

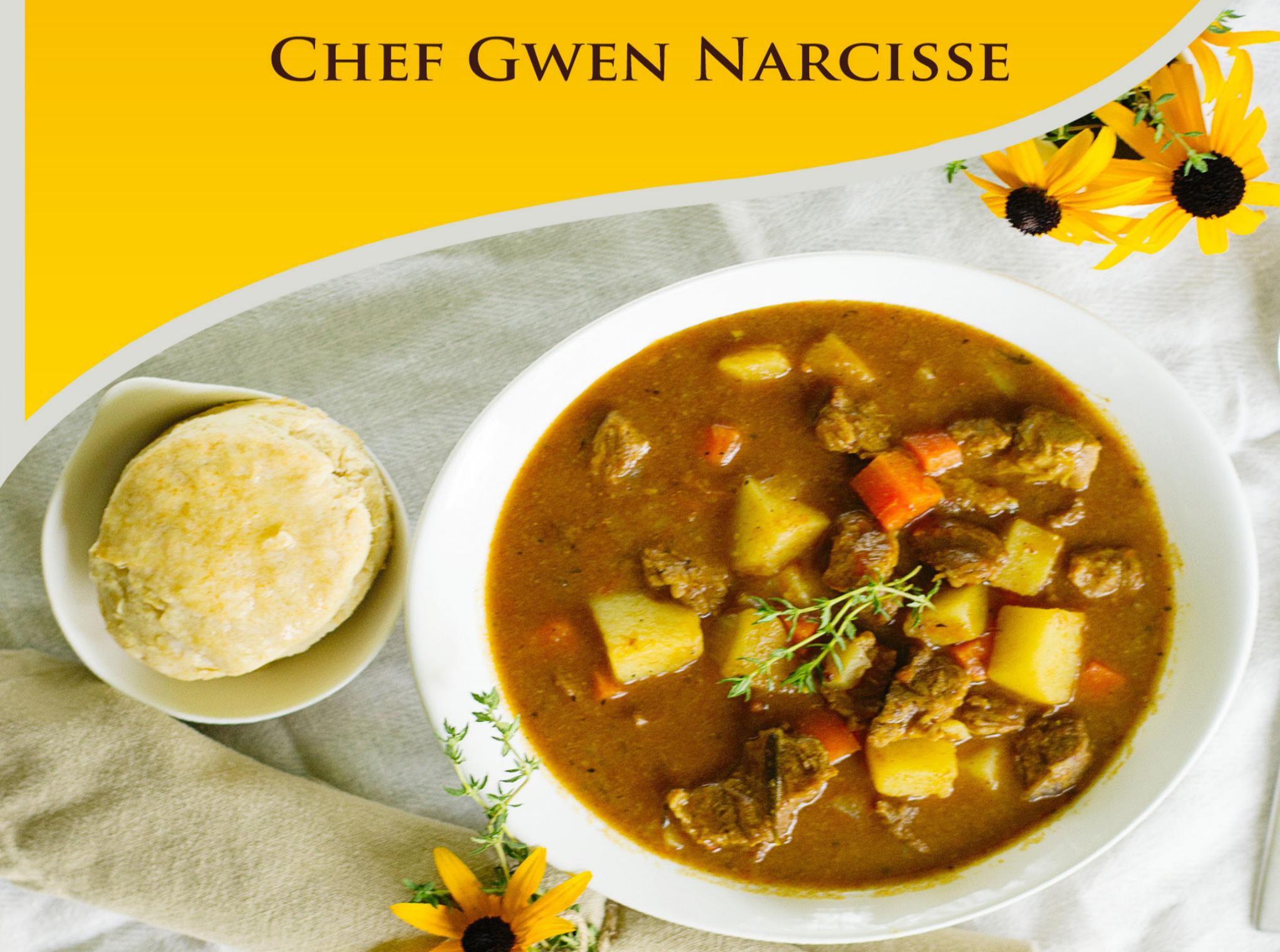
# IT'S TASTY, BABY!

