.Q SAUCE TO TOP THE MEATLOAF
3. MIX EVERYTHING THOROUGHLY BUT GENTLY, ENSURING ALL INGREDIENTS ARE WELL-INCORPORATED WITHOUT OVER-MIXING.
4. SHAPE THE MIXTURE INTO A LOAF AND PLACE IT IN AN OILED OR GREASED BAKING DISH.
5. SPREAD A THIN LAYER OF BARBECUE SAUCE ON TOP FOR A TASTY GLAZE, STILL HOLDING BACK MOST OF THE B.B.Q SAUCE.
6. BAKE IN THE PREHEATED OVEN FOR ABOUT 4 MINUTES, THEN REMOVE AND SPREAD THE REST OF THE B.B.Q SAUCE OVER THE MEATLOAF, THEN RETURN IT TO THE OVEN UN COVERED.
7. BAKE FOR ANOTHER 15 MIN OR UNTIL THE INTERNAL TEMPERATURE REACHES 160°F (71°C). LET IT REST FOR A FEW MINUTES BEFORE SLICING AND SERVING. ENJOY YOUR HOME-COOKED MEATLOAF WITH SIDES LIKE MASHED POTATOES OR STEAMED VEGETABLES.

RANCH SEASONING



RANCH SEASONING IS A VERSATILE AND RICH FLAVOR ENHANCER THAT HAS BECOME A STAPLE IN MANY KITCHENS AROUND THE WORLD. ITS SAVORY AND TANGY PROFILE MAKES IT AN IDEAL COMPANION FOR A WIDE RANGE OF DISHES, FROM SALADS AND ROASTED VEGETABLES TO CHICKEN, POTATOES, AND EVEN POPCORN. RANCH SEASONING'S ADAPTABILITY ALLOWS IT TO ENHANCE THE NATURAL FLAVORS OF INGREDIENTS WHILE ADDING A COMFORTING, FAMILIAR TASTE THAT PEOPLE LOVE. WHETHER YOU'RE WHIPPING UP A QUICK SNACK OR PREPARING A MORE ELABORATE MEAL, RANCH SEASONING IS A GO-TO CHOICE FOR ELEVATING YOUR CULINARY CREATIONS.

1. RANCH FRIES

2. BUTTER RANCH PORK CHOPS

RANCH FRIES

INGREDIENTS

4- 5 MEDIUM POTATOES

1 - 2 TSP SALT (SEA SALT OR CELERY SALT)

2 TSP RANCH SEASONING (MORE OR LESS TO YOUR LIKING)

1 TSP SUGAR (NOT NECESSARY)

POT/ LARGE BOWL OF WATER

1/4 CUP OIL (OR 1 TBSP IF USING AN AIR-FRYER)

