



Carol's Recipes for the *Perfect Spring Feast!*

When we think of Spring, we think of Easter, fresh food, fresh flowers on the table, and of course family and friends to together and toast to faith, hope and life. Easy as sprinkling salt!

Here's the recipe lineup:

- The Early Morning Breakfast Casserole
- Strawberry Peach Fruit "Special Tea"
- The Fresh Veggie Platter with dips
- The Spinach Salad
- All Round Goodness Deviled Eggs
- Maple Roasted Asparagus
- Easy Oven Roasted Carrots
- Perfectly Glazed Ham
- Potato, Leek and Onion Casserole
- Southern Squash Casserole
- Dave's Herbed Biscuits
- Easy Strawberry Rhubarb Jam Sheet Cake

Salt Table Products used in these Recipes (Available online below or in the shops):

- Salt Table All Round Good Grinder Blend
- Salt Table Traditional Balsamic Vinegar
- Salt Table Driftwood Beach Seasoning Blend
- Salt Table Everything but the Bagel Blend
- Salt Table French Herb and Garlic Spread Mix
- Salt Table Ginger Sugar, Clove Sugar and Cinnamon Sugar
- Salt Table Himalayan Pink Salt
- Salt Table Leek, Chive and Onion Dip Mix
- Salt Table Mexican Vanilla Extract
- Salt Table Peppercorn Medley
- Salt Table Roasted Garlic, Onion, Pepper
- Salt Table Sicilian Herb Dip Blend
- Salt Table Smoked Bacon Sea Salt
- Salt Table Smoked Paprika Salt
- Salt Table Strawberry Peach Fruit Tea
- Salt Table Traditional Balsamic Vinegar
- Peachey's Peach Jam (available at Salt Table shops and online)
- Terra Dolce Olive Oil (available at Salt Table shops and online)
- Vidalia Onion Mustard (available at Salt Table shops and online)

To obtain Salt Table recipe ingredients, visit the shops or shop online at www.salttable.com!

The Early Morning Breakfast Casserole

6 slices bread (day old is perfect)
(8 ounce) package shredded casserole cheese
2 cups diced, cooked ham
¼ cup yellow onion
¼ cup mushrooms, chopped
¼ cup butter, melted
5 eggs
3 Tbsp **Salt Table Leek, Chive and Onion Dip and Seasoning Mix**
½ Tsp **Salt Table Himalayan Pink Salt**
½ tsp. dry ground mustard
2 cups milk (2 percent is OK, but nothing less than that)

Sauté ham, yellow onion and mushrooms in 2 tsp of the butter for 3 minutes, then set aside. Butter a 9×13 baking dish. Place the sliced bread on the bottom as the “crust”. Spread the ham mixture on next. Sprinkle ¾ of the cheese next. Drizzle the rest of the butter over this. Beat the eggs, seasonings, and milk together and pour over evenly. Top with remaining cheese. Cover and refrigerate overnight (it’s better this way, trust me). In the morning, pre-heat oven to 350 degrees and bake for 1 hour, or until set.

Strawberry Peach “Special Tea”

2/3 cup **Salt Table Strawberry Peach Fruit Tea**
1/3 cup Powdered Pink Lemonade Mix
1/3 cup Natural Sugar (sugar in the raw)

This is our own special recipe, served in our store! Brew tea with 2 quarts of water. You can brew the tea using your tea infuser or tea maker. While hot, stir in the next two ingredients to dissolve. Add 2 quarts of ice to cool. Serve over ice. If you have a different favorite fruit tea, it will work just as well!

The Fresh Veggie Platter

As an appetizer, instead of chip and dip, serve a fresh veggie platter with crackers and a couple of good (Salt Table) dips!

Here are some ideas on veggies to choose, two rules to success: Choose what your guests (and you) like to eat so there won't be any leftovers, and choose what looks fresh in the produce section. If it looks tired or wilted, don't buy it. Also, buy within two days of serving. Make it colorful!

Yellow and zucchini squash, slices
Broccoli and cauliflower, make into SMALL florets
Mushrooms, sliced
Cherry tomatoes, or sliced Roma tomatoes (they're firmer and have less moisture)
Pitted black olives
Asparagus spears
Artichokes
Bell peppers, red or green or yellow
Radishes
Celery sticks
Carrot sticks
Crackers of choice

French Herb and Garlic Cheese Spread

1 8 oz. package cream cheese, room temperature

½ stick butter, room temperature

Salt Table French Herb and Garlic Spread Mix

Mix all ingredients together, shape into a cheese ball, cover with plastic wrap and chill. When ready to serve, put on a small plate with a knife for spreading on the crackers or the veggies.

Roasted Garlic, Onion and Pepper Dip

1 pint reduced fat sour cream

Salt Table Roasted Garlic, Onion & Pepper Dip and Spread Mix

Put sour cream in a mixing bowl and stir in the dip mix, until well blended. Put in a beautiful small serving bowl. Create your veggie tray and cracker tray along with the dip and cheese ball. Put out some small plates and napkins and toothpicks.