COOKBOOK

## *Chef's Choice*

**HM**  
**HILLARI MOON®**

**CHEF GWEN NARCISSE**



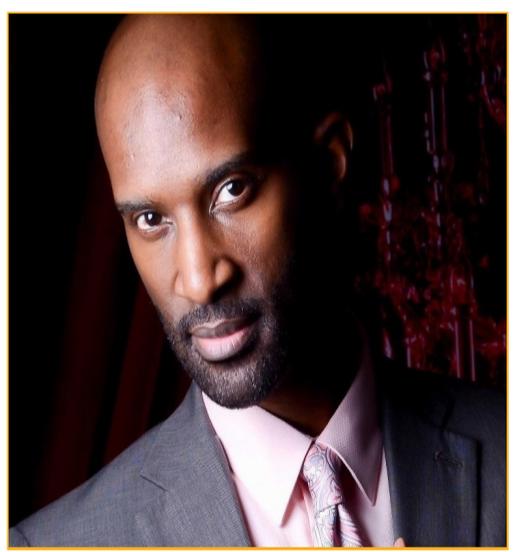
It's Tasty, Baby! Cookbook and All content and photographs  
Copyright © 2015, Hillari Moon, LLC, All rights reserved

# ACKNOWLEDGEMENT



## **AUTHOR**

Chef Gwen Narcisse is the Founder and Creator for Hillari Moon spice blends, Project Manager, Recipe Developer and Food Enthusiast.



## **EDITOR**

Joseph Narcisse is the editor for Hillari Moon's website, newsletters, and other printed materials.



## **EBOOK DESIGNER**

AtriTeX is a publishing service company offering eBook creation, image processing, typesetting, data conversion, and more.

## **PHOTOGRAPHER**

Jessica C. Brooks is a Certified Personal Trainer, Sports Nutrition Specialist, Figure Bodybuilder and Photographer.



## **PHOTOGRAPHER**

Debbie Wolfe is a Garden Activist, Photographer, Crafter, Blogger, and Food Revolution Ambassador in Georgia.



## **PHOTOGRAPHER**

Rob Polanco is an Actor, Model, and Photographer based in Atlanta, Georgia.



# CONTENTS



INTRODUCTION .....1

## CAJUN SPICE BLEND

Blackened Salmon with  
Mango Salsa.....4-5

Cajun Shrimp and Grits .....7-8

Cubed Steak and Gravy.....11

Shrimp Stir-Fry .....25

## CURRY SPICE BLEND

Beef Stew .....3

Chicken Salad .....9

Coconut Curry Crusted Fish .....10

Curried Fried Rice .....12

Deviled Eggs .....13

## FIESTA SPICE BLEND

Fajitas.....14

Guacamole .....15

Roasted Corn on the Cob.....21

## HERBAL BLEND

Bundled-Wrapped Asparagus .....	6
Italian Marinara Meat Sauce .....	16
Oven Fried Pork Chops .....	19
Oven Roasted Potatoes .....	20
Salmon Dip.....	22
Steak and Eggs .....	27

## SAVORY SOUTH SPICE BLEND

Italian Marinara Meat Sauce .....	16
Mini Meatloaf Delights.....	18
Sausage Patties .....	23
Savory Baked Chicken .....	24

## IT'S TASTY, BABY! SEASONED SALT

Cubed Steak and Gravy .....	11
Oven Roasted Potatoes .....	20
Salmon Dip.....	22
Savory Baked Chicken .....	24

## SMOKED SPICE BLEND

Balsamic Brussels with Butternut Squash.....	2
Juicy Smoked Hamburger .....	17
Mini Meatloaf Delights .....	18
Smoky Salmon Sliders .....	26



# INTRODUCTION



Yay! I am so excited that you decided to download this cookbook. It was created to offer a collection of tantalizing dishes, and introduce various ways to enjoy Hillari Moon spice blends. In this eBook, you will find appetizers, main courses, and side dishes for your cooking enjoyment.

Cooking is a pleasure of mine, and eating tasty food is even more so a joy. Yes, you may call me a 'foodie'. Often my time is limited, but I never want to sacrifice taste for time. Hillari Moon spice blends take away some of the fuss of cooking. Because they are complete spice blends, you don't have to worry about adding 5, or even upwards of 10 spices to create the authentic flavors you are wanting in meals. They make preparing food quick, and easy.