1 TBSP BUTTER (IF USING THE OVEN)



DIRECTIONS

1. PREHEATING YOUR OVEN TO 425°F (220°C) OR PREPARING YOUR DEEP FRYER.
2. PEEL AND CUT POTATOES (OR SWEET POTATOES) INTO EVENLY SIZED FRIES, ABOUT 1/4 INCH THICK, TO ENSURE EVEN COOKING.
3. SOAK YOUR POTATO SLICES INTO A BOWL OF SALTED, COLD WATER (2TBSP OF SALT) FOR 15-20 MINUTES
4. WITH A CLEAN TOWEL OR PAPER TOWELS PAT THE FRIES DRY.
5. SPRINKLE THE CORNSTARCH ONTO THE FRIES ALONG WITH THE SALT, GENTLY SHAKE THEM UP UNTIL EVENLY COATED.
6. *IF USING AN AIR-FRYER- IN A LARGE BOWL, TOSS THE FRIES WITH A TABLESPOON OF OLIVE OIL TO COAT THEM LIGHTLY AND PLACE INTO THE AIR-FRYER. *FOLLOW THE INSTRUCTIONS ON YOUR AIR-FRYER FOR COOKING TIMES ETC.
 - A. * IF USING THE OVEN- POUR A 1/4 CUP OF OIL INTO THE BOTTOM OF A LARGE PAN (WITH DEEPER SIDES) WITH A TBSP OF BUTTER AND PLACE INTO THE OVEN TO HEAT AND COMBINE THE BUTTER INTO THE OIL (APPROXIMATELY 3-4 MINUTES). ONCE HEATED, CAREFULLY PLACE THE POTATOES INTO THE HEATED OIL MIXTURE. BAKE FOR 25-30 MINUTES, FLIPPING HALFWAY THROUGH, UNTIL THEY ARE CRISPY AND GOLDEN.
 - B. * FOR FRYING, COOK IN SMALL BATCHES IN THE PREHEATED OIL UNTIL CRISP, ABOUT 3-5 MINUTES PER BATCH. DRAIN ON PAPER TOWELS.
7. ONCE THE FRIES ARE CRISPY (TO YOUR LIKING), DRAIN WITH A STRAINER AND PLACE IN A LARGE BOWL, TOSS THE FRIES WITH THE SWEET CAJUN SEASONING UNTIL EVENLY COATED (TO YOUR FLAVOUR PREFERENCE)
8. EAT AND ENJOY!

BUTTER RANCH PORK CHOPS

INGREDIENTS

- 2 - 3 TBSP RANCH SEASONING
- 1 TSP ONION SOUP MIX
- 1/2 TSP GRILLING SPICE
- 1 TSP MINCED GARLIC
- 3 - 4 TBSP SOFTENED BUTTER (OR ALTERNATIVE)

IF IT FLOATS YOUR BOAT

- 1/2 CUP OF SLICED MUSHROOMS
- 1 DICED CHIVE
- CREAM SAUCE (ADD CREAM AND AN EXTRA TSP OF EACH SEASONING BLEND WELL AND COVER)



DIRECTIONS

1. PREHEAT YOUR OVEN TO 400°F (200°C) IF YOU PLAN TO BAKE THEM, OR HEAT A SKILLET OVER MEDIUM-HIGH HEAT IF YOU PREFER STOVETOP COOKING.
2. SMOTHER YOUR PORKCHOP IN BUTTER AND SEASON BOTH SIDES OF YOUR MEAT WITH THE SEASONINGS
3. FOR STOVETOP COOKING, ADD A TABLESPOON OF OIL TO THE SKILLET, THEN SEAR THE PORK CHOPS FOR ABOUT 3-4 MINUTES ON EACH SIDE UNTIL THEY ARE GOLDEN BROWN (TIME IS DEPENDENT ON THICKNESS). FOR OVEN-BAKED PORK CHOPS, PLACE THEM ON A BAKING SHEET AND COOK FOR ABOUT 15-20 MINUTES, OR UNTIL THE INTERNAL TEMPERATURE REACHES 145°F (63°C).
4. DO NOT OVER COOK, THERE IS NOTHING WORSE THAN DRY, OVERCOOKED MEAT. THEY SHOULD STILL BE JUICY, WITH NO PINK IN THE JUICE.
5. LET THEM REST FOR A FEW MINUTES BEFORE SERVING TO ALLOW THE JUICES TO REDISTRIBUTE. YOU CAN ALSO ADD A SPLASH OF LEMON JUICE OR A PAT OF BUTTER ON TOP FOR EXTRA FLAVOR BEFORE SERVING. ENJOY YOUR DELICIOUS PORK CHOPS WITH YOUR FAVORITE SIDE DISHES!

