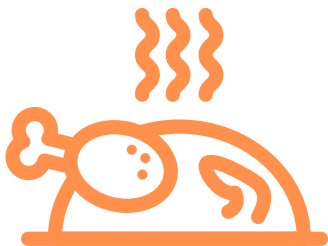

“
We know
how to
play with
food.”

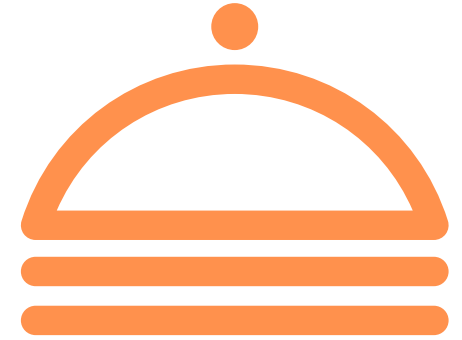


CONTACT US

7610 NE 4TH CT, MIAMI, FL 33138, USA

Store hours Mon- Fri
9:30- 5:00pm

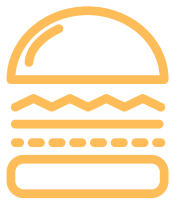
Delray Farmer Market
Saturdays 8am-2pm
West Palm Beach Farmer Market
Saturdays 8am-1pm



MondÉpice
Spices & Teas CO

HOW TO PREPARE YUMMY DISHES WITH
OUR PRODUCTS

Mondépice.com



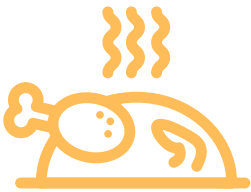
BURGER/MEAT

Recommended Spices:

Chimichurri / Cajun / Jamaican Jerk / Italian blend / NY Steak / Taco / Smoked Pabrika / Ancho Pepper

For Rub (Oven/Pan/BBQ): Use olive oil with recommended spice covering meat

For Dry Rub: Crush recommended spice and mix directly into meat



FOR POULTRY/CHICKEN

Recommended Spices:

Cajun / Special Poultry / Special White Meat / Lamb / Thai Mix / Herb Roasted Chicken / any Curry / Tandoori / Garam Masala / Lemon Pepper / Jamaican Jerk

For Rub (Oven/Pan/Grill): Marinate with olive oil and recommended spice.

For Stew: Sautee your veggies and meat with olive oil in a pan. Once Veggies and meat are cooked level water so that it covers food, add recommended spice. 1 teaspoon of spice for 2 people.

* For better results marinate meat overnight in zip lock bag in fridge.



FOR DIPPING SAUCES OR FLAVORED OILS

Recommended Spices:

Chimichurri / Italian blend / Zaatar / Herbes de Provence / Special Red Meat / Special Salad / Spicy Pizza Oil

For Dipping Sauces: Use 2 table spoon of olive oil, for 1 table spoon of recommended spice.

For Flavored Olive Oil : Use 2 ounce bag in a pint of olive oil, allow to infuse for two weeks.

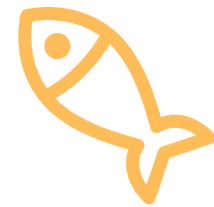


FOR BAKED GOODS

Recommended Spices:

Anise Seed / Cardamom Pods / Cinnamon / Clove / Crystallized Ginger / Ginger Ground / Lavender Buds / Matcha Green Tea / Lemon Zest / Nutmeg Whole / Star Anise / Vanilla Beans / Pumpkin Pie / Gingerbread mix

Spices are integral part of baking, From pastries, to breads and cakes. Choose any of our recommended spice to enhance your deserts.



FOR FISH

Recommended Spices:

Lemon Pepper / Japanese 7 Spice / Sumac / Zaatar / Special Fish /

For papillote technique: Add a table spoon of olive oil and lemon juice to fish.

Sprinkle recommended spice on fish, then wrap it in aluminum foil, and bake in oven for 15 to 20 minutes depending on fish size.



FOR VEGETABLES

Recommended Spices:

Herbes de Provence / Paprika / Smoked Paprika / Special Pasta and Ratatouille /Italian Blend / Special Omelette and potatoes / Lemon Pepper / Sumac / Zaatar / Curry's / Special Vegetables / Salsa & Guacamole

For Roasted Vegetables: Marinate Veggies with olive oil & our recommended spice. Sauté into pan or in oven.

For Steamed Veggies: Steam vegetables first, when done sprinkle recommended spice on top.