Easy Spinach Salad

Spinach salad adds color to the table, as well as being a great salad, rich in iron. This one is good, easy and fun – even the kids will like it, guaranteed!

12 ounce package young spinach
1 package white button mushrooms (either sliced or slice them yourself)
3/4 cup roasted, salted pecan halves
8 slices bacon, fried crisp then crumbled
1/3 cup of red onion, slivered
4 eggs, boiled and chopped
1 can of mandarin oranges, drained

Dressing:

½ cup sugar
¼ cup **Salt Table Ginger Sugar**
1/3 cup apple cider vinegar
1 tsp dry mustard
1 tsp **Salt Table Himalayan Pink Salt**
1 Tbsp. finely minced onion
1 cup vegetable oil
2 Tbsp. **Salt Table Everything but the Bagel Seasoning Blend**

Make the dressing the day before, keep chilled. Measure the first 6 ingredients into a blender. Put on blend, slowly add vegetable oil, blending constantly. Continue to blend until thick. Add poppy seeds and blend a few minutes more. Store in a covered jar.

Salad:

Prep all the ingredients ahead of time, then right before serving combine in a very large mixing bowl. Pour the dressing on the salad and toss to coat, using half at a time. Mix well. You may not need all of the dressing, depends on taste. Pour into a serving bowl and serve immediately.

All Round Goodness Deviled Eggs

This recipe takes the “devil” out of deviled eggs!

12 eggs
1/4 cup real mayonnaise
1 tsp. **Fancy Savannah Brand Vidalia Onion Mustard** (available at Salt Table shops and online)
2 tsp **Salt Table All Round Good Grinder Blend**
2 tsp **Salt Table Smoked Paprika Salt**

In a large saucepan, cover the eggs with cold water and bring to a boil over high heat; boil for 1 minute. Remove the saucepan from the heat, cover and let stand for 10 minutes. Drain the eggs and cool them under cold running water, shaking the pan vigorously to crack the shells. Let stand until the eggs are cool. Drain and peel the eggs. Halve the eggs lengthwise. Gently remove the yolks and put them in a mixing bowl. Add the mayonnaise and mustard. Grind about 2 tsp of All Round Good Grinder Blend into the mixture and mash until smooth. Arrange the egg-white halves cut side up on a serving plate. Spoon in the yolk mixture. Sprinkle with Smoked Paprika salt. Enjoy!

Simple Roasted Asparagus

2 pounds thicker asparagus spears
4 slices, bacon, cut into small pieces
4 Tbsp. **Terra Dolce olive oil** (available at Salt Table shops and online)
2 tsp. **Salt Table Balsamic Vinegar**
1 Tbsp. **Salt Table Everything but the Bagel Blend**
1 Tbsp. **Salt Table Peppercorn Medley** (about 10 grinds)
2 Tbsp. freshly grated parmesan (optional)

Rinse the vegetables and pat dry. Cut or break off the tough ends. Mix the vinegar and olive oil and Bagel blend together and toss with the spears and bacon. Arrange on baking sheet and grind the peppercorns over it all, then roast at 400 degrees for about 25 minutes, flipping once, or until browned and tender. Serve immediately.

Easy Oven Roasted Carrots

2 pounds young carrots washed, peeled, and cut if large
2 tablespoons **Terra Dolce olive oil** (available at Salt Table shops and online)
2 teaspoons **Salt Table Driftwood Beach Seasoning Blend**

Preheat oven to 425°F

Toss carrots with oil and seasoning. Pour onto prepared baking sheet. Arrange carrots in a single layer. Bake 18-20 minutes for baby or garden carrots, 25-30 minutes for larger store-bought carrots. Ensure carrots are tender when pierced with a fork.

Serve warm, garnished with parsley if desired.

Salt Table Tip: Young fresh carrots or baby Carrots can be left whole and will require less time. If using store-bought larger carrots (even if you cut them) they may need an extra 10-15 minutes.

For a sweeter glazed carrot, add 1 tablespoon honey to the oil and seasoning. (Fancy Savannah Brand Ginger Honey is superb.)

The Perfectly Glazed Ham

The Ham is the main centerpiece of the day – a great ham is beautiful, juicy and tender on the inside and browned and glazed to crunchiness on the outside. Personally, I like the heat and serve hams and just coat them with a flavorful glaze, heat and enjoy. We absolutely love combining the flavors of the ham glaze below, making it sweet and a little spicy!

Easy Gingery Honey Glazy Ham

8-10 bone-in, fully cooked smoked ham
20+ whole cloves
½ cup packed dark brown sugar
1 Tbsp. **Salt Table Clove Sugar**
¼ cup orange juice
¼ cup **Fancy Savannah Brand Ginger Honey**
(Or 1 Tbsp. Salt Table Ground Ginger and ¼ cup Honey)
2 Tbsp. Brown Mustard

Preheat oven to 325°F. Remove tough skin from ham, leaving a layer of fat. (Ham looks not so good at this step.) Using a sharp knife, score fat in a diamond pattern. Press a clove into center of each diamond. Transfer ham to a large roasting pan and pour in 1 cup water. Cover tightly with foil and bake for 1 hour.

