

## Dry Dill Weed #13946



Dill has a sweet, delicate tangy or citric flavour. Used to flavour soups, salads, stews, sauces, and also goes well with cheese, vegetables, fish, lamb, chicken and egg dishes.

"A tea made of 1 tsp of dill promotes good sleep, improves digestion and aids in cases of nausea. Some people believe that the smell of dill will cure hiccups."

Note! Never keep spices near a stove or range, they lose their flavour and colour. For best results, keep in refrigerator or any cool dry place. They will keep well for several months.

## Garlic & Dill Salmon

- 2 salmon fillets #42428
- 1 tsp dill weed
- 1 tsp parsley #14026
- 1 tsp minced garlic #05225
- 1 tbsp dark soya sauce
- 1 tbsp fish sauce
- 1 tbsp vodka
- 1 tbsp honey
- 1 tbsp mustard
- 1/2 cup of water
- 1 baby bok choy, chopped



- 1) Mix dill, parsley, garlic, soya, fish sauce, vodka, honey & mustard. Marinate fillets (2-3 hours) in this mixture.
- 2) Line a casserole dish with aluminum foil. Lay on a bed of chopped bok choy and lay the fish on top. Pour in the remainder of the marinade, and 1/2 cup of water. Fold foil closed, thus to steam fish.
- 3) Bake at 400F for 10-15 mins until fish is cooked. Unwrap and serve

"When possible, add dried dill weed to hot dishes at the last, to preserve the flavour."

## Creamy Alfredo Shrimp with Dill

- 1 tbsp Olive Oil
  - 1 lbs uncooked shrimp #43178
  - 1/2 tsp dried dill weed
  - 1 creamy garlic Alfredo sauce #33744
  - 1 cup frozen green peas, thawed #18215
  - 1/4 cup chicken broth #02875
  - 8 ounces angel hair pasta, cooked and drained
- 1) Heat Olive Oil in 12-inch skillet over medium-high heat and cook shrimp with dill weed, stirring occasionally, 3 minutes or until shrimp turn pink.
  - 2) Stir in Sauce, peas and broth. Cook, stirring occasionally, 2 minutes or until sauce is heated through.
  - 3) Season, if desired, with salt and ground black pepper. Serve over hot angel hair pasta and garnish, if desired, with grated Parmesan cheese

## Potato Salad with Dill

- 3 Lbs new potatoes, unpeeled, cubed
- 1 cup frozen green peas, thawed
- 3/4 cup finely chopped red onion
- 2 tsp dill weed
- 2 tbsp chopped fresh chives
- 1/2 cup mayonnaise
- 1/2 plain yogurt
- 2 tbsp lemon juice
- Coarse salt and freshly ground black pepper



- 1) Boil potatoes in salted water until tender.
- 2) Drain potatoes, transfer to large bowl and set aside to cool for a bit.
- 3) Once potatoes are cooled slightly, cut into cubes, add the red onion, dill, chives, mayonnaise, yogurt and peas. Drizzle with lemon juice and toss gently to coat. Season with salt and pepper, to taste.

"Findlay Foods has a large selection of your favourite spices. Ask your sales representative for more information."

## Barley Dill Soup

- 2 tbsp oil
- 2 lg. onions, chopped
- 1 cup sliced mushrooms
- 1 cup barley #02105
- 4 cups seasoned stock
- 1 cup yogurt or buttermilk
- 1 tsp dill weed

Heat oil in heavy pot. Add onion and saute until golden. Add mushrooms and barley and stir until barley is toasted and onion is brown. Add stock. Cook until barley is done, about 45 minutes to an hour. Remove from heat, let cool a bit and add the yogurt and dill. Serves three to five.

## Dilled Cucumber Salad

- 1/2 cup sour cream
- 1 tbsp. milk
- 2 tsp. dried dill weed
- 1/2 tsp. salt
- 2 med. cucumbers

*"A nice alternative to coleslaw."*

In a bowl, combine the sour cream, milk, dill weed and salt. Slice cucumbers, toss into the sour cream mixture. Chill salad until ready to serve.

## Easy Roasted Potatoes

- 1 tsp dill weed #13946
- 1 tsp garlic powder #13955
- 1/2 tsp salt
- 1/4 tsp black pepper #14031
- 2 Lbs red potatoes (cut into wedges)
- 1 tbsp extra virgin olive oil #13736



- 1) Preheat oven to 400°F. Mix dill weed, garlic powder, salt and pepper in small bowl. Set aside.
- 2) Toss potatoes with oil in large bowl. Sprinkle seasoning mixture over potatoes; toss to coat. Spread potatoes in single layer on foil-lined 15x10x1-inch baking pan.
- 3) Bake 40 minutes or until potatoes are tender and golden brown.

## Mom's Secret Meat Loaf

- 1 cup milk
- 1 egg, lightly beaten
- 3/4 cup soft bread crumbs
- 1 medium onion, chopped
- 1 tbsp chopped green pepper
- 1 tbsp ketchup
- 1 tsp salt
- 1 tsp prepared horseradish
- 1 tsp sugar
- 1 tsp ground allspice #13850
- 1 tsp dill weed
- 1-1/2 Lbs lean ground beef
- Additional ketchup



In a large bowl, combine the first 11 ingredients. Crumble beef over mixture and mix well. Press into an ungreased 8-in. x 4-in. loaf pan. Bake at 350° for 1 hour. Drizzle top of loaf with ketchup; bake 15 minutes longer or until a meat thermometer reads 160°. Yield: 6-8 servings

## Cottage Cheese Stuffed Potatoes

- 4 medium baking potatoes
- 3/4 cup cottage cheese #44149
- 1/4 cup milk
- 2 tbsp soft margarine
- 1 tsp dill weed
- 3/4 tsp Italian herb seasoning #13975
- 4-6 drops hot pepper sauce
- 2 tsp grated parmesan cheese #20690
- 1 cup shredded cheddar cheese #20590

- 1) Bake at 425F for 60 minutes or until fork is easily inserted. Cut potatoes in half lengthwise. Scoop out potato with a spoon, leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl.
- 2) Mix by hand remaining ingredients except parmesan and shredded cheese. Spoon mixture into potato shells.
- 3) Sprinkle each top with 1/4 teaspoon parmesan cheese. Top with shredded cheese and place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.