

Herbs De Provence, Garlic & Onion Blast
VEGGIE STUFFED PATTYPAN SQUASH



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Fresh Pattypan Squash make perfect little cups for stuffing! In this recipe, these beautiful squash are stuffed with rice, vegetables and sunflower kernels and then they are perfectly spiced with our Herbs de Provence and Garlic & Onion Blast blends. This is such a pretty and tasty way to serve these squash. Try it as a side dish, or a meal. Either way, you will find a new love in this delightful summertime veggie.

INGREDIENTS :	2 tsp Garlic & Onion Blast
5 Medium-sized Pattypan Squash	2 Tblspns grated Parmesan cheese
1/2 cup cooked rice (I used long-grain & wild rice)	1 1/2 Tblspns dry roasted & salted sunflower kernels
1/2 cup canned corn	1/2 cup shredded Fontina (or Monterey Jack) cheese
1/4 cup fresh shredded carrots	Olive oil
1/4 cup chopped onion	
1 Tblspn Herbs De Provence	

Directions: Prepare the squash. Bring to boil 2 cups of salted water in a large deep fry pan. Add the squash and cook for about 12 - 15 minutes until they are just slightly softened (a knife will easily pierce the squash). Remove the squash from the pan and let them cool. Cut into the blossom end of the squash and hollow it out using a spoon, leaving about 1/4 inch thick walls. Reserve any pulp removed. Preheat the oven to 400 degrees and lightly spray a 9x13 inch baking pan. Prepare the filling by lightly sautéing the reserved pulp, onion and carrots in a little olive oil. Add the spices, corn, cooked rice, sunflower kernels, and parmesan cheese, and mix to combine. Stuff each hollowed squash with the filling. Bake the filled squash in the prepared baking pan (in the preheated oven) for 20 minutes. Remove the squash from the oven and sprinkle the tops with the shredded Fontina cheese. Return to the oven and bake for another 8 minutes or until the cheese is melted.

Chamomile Tea / Vanilla Extract
Chamomile-Lemon Pound Cake



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FEATURING
 OUR CHAMOMILE TEA

This is a wonderful, light pound cake, with a hint of lemon and Chamomile flavors. The Chamomile helps make the cake moist and perfectly complements the lemon and the honey. So delicate, and delicious- it is an excellent cake to serve by itself or with fresh berries. Baking with tea never tasted so good!

Ingredients:		
16 Chamomile tea bags	3/4 tsp salt	Juice from 1/2 large fresh lemon (about 1/4 cup)
1 cup boiling water	2 1/2 sticks unsalted butter (room temp)	6 eggs (room temperature)
2 cups flour	1 1/2 cups granulated sugar	2 tsp pure vanilla extract
1 Tblspn baking powder	Zest from one fresh lemon	

Directions: Spray two 9 x 5 inch loaf pans (or 5 mini loaf pans). Steep the tea bags in the boiling water for 10 minutes. Squeeze all liquid out of the bags (note: don't worry if some of the tea sediments are in the liquid). Allow tea to cool to room temperature. Divide tea, reserving 1/4 cup for the glaze.

To Make The Glaze: Combine the following in a saucepan and bring to a simmer: 1/3 cup honey; juice from 1/2 large fresh lemon; and reserved 1/4 cup Chamomile tea. Remove the glaze from the heat and cool for 5 minutes. **To Make The Cake:** Combine flour, baking powder and salt. Set aside. In a separate bowl, beat until light & fluffy: butter, sugar, lemon zest, and juice from 1/2 large lemon. Add eggs, one at a time, beating after each addition. Add flour mixture to the butter mixture, alternating with the tea. Add vanilla and mix until combined. Pour batter into the prepared pans. Bake at 350 degrees for about 50 minutes or until a tester comes out clean when inserted into the middle of the cake. Cool cake on a rack for 1 hour. Using a skewer, poke holes in the top of the cooled cake and then pour glaze over the cake.