Make glaze: In a bowl, whisk brown sugar, clove sugar, orange juice, honey, ginger and mustard until smooth. Remove foil from ham; brush with a third of glaze. (We use Verdant Kitchen brand ginger because it is amazingly good and the ginger is grown right here in Savannah, the honey is local!) Bake the ham, uncovered, for another 30 minutes. Brush with half of remaining glaze; bake 15 minutes longer, adding more water to pan if necessary to prevent scorching. Brush with remaining glaze. Bake, checking every 15 minutes, until a meat thermometer inserted into thickest part of ham registers 140°F, about 30 minutes longer. If the ham seems to be browning too quickly, loosely “tent” foil over it while heating.

Remove ham from oven and let rest, loosely covered with foil, for at least 20 minutes.

Serve warm, at room temperature or cold.

Potato, Leek, and Onion Casserole

5 lbs. red skin potatoes, chopped into chunks, leaving the skin on
½ cup (1 stick) butter
1 (8-oz) package shredded casserole cheese
1 cup milk
1 cup sour cream
1 package **Salt Table Leek Chive and Onion Dip Mix**
2 tsp **Salt Table All Round Good Grinder Blend**

Put potatoes in a large pot. Cover with water, sprinkle in a little Himalayan Pink Salt, and boil over medium high heat about 20 minutes, until -tender. Drain and put back in pot, reserve about ½ cup of the water. Over low heat, mash potatoes 2 to 3 minutes, until mostly smooth, allowing steam and excess moisture to escape. You can also use a hand mixer to make it easier.

Add butter, ½ of the shredded cheese, milk, sour cream, dip mix and grind about 2 tsp of All Round Good Grinder Blend into the mix until smooth. Spread potatoes in a buttered casserole dish. Sprinkle the remaining cheese on top and grind more of the All Round Grinder Blend on it as well.

Bake in a pre-heated 350°F oven for 30 minutes, until bubbly and hot.

Southern Squash Casserole

2 pounds yellow squash
1 small onion, chopped
2 stalks celery, chopped
1 carrot, grated
1 cup sour cream
1 10 ½ oz can, cream of chicken soup
1 cup sharp cheddar cheese
2 eggs
1 teaspoon **Salt Table Smoked Bacon Salt**
1 Tbsp **Salt Table Leek Chive & Onion Dip Mix**
12 oz. bag of seasoned breadcrumbs
½ cup butter

Cut the squash into ½ inch slices and put in a sauce pan, cover with water and boil until tender, about 10 minutes. Drain. In a mixing bowl, mix everything else except the bread crumbs and butter. Toss the breadcrumbs, leek dip mix and butter together. Butter a casserole dish. Sprinkle half of the bread crumb mixture on the bottom of the casserole dish. Pour in the squash mixture. Sprinkle the other half of the bread crumb mixture on top. Bake at 350 degrees, for 30 minutes, or until bubbly.

Dave's Herb Biscuits

1 12 oz. refrigerated biscuit dough
1/2 cup butter, melted
2 tsp. **Salt Table Sicilian Herb Dip Blend**

Melt the butter and stir in the Sicilian Dip Blend. Let it sit for a couple of minutes. Dip the biscuit dough pieces in the butter so they're totally coated and arrange on a lightly greased baking sheet. Drizzle any remaining seasoned butter on the biscuits. Bake at 400 degrees for about 15 minutes, until golden brown. Easy!

Dessert Time!

Easy Peach Jam Sheet Cake

We love our Savannah local celebrity Chef Roberto Leoci's Strawberry Rhubarb Jam! It is just sweet and tart enough to get your taste buds ready for this simple but great ending to your Easter Dinner!

2 cups flour
3 eggs
1 cup brown sugar
1 tsp baking soda
2 tsp **Salt Table Cinnamon Sugar**
½ cup buttermilk
¼ tsp **Salt Table Himalayan Pink Salt**
1 cup butter
1 ½ cup **Peachey's Fine Foods Peach Jam** (found in Salt Table stores & online)
½ cup **Salt Table Raw Pecans** - chopped (4oz.)

Icing:
½ cup butter
¼ cup milk
1 cup light brown sugar
2 cups confectioner's sugar
½ tsp **Salt Table Mexican vanilla extract**

Sift dry ingredients except soda. Beat in butter then eggs. Dissolve the soda in buttermilk and add to the mixture. Beat 2 minutes, or until creamy. Add jam and nuts. Bake in a 9x13 pan for 1 hour. Let cool. For the icing, melt butter and brown sugar. Bring to a full boil for 2 full minutes, stirring constantly. Add milk and bring back to a full boil again. Take off heat and cool to lukewarm, then add the sugar and mix well and pour over cooled cake.