The spice collection includes the following Salt Free Blends: Cajun Spice Blend, Savory South Spice Blend, Curry Spice Blend, and the Herbal Blend. Hillari Moon also packages Himalayan Mineral Salt. This superior salt is in the following blends: It's Tasty, Baby! Seasoned Salt, Fiesta Spice Blend, and the Smoked Spice Blend.

What are you waiting for? Get your spices and start cooking some of these delightful recipes...  
"It's Tasty, Baby!"

Chef Gwen

# BALSAMIC BRUSSELS WITH BUTTERNUT SQUASH

## INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 ½ pounds brussels sprouts, halved with trimmed ends
- 3 cups butternut squash, cubed
- 3 tablespoons balsamic vinegar
- 3 teaspoons Hillari Moon Smoked Spice Blend

## INSTRUCTIONS

1. Preheat the oven to 400° F.
2. In a large sauté pan or skillet, heat 1 tablespoon of oil on medium heat.
3. Add the Brussels sprouts and butternut squash to the pan, and cook for 1-2 minutes.
4. Transfer the vegetables to a roasting pan and toss with remaining oil, vinegar, and Hillari Moon Smoked Spice Blend.
5. Roast in the oven for about 20 to 25 minutes or until squash and sprouts are caramelized... Mmmm!



# CURRY BEEF STEW

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 pound beef, cubed
- 1 teaspoon Hillari Moon Himalayan Mineral Salt
- ½ teaspoon black pepper
- ½ cup flour
- 1 large yellow onion, thickly sliced
- 4 tablespoons Hillari Moon Curry Spice Blend
- 3 cups beef stock
- 3 sprigs of thyme
- 2 medium sized potatoes, diced
- 1 large carrot, diced
- 2 teaspoons worcestershire sauce



## INSTRUCTIONS

1. In a large pot, heat oil on medium heat.
2. Season beef with Hillari Moon Himalayan Mineral Salt and pepper, then dredge in flour. Add beef and onions to pot and brown.
3. Add Hillari Moon Curry Spice Blend, beef stock, and thyme. Bring to a boil and stir. Reduce to low heat and cook for 1 hour.
4. Add potatoes, carrots, and worcestershire sauce. Simmer for 40 – 50 mins, until sauce has thickened and all ingredients are tender. Serve over steamed rice...Mmmm!

# BLACKENED SALMON WITH MANGO SALSA

## INGREDIENTS

### Salmon

- 2 salmon fillets
- 2 teaspoons Hillari Moon Cajun Spice Blend
- Hillari Moon Himalayan Mineral Salt to taste
- 2 tablespoons extra virgin olive oil

