

THE OLIVE AND THE GRAPE

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Recipes for CENTRAL EUROPEAN SEASONING

NOT SO AMERICAN BURGERS – Place 1 # ground lean beef (or ground turkey) in a glass bowl. Drizzle with olive oil. Knead well. Add 1-1/2 to 2 t. Central European Seasoning. Knead well until well blended. Fresh ground pepper and/or garlic maybe added. (Italian Peppercorns are ideal for this!) Form into patties and cook.

POLISH SAUSAGE < CABBAGE and POTATOES

- 1/4 cup onion, chopped
- 1/8 cup bell pepper, chopped
- 1 clove garlic, crushed (optional)
- 1 cup water
- 4 T olive oil
- 1 ring polish sausage, sliced
- 2 large potatoes, peeled and diced
- 1 large cabbage, washed, cored, and coarsely shredded
- 1-2 teaspoons Cattle Call Seasoning and Tenderizer
- 1/4 teaspoon Central European Seasoning

Saute onion, bell pepper and garlic in 2 tablespoons of the olive oil until tender. Add water. Layer cabbage, sausage, and potatoes and balance of olive oil in the pan. Season with Cattle Call and Central European Seasoning.

Cover and simmer on low heat until cabbage is desired doneness, stirring occasionally. This should only cook about 20 minutes or the time it takes to make the potatoes tender.

AS A RUB: Use 1-2 t. per pound of meat/chicken.

SPRINKLE on fried potatoes. (Or on oven baked potatoes.)