

CARDAMOM SEED POWDER, True Cinnamon, Ginger Powder  
**PEAR, PLUM & CARDAMOM CRUMBLE**



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FEATURING OUR:  
 TRUE CEYLON CINNAMON

This is an amazing fruit crumble that is not too sweet and not too tart. The spices used - Cardamom, True Cinnamon and Ginger, are just perfect with the fresh summertime pears and plums. With the a crunchy crumble topping, you have a delicious seasonal dessert. Seconds are always requested on this delightful treat!

**INGREDIENTS:**

For the fruit mixture, combine the following.....

- 1 1/2 cups chopped fresh pears (peeled and cut into 1/2 inch chunks)
- 1 1/2 cups chopped fresh plums (cut into 1/2 inch chunks)
- 1 Tblspn lemon juice
- 1/3 cup sugar
- 1/2 tsp each: Cardamom Seed Powder, True Cinnamon, Ginger Powder
- Pinch of salt

Pour the fruit mixture into a 9 inch pie pan, sprayed with cooking spray.

**For the crumble:**

In a mixing bowl blend the following until it is the consistency of small crumbs:

- 1 1/4 cup all-purpose flour
- 1/4 cup sugar
- 1/2 tsp True Cinnamon
- Dash salt
- 1/2 tsp baking powder
- 1/2 cup (1 stick) butter, cut into small chunks (or grated)

**DIRECTIONS:** Sprinkle the crumb mixture over the top of the fruit in the pie pan. Drizzle 2 Tblspns melted butter over the crumbled top. Bake at 350 degrees for 40 minutes or until the top is lightly golden. Cool on a rack. Serve slightly warm, topped with vanilla ice cream.

SEAFOOD RUB, Garlic Granules, Cayenne Powder  
**CRAB CAKES**



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FEATURING OUR:  
 SEAFOOD RUB BLEND

This is an updated version of our original Crab Cake recipe. It uses less bread crumbs and a few different ingredients. It also includes the perfect spices to complement this superior shellfish. The lump crabmeat costs a bit, but prepared with these ingredients & spices, it is well worth the expense. An exceptionally delicious recipe for one of our favorite seafoods.

**INGREDIENTS:**

- |                            |                        |
|----------------------------|------------------------|
| 1 lb lump backfin crabmeat | 1/4 cup lemon juice    |
| 2 green onions, chopped    | 2 tsp Garlic Granules  |
| 1 cup Panko bread crumbs   | 1 tsp Seafood Rub      |
| 1 egg white                | 1/4 tsp Cayenne Powder |
| 1/4 cup mayonnaise         | Salt                   |
|                            | olive oil              |

**DIRECTIONS:** Blend together all ingredients (excluding the oil), and then form them into 6 fat patties. Refrigerate the patties for 2 hours. Fry them over medium high heat in a heavy skillet with the bottom of the pan covered in olive oil. Fry each Pattie until golden brown on both sides. Serve immediately with lemon wedges.