### Mango Salsa

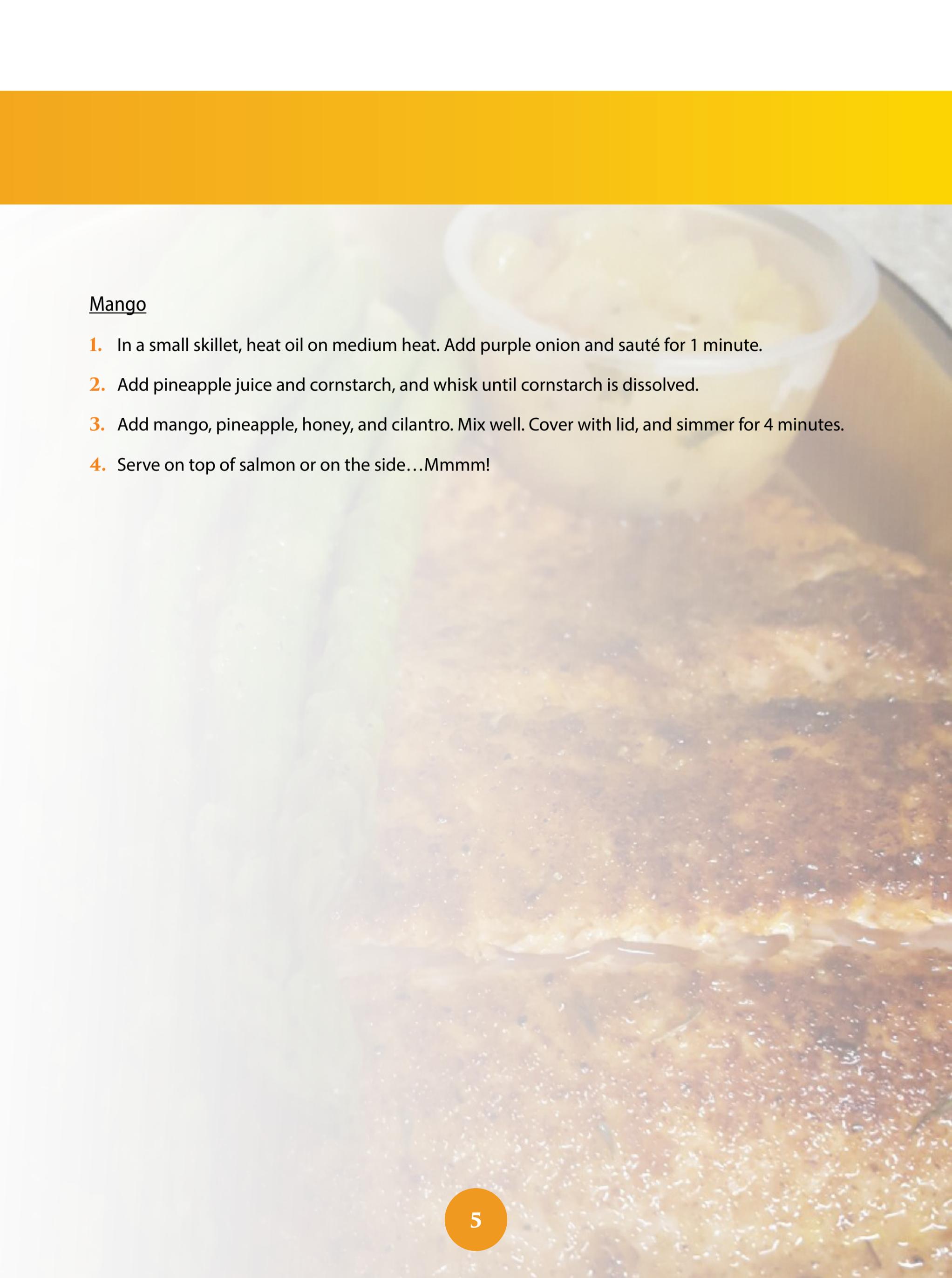
- 1 tablespoon extra virgin olive oil
- 1 teaspoon purple onion, finely chopped
- ¼ cup pineapple juice
- 1 teaspoon cornstarch
- ½ cup mango, diced
- ¼ cup pineapple, diced
- 2 teaspoons honey
- 1 tablespoon cilantro, finely chopped



## INSTRUCTIONS

### Salmon

1. Season salmon on both sides with Hillari Moon Cajun Spice Blend and Hillari Moon Himalayan Mineral Salt.
2. Heat oil in a skillet on medium heat. Cook salmon in skillet for 4 minutes on each side. Be careful not to overcook. Remove and drain on a plate with paper towel.



## Mango

1. In a small skillet, heat oil on medium heat. Add purple onion and sauté for 1 minute.
2. Add pineapple juice and cornstarch, and whisk until cornstarch is dissolved.
3. Add mango, pineapple, honey, and cilantro. Mix well. Cover with lid, and simmer for 4 minutes.
4. Serve on top of salmon or on the side...Mmmm!

# BUNDLED-WRAPPED ASPARAGUS

## INGREDIENTS

12 asparagus spears  
2 slices applewood smoked bacon  
1 teaspoon Hillari Moon Herbal Blend  
black pepper to taste

## INSTRUCTIONS

1. Preheat oven to 425°F.
2. In a skillet, fry bacon on each side for 3 minutes (careful not to fully cook).
3. Make 2 bundles of 6 asparagus and wrap each bundle with one slice of precooked bacon. Sprinkle Hillari Moon Herbal Blend and black pepper.
4. Place on a baking sheet and roast for 10 minutes. Turn bundles over, and roast for 10 minutes or until bacon looks done...Mmmm!