SWEET CAJUN STYLE SEASONING



CAJUN CUISINE IS A VIBRANT AND FLAVORFUL CULINARY TRADITION THAT ORIGINATES FROM THE SOUTHERN REGIONS OF LOUISIANA. TRADITIONAL DISHES LIKE JAMBALAYA, GUMBO, AND CRAWFISH ÉTOUFFÉE SHOWCASE THE VERSATILITY AND RICHNESS OF CAJUN FLAVORS, OFTEN FEATURING A MIX OF MEATS, SEAFOOD AND VEGETABLES COOKED SLOWLY TO PERFECTION. WHETHER YOU'RE SAVORING A SWEET AND SPICY CAJUN SHRIMP OR ENJOYING A SMOKY SAUSAGE, THE EXPERIENCE OF CAJUN CUISINE IS A CELEBRATION OF ROBUST, SOULFUL FLAVORS THAT REFLECT THE CULTURAL HERITAGE AND JOIE DE VIVRE OF THE REGION.

1. SWEET CAJUN POPCORN

2. SWEET CAJUN GUMBO

SWEET CAJUN POPCORN

INGREDIENTS

- 1 CUP OF POPCORN KERNELS
- 2 TBSP BUTTER (PLANT BASED, MARGARINE OR BUTTER)
- SALT TO TASTE
- 2- 4 TBSP SWEET CAJUN SEASONING (TO TASTE)

IF IT FLOATS YOUR BOAT

- *YOU CAN SWAP OUT THE SALT FOR CELERY SALT
- *YOU CAN ADD PARMESAN CHEESE
- *1 TBSP BROWN OR WHITE SUGAR
- 1/2 - 1 TSP CAYENNE IF YOU LIKE IT SPICY!



DIRECTIONS

QUICK METHOD

1. TAKE A PACKET OF PRE MADE POPCORN AND FOLLOW IT'S INSTRUCTIONS
2. ONCE POPPED, CAREFULLY OPEN THE BAG AND ADD THE MELTED BUTTER, CLOSE THE BAG, AND SHAKE WELL
3. SPRINKLE IN THE SWEET CAJUN SEASONING AND ANYTHING ELSE THAT YOU WISH TO ADD, CLOSE AND SHAKE THE BAG
4. OPEN AND ENJOY

LONG METHOD

1. IF YOU ARE ADDING MORE THAN JUST THE BUTTER, SEASONING AND SALT THEN PREHEAT THE OVEN TO 200° F
2. GET A LARGE POT OR PAN WITH A LID, ADD THE OIL, HALF OF THE MELTED BUTTER AND THE POPCORN KERNELS AND ON MEDIUM HEAT, WITH THE LID ON, BEGIN TO HEAT THE KERNELS, MAKING SURE TO SHAKE THE POT/PAN FREQUENTLY TO AVOID BURNING
3. ONCE THE KERNELS ARE ALL POPPED (YOU CAN TELL IT IS DONE WHEN THE POPPING SLOWS TO ONE EVERY 5 - 10 SECONDS) YOU CAN ADD THE REST OF THE MELTED BUTTER, SEASONING AS WELL AS ANY OTHER INGREDIENTS THAT YOU WISH TO USE (IF YOU ARE USING PARMESAN WAIT UNTIL AFTER BAKING TO ADD IT)
4. *IF YOU HAVE ADDED MORE THAN JUST THE SEASONING, SALT AND BUTTER THEN IT WILL GO IN THE OVEN FOR 20 MIN (STIR IT AFTER 10 MIN)
5. ALLOW TO COOL A BIT, THEN SERVE

DESSERT TREAT

THE SUGAR WOOD GUMBO

INGREDIENTS

4 - 5 MEDIUM POTATOES
1 CAN OF DICED TOMATOES
3 TBSP ONION SOUP MIX
3 TBSP GARLIC & HERB SEASONING
2 CUPS OF WATER
1 LG FINELY CHOPPED ONION
2 FINELY CHOPPED CELERY STALKS
1/2 CUP VEGETABLE OIL
1/4 CUP MINCED GARLIC
3 - 5 TBSP SWEET CAJUN SEASONING (TO YOUR HEAT LEVEL)
1/4 CUP OF DICED RED PEPPERS
1/4 CUP OF DICED GREEN PEPPERS
1/4 CUP OF DICED YELLOW PEPPERS
2 CUPS OF CHICKEN BEEF BROTH
2 CUPS OF BEEF BROTH (OR SEAFOOD BROTH)
1 LB CUBED (BITE SIZE) BONELESS, SKINLESS CHICKEN THIGHS
1 LB CUBED (BITE SIZE) SAUSAGES
4 - 5 CORN COBS CUT TO 2" COBS
1/2 CUP ALL PURPOSE FLOUR
1 CUP SLICED MUSHROOMS



