



Recipes

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Seasoned Flour

Serves 1

Ingredients:

Yield: Approx. 2 ½ oz. vol.

2 oz. vol. All Purpose Flour

2 tsp. Rosemary Sea Salt

2 tsp. Black Pepper

1 tsp. Dry Mustard

1 tsp. Cajun Seasoning

Directions:

1. Fold all ingredients together in a small bowl.
2. Place in tightly sealed storage container.
3. Hold at room temperature until ready for use.