# CAJUN SHRIMP AND GRITS

## INGREDIENTS

### Grits

- 1 cup water
- 1 cup milk
- 2 chicken bouillon cubes
- 2 tablespoons butter
- 1/2 cup quick grits
- 1/2 cup mild cheddar cheese, shredded

### Cajun Shrimp

- 1 pound shrimp, peeled and deveined, without tails
- 4 slices thick cut bacon
- 2 teaspoons fresh lemon juice
- 1/4 cup scallions, thinly sliced
- 1 garlic clove, minced
- 4 teaspoons Hillari Moon Cajun Spice Blend
- 1/2 teaspoon Hillari Moon Himalayan Mineral Salt



## INSTRUCTIONS

### Grits

1. In a medium saucepan, bring water, bouillon, butter and grits to a boil. Reduce heat to low and simmer, stirring frequently for 4 minutes.
2. Add milk and continue to cook for 4 minutes, or until grits thicken and are tender. Remove from heat. Add cheese and stir well.

## Cajun Shrimp

1. Cook bacon in a skillet until it's done (not too crispy). Remove bacon and let drain on a paper towel. On a cutting board, chop bacon into bite size pieces. Leave 1-2 tablespoons of bacon grease in skillet, and discard the rest.
2. Heat skillet on med-high heat with bacon grease. Season the shrimp with Hillari Moon Cajun Spice Blend and Hillari Moon Himalayan Mineral Salt. Add the shrimp to the skillet and cook until the shrimp turn pink (about 1 minute on each side). Lower the heat to medium, add the scallions, garlic, and lemon juice. Cook for another 1-2 minutes, or until the garlic and scallions are softened and the shrimp are done. Serve shrimp mixture and bacon over grits...Mmmm!

# CURRY CHICKEN SALAD

## INGREDIENTS

- 1 cup mayonnaise
- 2 tablespoons green onions, minced
- 1/4 cup celery, minced
- 1/4 cup cilantro, chopped
- 4 cups cooked chicken, chopped
- 2 teaspoons Hillari Moon Curry Spice Blend
- 1 teaspoon Hillari Moon Himalayan Mineral Salt, or to taste
- 1/2 teaspoon black pepper, or to taste

## INSTRUCTIONS

1. Combine all the ingredients in a medium sized bowl and mix well.
2. Serve on lettuce leaves, make sandwiches, or eat with crackers...Mmmm!



# COCONUT CURRY CRUSTED FISH

## INGREDIENTS

4 medium to large tilapia fillets

1 ½ tablespoons Hillari Moon Curry Spice Blend

½ teaspoon Hillari Moon Himalayan Mineral Salt, or to taste

¼ teaspoon black pepper, or to taste

1 egg

1 tablespoon milk

2 cups shredded, unsweetened coconut

2 tablespoons coconut oil

## INSTRUCTIONS

1. Season all the fillets with Hillari Moon Curry Spice Blend, Hillari Moon Himalayan Mineral Salt, and black pepper.
2. Heat oil in a large skillet over medium heat.
3. In a small bowl, whisk together egg and milk. Put coconut on a plate.
4. Brush egg mixture on both sides of fish. Then dredge fish in coconut, making sure coconut flakes cover all sides of the fish.
5. Cook each fillet for about 3-4 min on each side, or until golden brown. Remove and place on a plate lined with paper towel (to allow excess oil to absorb). Serve while hot...Mmmm!



# CUBED STEAK AND GRAVY

## INGREDIENTS

- 1 pound cubed steak
- 3 teaspoons Hillari Moon It's Tasty, Baby! Seasoned Salt, divided
- 2 tablespoons of olive oil
- 3 cups beef broth
- 1 ½ tablespoons corn starch
- 1 teaspoon Hillari Moon Cajun Spice Blend
- 1 medium onion, cut into slices
- ½ bell pepper, cut into slices
- 2 teaspoon ketchup
- 1 teaspoon Worcestershire sauce



## INSTRUCTIONS

1. Heat oil in a skillet.
2. Season cube steak with 1 ½ teaspoon of Hillari Moon It's Tasty, Baby! Seasoned Salt.
3. Fry steaks on med-high heat until browned, then remove steaks from pan. Drain on paper towel.
4. Discard excess fat from the pan. Add broth and corn starch on med-high heat and whisk until corn starch dissolves.
5. Add remaining Hillari Moon It's Tasty, Baby! Seasoned Salt, Hillari Moon Cajun Spice Blend, onion, bell pepper, ketchup, and Worcestershire sauce. Mix well.
6. Return steaks to skillet and simmer on low heat for 20-25 minutes. Serve over rice or mashed potatoes...Mmmm!