IF IT FLOATS YOUR BOAT

*1- 3 TSP OF GRILLING SPICE IF YOU WANT IT SPICY (TO YOUR HEAT LEVEL)

I DON'T PERSONALLY EAT SHELLFISH ETC. BUT I WOULD ALSO ADD LARGE SHRIMP (PEELED & DEVEINED), CRAB OR LOBSTER PIECES IF SERVING THOSE THAT DO.

*I BAKE BISCUITS AND SERVE IT IN A BOWL ON A BED OF RICE OR ON IT'S OWN.

*YOU CAN SPRINKLE CHOPPED GREEN ONIONS OR CHOPPED PARSLEY ON TOP OF YOUR GUMBO TO GARNISH

CONTINUED...

MAIN

THE SUGAR WOOD GUMBO... CONTINUED

DIRECTIONS

1. IN A LARGE POT OR DUTCH OVEN, HEAT THE OIL OVER MEDIUM HEAT. GRADUALLY WHISK IN THE FLOUR. WHISKING CONSTANTLY FOR APPROXIMATELY 20-30 MINUTES (UNTIL THE ROUX TURNS A DARK BROWN COLOR... THINK.. CHOCOLATE). *BE CAREFUL NOT TO LET IT BURN.
 2. ONCE THE ROUX IS READY ADD ALL OF THE VEGETABLES AND MINCED GARLIC. SAUTÉ UNTIL THE VEGETABLES ARE SOFT, ABOUT 5 OR 6 MINUTES.
 3. ADD THE SLICED SAUSAGE TO THE POT AND COOK UNTIL BROWNED.
 4. STIR IN 4 CUPS OF CHICKEN, BEEF OR SEAFOOD STOCK, THE DICED TOMATOES AND SEASONINGS. BRING TO A SIMMER.
 5. ADD THE CHICKEN, AND COOK UNTIL IT'S TENDER AND COOKED THROUGH.
 6. LET THE GUMBO SIMMER FOR AT LEAST 45 MINUTES, STIRRING OCCASIONALLY.
 7. *IF USING SEAFOOD, ADD IT IN THE LAST 10 MINUTES OF COOKING TO PREVENT OVERCOOKING.
 8. TASTE AND ADJUST THE SEASONING AND HEAT LEVEL TO YOUR TASTE
 9. SERVE THE GUMBO, HOT, IN A BOWL
- * IF USING RICE, PLACE THE COOKED RICE IN THE BOWL FIRST, I USE BASMATI RICE, THEN GARNISH WITH CHOPPED GREEN ONIONS OR PARSLEY IF DESIRED.



VEGAN ALTERNATIVES CHART

COOKING AND BAKING CAN EASILY BE ADAPTED TO SUIT A VEGAN LIFESTYLE WITH THE RIGHT SUBSTITUTIONS. BELOW IS A GUIDE TO HELP REPLACE COMMON NON-VEGAN INGREDIENTS WITH VEGAN-FRIENDLY OPTIONS, ENSURING YOUR RECIPES ARE DELICIOUS AND INCLUSIVE.

