



Chef Nick's & Salt

There is salt, sometimes multiple kinds of salt, in most of our rubs and blends, but far less than you may imagine. The right amount of the right salt in a dish is fundamental to great flavor profile and salt is an essential component of a healthy diet. But our diets frequently have too much salt from processed foods and the wrong kind of salt will make a dish come-out badly.

We decided to add just the right amount of just the right salt(s) to our rubs and spice blends so that when you cook with them you know that a correctly seasoned dish will be brought to the table for your family and friends. We use only Kosher Salt, French Sea Salt, and Hickory Smoked Kosher Salt in our products. We do not use iodized salt or any salt with additives— ever.

We also understand the need to keep sodium levels in our diet under control, especially for our customers with elevated blood pressure or other conditions where they must maintain strictly controlled sodium intake. We therefore ensure that the total salt in our products, per serving, are at or below 33% of the published American Heart Association and Mayo Clinic guidelines for a healthy adult diet.

So please, enjoy our products knowing that they are as good, and as good for you, as we know how to make them.

A Guide for Using Chef Nick's Gourmet Rubs and Spice Blends

For additional information, recipes, and questions, please visit our web site at: <http://www.chefnicks.com>



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A Service Disabled Veteran Owned Business

Where To Use Chef Nick's Rubs and Spice Blends								
Chef Nick's Rub or Blend	Beef	Pork	Poultry	Lamb	Dark Fish	Light Fish	Shell-fish	Veggies
Beef & Bison Rub (Smoker/Grill)	Red	Grey	Grey	Grey	Red	Grey	Grey	Grey
Cajun Spice Blend	Red	Red	Red	Red	Red	Red	Red	Red
Crab & Shrimp Blend **	Grey	Grey	Grey	Yellow	Yellow	Grey	Yellow	Yellow
Fried Chicken Blend	Grey	Grey	Blue	Grey	Grey	Blue	Grey	Grey
Grilled Seafood Blend	Grey	Grey	Grey	Grey	Blue	Blue	Blue	Grey
Hungarian Goulash Blend **	Blue	Blue	Blue	Blue	Grey	Grey	Grey	Grey
Italian Sausage Blend	Blue	Blue	Blue	Blue	Grey	Grey	Grey	Grey
Jamaican Brown Stew Blend	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Jerk Spice Blend	Red	Red	Red	Red	Red	Red	Red	Red
Mediterranean Dessert Blend *	Yellow	Grey	Grey	Yellow	Grey	Grey	Grey	Grey
Pork & Seafood Rub (Smoker/Grill)	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Poultry Rub (All Purpose)	Grey	Grey	Yellow	Grey	Grey	Grey	Yellow	Yellow
Roast Beef Blend **	Blue	Blue	Grey	Grey	Grey	Grey	Grey	Blue
Roasted Potato Blend	Grey	Grey	Grey	Grey	Grey	Yellow	Grey	Yellow
Seafood Herb Blend **	Grey	Grey	Grey	Grey	Blue	Blue	Blue	Grey
Slovak Klobasa Blend	Grey	Blue	Grey	Grey	Grey	Grey	Grey	Grey
Tagine (Ras al Hanut) Blend **	Yellow	Yellow	Yellow	Yellow	Grey	Grey	Grey	Yellow
Three Season Dessert Blend *	Grey	Blue	Grey	Grey	Grey	Grey	Grey	Blue
Three-Alarm Chili Blend **	Red	Red	Red	Red	Grey	Grey	Grey	Grey
Veracruz Blend	Grey	Grey	Blue	Grey	Blue	Blue	Blue	Blue
Table Color Codes								
Hot, Uses Hot Chili		Strongly Spiced, Limited Hot Chili		Mild, No Hot Chilis			Combination Not Tested	

* Blends marked with (*) are salt free. When used for savory dishes a good quality, non-iodized salt will be needed in the recipe.

** Blends marked with (**) have very little salt because they are often used with other salty ingredients, a non-iodized salt may be needed.

Hints:

- When a self-thickening sauce is desired mix equal parts of blend and cornstarch and coat the meat with the mixture. Brown the meat and then add other recipe ingredients
- The blends are "heat balanced" for an adult woman's palate. If needed use Cayenne or Chipotle powder for more kick... but carefully.
- Iodized salt should not be used (can taste metallic). For additional salt please use Kosher, Sea Salt, or a good finishing salt.
- Many flavors are alcohol soluble. All our blends work well with alcoholic beverages in the recipes. For best results match the color of the beverage to the food just like with wine (dark beverage with dark meats, light with light meats).
- When coating the food with a blend, rub the food with a good quality olive oil first, then rub on the blend.
- Our blends contain no fillers or lofting agents, they will be stronger flavored than other products you may be used to.