# CURRIED FRIED RICE

## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 egg, beaten
- 6 scallions, chopped roughly
- 1 garlic clove, finely chopped
- 4 cups cook rice
- 1 tablespoon butter
- 1 tablespoon Hillari Moon Curry Spice Blend
- 1 teaspoon Hillari Moon Himalayan Mineral Salt, or to taste
- 1 chopped scotch bonnet pepper (optional)
- Sautéed shrimp or cooked cubed chicken breast (optional)



## INSTRUCTIONS

1. Heat oil in a large nonstick skillet over high heat.
2. Add egg and swirl the pan (careful to not overcook); remove and set aside.
3. Add scallions, garlic, and scotch bonnet pepper (optional), Hillari Moon Curry Spice Blend, and stir-fry for 2 minutes.
4. Add cooked rice, Hillari Moon Himalayan Mineral Salt, chicken or shrimp (optional), and mix well.
5. Spread evenly in skillet and cook 3 minutes on low-med heat. Add the egg and butter. Stir to break up the egg and serve...Mmmm!

# CURRY DEVILED EGGS

## INGREDIENTS

- 6 eggs
- 4 cups water
- 2 tablespoons mayonnaise
- ½ teaspoon yellow mustard
- 1 ½ teaspoons sweet relish with juice
- 2 teaspoons Hillari Moon Curry Spice Blend
- ½ teaspoon Hillari Moon Himalayan Mineral Salt, or to taste
- ½ teaspoon white pepper
- Chives finely chopped



## INSTRUCTIONS

1. In a medium sized pot, bring water to a boil (enough water to cover eggs). Gently lower eggs in pot using a spoon. Cover and let simmer for 10-12 minutes. Remove eggs and run under cold water until completely cooled.
2. Peel eggs and cut in half length from narrow side of egg to the wider side. Use a spoon to remove the yoke and place in a bowl. Add mayonnaise, mustard, relish, Hillari Moon Curry Spice Blend, Hillari Moon Himalayan Mineral Salt, white pepper, and combine well with a fork.
3. Use spoon to fill the egg white halves with filling. For a nicer look put filling in a freezer bag, cut the corner and pipe the filling into the egg white halves. Sprinkle with chives to garnish... Mmmm!

# FAJITAS

## INGREDIENTS

- 1 pound beef steak, cut into strips
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Hillari Moon Fiesta Spice Blend
- ½ jalapeño pepper, seeded and minced
- 1 large yellow onion, peeled and sliced in half moons
- 2-3 multi-colored bell peppers, thinly sliced, no seeds

## INSTRUCTIONS

1. In a medium bowl, toss the beef steak strips with the oil, jalapeño pepper, and Hillari Moon Fiesta Spice Blend. Let marinate for at least 30 minutes in the refrigerator.
2. In a large skillet over high heat, sauté the marinated beef steak strips, bell pepper and onion for 6 to 8 minutes, or until the beef strips have cooked through and the pepper and onions have softened.
3. Garnish with cheese, sour cream, salsa, or homemade guacamole, if desired. Wrap in warm tortillas...Mmmm!



# GUACAMOLE

## INGREDIENTS

- 1 medium-sized tomato, diced
- 1/2 small onion, diced
- 1 small garlic clove, minced
- 2 medium-sized avocados, peeled and seeded
- 2 tablespoons lime juice
- 1 tablespoon Hillari Moon Fiesta Spice Blend
- 1/2 jalapeno pepper, diced (optional)

## INSTRUCTIONS

1. In a bowl, mix all ingredients well. Serve with tortilla chips or veggie sticks...  
Mmmm!
2. Keep refrigerated or chilled



# ITALIAN MARINARA MEAT SAUCE

## INGREDIENTS

- 1 1/2 pounds extra-lean ground beef or turkey
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 (28 ounce) can crushed tomato puree
- 2 (6 ounce) cans tomato paste
- 1 teaspoon raw cane sugar
- 1 1/2 tablespoons Hillari Moon Herbal Blend
- 1 tablespoon Hillari Moon Savory South Spice Blend
- 1 1/2 tablespoons Hillari Moon Himalayan Mineral Salt, or to taste



## INSTRUCTIONS

1. In a skillet, brown the meat in its own juices, stirring the meat to break it up. Add Hillari Moon Savory South Spice Blend. Push to the side of the pan. Add onions and sauté until they begin to soften. Add garlic and cook another 30 seconds.
2. Add tomatoes along with tomato paste, Hillari Moon Herbal Blend, Hillari Moon Himalayan Mineral Salt, and sugar.
3. Stir, cover and simmer over low heat for least 30 minutes, but preferably 1 hour. Serve over penne pasta...Mmmm!