Dairy

Milk	Almond, Coconut, Rice or Oat, Soy Milk
Cream	Cashew Cream, Coconut Cream, Silken Tofu (Blended), Soaked cashews with plant-based milk (Blended)
Butter	Coconut Butter, Olive Oil, Vegan Butter
Butter Milk	Soy milk with Apple Cid
Cheese	Brand Name Vegan Cheese, Cashew Based, Soy Based
Cream Cheese	Soaked Cashews with lemon juice, Apple cider vinegar, and a pinch of Salt, Brand Name Vegan Cream Cheese
Melty Cheese	Brand Name Vegan Cheese, Homemade (Cashews, Nutritional yeast, Tapioca Starch)
Parmesan Cheese	Almonds or Cashews Ground, mix with Nutritional yeast and a pinch of Salt
Yogurt	Almond Yogurt, Coconut Yogurt, Soy Yogurt, Brand Name Vegan Yogurt
Sour Cream	Cashew Cream, Silken Tofu with Lemon Juice (Blended), Brand Named Vegan Sour Cream, Unsweetened Coconut Yogurt or Silken Tofu with lemon juice and a touch of vinegar (Blended)
Whipped Cream	Canned Coconut Cream (chilled), Brand Name plant-based whipping cream.

Eggs- Binding

To Bind- 1 Egg	1 tbsp flaxseed meal + 3 tbsp water (let sit 5 minutes)
	1 tbsp chia seeds + 3 tbsp water (let sit 5 minutes)
	1/4 cup applesauce
	1/4 cup mashed banana

Eggs- Leavening

To Leaven- 1 Egg	1/4 tsp baking soda + 1 tbsp vinegar

Eggs- White Wash (For Baking)

Egg Wash	Plant-based milk, Aquafaba (chickpea water), Maple syrup and water (Mixed)
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VEGAN ALTERNATIVES CHART

CONTINUED...

Eggs- Scrambled, Frittatas, Omelets, Quiches

Egg Substitutions	Aquafaba (chickpea water, Chickpea flour or Mung Bean flour mixed with water and seasonings, Maple syrup and water (Mixed), Plant-based milk
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Eggs- Hard Boiled

	Brand Name Plant-based hard-boiled eggs, Tofu shaped and seasoned like a hard-boiled egg
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Fats

Butter in Cooking	Coconut oil, Grape seed Oil, olive oil, Brand Name Vegan butter
Lard	Solidified Coconut oil, Vegetable shortening

Meat & Meat Protein

Bacon	Coconut Bacon, Tempeh Bacon, Vean Bacon
Chicken	Jackfruit, Shredded King Oyster Mushrooms, Soy Curls
Chicken Strips	Jackfruit, Seitan, Soy Curls, Vegan Chicken Strips
Fish	Artichoke Hearts, Banana Blossoms (Add nori or kelp powder for a fish flavor), Hearts of Palm, Brand Name Vegan Seafood
Ground Meat	Jackfruit, Lentils, Tempeh, Crumbled Firm Tofu, Brand Name Vegan Ground Meat, Brand Name Ground "meat" products.

Broths

Chicken Broth	Mushroom Broth, Miso-Based Broth, Seaweed-infused Broth, Vegetable Broth, DONMAR Chicken Soup Base (Vegan- Whisk with water to make a broth)
Beef Broth	Mushroom Broth, Seaweed-infused Broth, Vegetable Broth, DONMAR Beef Soup Base (Vegan- Whisk with water to make a broth)

Sweeteners

Honey	Agave Nectar, Date Syrup, Maple Syrup

CONTINUED...

VEGAN ALTERNATIVES CHART

CONTINUED...

Miscellaneous

Caramel	Combine Coconut cream and maple syrup together well
Gelatin	Agar-agar, Carrageenan, Pectin, A Seaweed-Based Gelling Agent
Marshmallows	Brand Name Vegan marshmallows (made without gelatin)
Mayonnaise	Brand Name Vegan Mayo (Ie. <u>Vegenaise</u> , Just Mayo), Blend aquafaba, oil, and vinegar/lemon juice.
Worcestershire Sauce	Brand Name Vegan Worcestershire Sauce (Without Anchovy), Mix soy sauce, apple cider vinegar, molasses and spices.