



RECIPES & MORE



EMPOWERED LIFESTYLE



**Empowering you to prepare
Flavourful and Healthier Meals**

1st Edition

A collection of Simple and Straight forward Recipes tailor made for Sub Saharan Africa

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SHORT INTRODUCTION



We Manufacture and Distribute - and We Empower

Our journey dates back to year 2017 when I was still a Maid in South Africa and life was hard. All I ever wanted was a bridge that would take me to a better life. I needed to be empowered so that my dreams would come true.

During the years up to 2019 I learnt all I could about making Spices. There were so many challenges but I took them head on, and expanded my knowledge and skills until Real Premium Spices was born in 2020. Over the years, we have grown to become the most preferred Brand of tasteful and healthy spices and herbs across Southern Africa

We exist to provide every household in Southern Africa and the whole world with a tasteful meals, through empowering chefs and women who cook with ingredients, coupled with financial freedom for the distributors and retailers.

This Recipe Book is one of our modes of empowering everyone.

Enjoy

Nyengeterai Mawere - Choto (CEO)

FOREWORD

VISION AND MISSION



Our Vision

To become the most preferred food solutions providers in Southern Africa and our chosen global markets



Our Mission

To sustainably grow, process and distribute seasonings by creating a value chain of food solutions, which will empower women and the society at large

OUR PHILOSOPHY



Empowering

We are empowering Everyone. We have created hundreds of thousands of Jobs for mostly women across the Southern African region.



Tasteful

We have brought Peace and Happiness, with tasteful and healthy meals prepared by Chefs and mothers who use Real Premium Spices.



Healthy

Herbs eliminate nutritional deficiencies & thus restore the correct functioning of the body. They rectify various problems than suppressing them.

We are committed to upholding best standards in the production processes



We are committed to empower and continuously develop our people



Why should you Consume Herbs and Spices?



Real Premium Spices are made from carefully selected ingredients that go through a thorough quality control process before they go to the market. We have therefore committed ourselves to ensure that every meal is prepared with excellence.

Herbs and Spices have always played a major role in improving the overall health of the body for decades. They help in the faster healing of wounds, act as nutritional supplements, and also deliver a host of benefits. Herbs strengthen the immune system, lower blood sugar and cholesterol levels, have anti-inflammatory properties, and prevent many diseases as well as various types of cancer.

Herbs eliminate nutritional deficiencies and thus restore the correct functioning of the body. They rectify various problems rather than suppressing them. It is also said that herbs nourish every part of the body with their vitamin and mineral content. In short, our body needs certain essential dietary nutrients to meet the everyday demands of life and herbs provide us with most of the necessary components for a healthy life.

Herbs are normally used as flavoring additives to culinary dishes. Along with that, they are now an integral part of various medicinal practices in most countries

**When we talk about
Empowerment, we really mean it...**



**Start a
low
Capital
Business**



**Start
Cooking
Delicious
& Healthy
Meals**

People say that variety is the “Real Premium” **Spice** of life, to mean that doing and seeing a lot of different things makes life more enjoyable and interesting. Over the years, we have noticed that most families are now switching to more adventurous meals that have one or a combination of Spices and Herbs.

Our Philosophy is Based on bringing and Empowered, tasteful and enjoyable life to all homes. We have ensured that our Spices and Herbs are Affordable, delivering them to you via a network of Distributors who in turn make a Commission or profit when they sell to retailers.

Therefore, we have created hundreds of thousands of Jobs for mostly women across the Southern African region. We have also brought Peace and Happiness, with tasteful and healthy meals prepared by Chefs and mothers who use Real Premium Spices.



EASY HOME RECIPES



Mutakunanzva Kariba Bream Fish Stew



Chef Rumbie, Zimbokitchen



4 servings



30 minutes

Kariba Bream is one of those loved sources of protein here in Zimbabwe. There are many different ways in which you can enjoy it, this time we're stewing it!

We will be using Real Premium Spices' Lemon, Garlic & Herb Seasoning, Turmeric, and Mild Curry Powder in this stew. The results are absolute deliciousness! You can serve this with rice, or sadza and vegetables of your preference.