# JUICY SMOKED HAMBURGER

## INGREDIENTS

- 1 pound ground sirloin
- 1 tablespoon Hillari Moon Smoked Spice Blend
- 2 tablespoons olive oil

## INSTRUCTIONS

1. Season the meat with Hillari Moon Smoked Spice Blend, mixed thoroughly with hands to form 4-5 patties.
2. Make patties approximately  $\frac{3}{4}$  inches thick and 4  $\frac{1}{2}$  inches across.
3. In a large skillet, heat oil on med-high heat. Add patties and cook for 4 minutes for medium or 5 minutes for well done. (Do not flatten patties when cooking)
4. Add favorite toppings to sandwich...  
Mmmm!



# MINI MEATLOAF DELIGHTS

## INGREDIENTS

cooking spray

2 pounds ground beef

1 tablespoon Hillari Moon Savory South

Spice Blend

2 teaspoons Hillari Moon Smoked Spice Blend

barbecue sauce

shredded cheese



## INSTRUCTIONS

1. Spray a muffin tin with cooking spray. Preheat at 375°F.
2. Take ground beef and add Hillari Moon Savory South Spice Blend, Hillari Moon Smoked Spice Blend, and mix well.
3. Place a handful of prepared meatloaf into each muffin tin. Press your thumb into each meatloaf ball, and squirt a dollop of barbecue sauce into the space. Bake for 30 minutes or until cooked through.
4. Top with your favorite cheese and bake for approx. 5 minutes...Mmmm!

# OVEN FRIED PORK CHOPS

## INGREDIENTS

4 bone-in pork chops, about 3/4-inch thick  
1-1/2 cups dry panko breadcrumbs  
2 tablespoons grated parmesan cheese  
2 teaspoons Hillari Moon Herbal Blend  
2 teaspoons Hillari Moon It's Tasty, Baby!  
Seasoned Salt  
4 teaspoons extra virgin olive oil

## INSTRUCTIONS

1. Preheat oven to 450°F.
2. Rinse chops (leave damp) and sprinkle with Hillari Moon It's Tasty, Baby! Seasoned Salt.
3. On a flat plate or piece of waxed paper, combine breadcrumbs, cheese, and Hillari Moon Herbal Blend.
4. Place chops into crumb mixture, turning to coat each side very well.
5. Lay chops flat in a greased or sprayed baking dish (careful not to overlay). Drizzle each chop with oil. Bake until brown and done, about 35 minutes...Mmmm!



# OVEN ROASTED POTATOES

## INGREDIENTS

1 pound small red potatoes, scrubbed and cut into bite size pieces

¼ cup extra virgin olive oil

4 garlic cloves, crushed

1 tablespoon Hillari Moon Herbal Blend

2 teaspoons Hillari Moon It's Tasty, Baby!

Seasoned Salt

## INSTRUCTIONS

1. Preheat oven to 450°F.
2. In a large bowl, mix oil, garlic, Hillari Moon Herbal Blend and Hillari Moon It's Tasty, Baby! Seasoned Salt and mix.
3. Add potatoes and toss well.
4. Place potatoes in a baking pan and roast until tender, about 30 minutes (check after 20 minutes). Transfer to serving dish...Mmmm!



# ROASTED CORN ON THE COB

## INGREDIENTS

- 4 fresh corn on the cobb
- 2 tablespoons butter
- 1 tablespoon Hillari Moon Fiesta Spice Blend

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Remove husks and silk from corn, rub in butter, and sprinkle with Hillari Moon Fiesta Spice Blend.
3. Wrap corn individually in foil and bake for 20 minutes, or until soft and steaming...  
Mmmm!



