

**Super Simple  
Creole Seasoning**  
(for fish, chicken and pork)  
Makes enough for 2 servings



Ingredients	Instructions
1 tsp. smoked paprika 1 tsp. garlic granules ¼ tsp. sea salt 1/16 tsp. black pepper 1/32 tsp. cayenne pepper, more or less to taste	Stir together all ingredients in a small bowl.  Use as a rub for fish, chicken or pork before cooking.

NOTES

- 1. Add Some Herbs** Creole Seasoning commonly includes dried leaf thyme and oregano. If you have the time for some experimenting, bump up this super simple mixture with ¼ tsp. of each.
- 2. Adjust the Heat** Make it as hot or mild as you like by adjusting the amount of cayenne pepper, although I'd put in at least a tiny pinch to give it a little punch
- 3. Smoked Paprika** While some recipes use regular paprika, it is a little low on flavor, so I use sweet smoked Spanish paprika.
- 4. Variations** As with any spice blend, there are many ingredient variations. If you are interested, just search on "Creole seasoning recipe" and have fun experimenting. You'll also get ideas for all the different dishes and foods that pair well with the seasoning. I'm anxious to try some—and wonder if a jar of Creole seasoning might be a good Christmas gift!

**Honey Ginger Sauce**  
(for fish, chicken and pork)  
**Serves 1**



**Ingredients**

½ to 1 Tbsp. honey  
1 Tbsp. soy sauce  
½ tsp. ginger powder  
¼ tsp. garlic granules  
½ tsp. toasted sesame oil  
1/16 tsp. chile flakes (more or less to taste)  
¼ cup orange juice, fresh, bottled or refrigerated

**Instructions**

Stir together all ingredients in a small microwave safe bowl. Microwave on high for about 20 seconds to melt honey, then stir again to thoroughly combine.

Alternatively, stir together ingredients in a small saucepan and heat on low heat until honey melts, then stir together again.

Taste and adjust seasonings as desired.