# SALMON DIP

## INGREDIENTS

1 (14 ounces) canned salmon, deboned and drained

1 (8 ounces) cream cheese, softened

2 tablespoons green onion, chopped

1 tablespoon lemon juice

1 teaspoon Hillari Moon It's Tasty, Baby!

Seasoned Salt 1 teaspoon Hillari Moon

Herbal Blend

1/2 teaspoon black pepper

## INSTRUCTIONS

1. In a blender or food processor, blend all ingredients on medium speed until smooth.
2. Cover in a bowl and refrigerate until chilled. Serve with crackers or pita chips...Mmmm!



# SAUSAGE PATTIES

## INGREDIENTS

1 pound ground pork (ground turkey optional)

2 tablespoons olive oil

1/2 teaspoon raw sugar

2 tablespoons Hillari Moon Savory South Spice Blend

1 1/2 teaspoon Hillari Moon Himalayan Mineral Salt

## INSTRUCTIONS

1. Heat oil in skillet on med-high heat.
2. Mix all ingredients very well. (ground turkey option: add 1 tablespoon of olive oil to mixture to add moisture)
3. Roll 1 -1 1/2 inch balls and flatten to 1/4 inch thick. Add to skillet and cook 2-3 minutes on each side. Repeat process until all sausage patties are cooked...Mmmm!



# SAVORY BAKED CHICKEN

## INGREDIENTS

4 chicken leg quarters

1 tablespoon Hillari Moon Savory South Spice Blend

1 teaspoon Hillari Moon Himalayan Mineral Salt

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a large bowl, season chicken with Hillari Moon Savory South Spice Blend and Hillari Moon Himalayan Mineral Salt.
3. Place flat in a greased or sprayed baking dish (careful not to overlay).
4. Roast until chicken is cooked through (about 40 minutes) and serve...Mmmm!



# SHRIMP STIR-FRY

## INGREDIENTS

- 1 pound large shrimp, peeled and deveined
- 1 bag frozen stir-fry vegetables
- 1 cup Teriyaki sauce
- 1 tablespoon extra virgin olive oil
- 1 tablespoon Hillari Moon Cajun Spice Blend
- 1 teaspoon Hillari Moon Himalayan Mineral Salt

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Add sauce and vegetables to a skillet. Cook until vegetables are thawed and done to preference (firm or soft).
3. In a separate skillet, add oil, shrimp, Hillari Moon Cajun Spice Blend and Hillari Moon Himalayan Mineral Salt. Sauté until done, for at least 5 minutes.
4. Place the vegetable mixture over hot rice and top with shrimp...Mmmm!



# SMOKED SALMON SLIDERS

## INGREDIENTS

2 ½ pounds of wild caught, skinless salmon fillets, cut in 2x3-inch pieces

2 tablespoons Hillari Moon Smoked Spice Blend

2 tablespoons extra virgin olive oil

slider buns

## INSTRUCTIONS

1. Heat oil in a non-stick skillet on medium-heat. Sprinkle salmon pieces with Hillari Moon Smoked Spice Blend and cook for 2-3 mins on each side.
2. Slice slider buns, (optional: toast inside of bun in a skillet with olive oil). Add a sandwich spread and the salmon, then top with a slice of avocado, tomato, shredded cabbage, purple onion slices, sliced olives...or any of your favorite toppings...Mmmm!



# STEAK AND EGGS

## INGREDIENTS

### Steak

- 1/4 pound flank steak, sliced in thin strips
- 1/2 teaspoon Hillari Moon Fiesta Spice Blend
- 1/4 teaspoon Hillari Moon Herbal Blend
- 2 tablespoons oil

### Eggs

- 2 eggs
- 1/4 teaspoon Hillari Moon Himalayan Mineral Salt
- 1 tablespoon oil



## INSTRUCTIONS

### Steak

1. In a small bowl, add steak and season with Hillari Moon Herbal Blend and Hillari Moon Fiesta Spice Blend, mix well.
2. Heat oil on medium-high heat in a skillet. Add steaks and cook until done.

### Eggs

1. In a small bowl, whisk eggs and Hillari Moon Himalayan Mineral Salt.
2. Heat oil on low-medium heat in a small skillet. Add eggs and scramble until done. Serve while hot...Mmmm!