Ingredients

- 1 kg Kariba Bream, gutted and scaled
- 1/2 medium onion, chopped
- 2 large tomatoes, grated
- 3/4 cup plain (all purpose) flour
- 1 tsp Real Premium Spices' Lemon, Garlic & Herb Seasoning
- 1 tsp Real Premium Spices' Turmeric
- 2 tsp salt
- 1 tsp Real Premium Spices' Mild Curry Powder
- 40 ml cooking oil
- 1 tsp garlic, grated
- 2 eggs, beaten
- 1 tbsp tomato paste
- 40 ml Mr Sauce Tomato Sauce
- 150 ml water

Method

1. Get your ingredients together. Cut the fish into medium sized pieces, and set aside.
2. Put flour into a wide deep plate. Add 1 tsp salt, turmeric, mild curry powder, and lemon, garlic 'n herb seasoning. Mix until well incorporated.
3. Dip each fish piece into the egg first then into the flour, then place into a platter. Repeat until all the fish is coated.
4. Heat oil in a pot and fry the fish in batches just until it is golden brown on both sides. Remove from pot and set aside.
5. Add onion and garlic to the same pot used to fry the fish. Fry for about 2 – 3 minutes then add the tomatoes, tomato puree and tomato sauce. Add salt and stir. Allow this to simmer for 5 minutes.
6. Add water and stir. Return the fish to the pot, reduce heat and allow this to simmer gently for about 10 minutes, giving the fish time to suck in the flavour from the soup. Avoid turning it unnecessarily as this may cause it to break apart.
7. Taste for seasoning and adjust accordingly. Enjoy!



Tasty Curried Rice

Rice is one of those ingredients that you can get used to preparing in the same way all the time. Here's a simple, and quick recipe you can use for that time when you want to spice things up, pun intended!

I used Real Premium Spices' Mild Curry powder, turmeric, and a touch of cayenne pepper for a little bit of a kick. This dish is pretty mild, and family friendly. If you'd like it to be a bit more hot/spicy, feel free to increase the cayenne pepper and mild curry powder quantities.

You can enjoy this rice with pretty much anything, from stews, to roasts, or stir-fries, and vegetables of your preference.

Prep Time : 10 mins

Cook Time : 30 - 40 mins

Servings : 4-5

INGREDIENTS

- 3 cups long grain rice
- 1/2 small red pepper, chopped
- 2 tsp garlic, finely chopped
- 1/2 medium onion, chopped
- 1 small carrot, chopped
- 1/2 punnet mushroom, chopped
- 1/2 punnet fresh peas
- 5 1/2 cups chicken stock
- 1 tsp salt
- 1 tsp Real Premium Spices mild curry powder
- 1/2 tsp Real Premium Spices turmeric
- 1/4 tsp Real Premium Spices cayenne pepper
- 3 tbsp oil

PROCEDURE

1. Get your ingredients together. Put oil in a pot and add garlic, onion, mushroom, carrots, and red pepper. Add all the spices to the same pot, and slowly heat up until fragrant.
2. Add the rice and mix until it's evenly coated with the spiced oil. Add the chicken stock and bring to the boil.
3. Reduce heat until the water is finished and the rice is just about cooked. Add the peas and mix with a fork until evenly incorporated. Allow to cook on very low heat for 3 minutes. Taste for seasoning and adjust accordingly. Enjoy!



Chef Rumbie, Zimbokitchen



Sour Cream 'n Chives Mashed Potatoes

SERVINGS: 4-5

PREPPING TIME: 10 MIN

COOKING TIME: 35 - 45 MIN

Winter time calls for comfort food, and one of my all time favourite comfort foods is mashed potato. These mashed potatoes are absolutely delicious, and hit the spot! I used Real Premium Spices' Sour Cream and Chives and the flavour came through well.... yum!

Serve this with your favourite stew, from mince, to sausage, or even creamed chicken. Don't forget those veggies!! Let's get right to preparing the mash.

Ingredients

- 8 large potatoes
- Enough water to go just below the potatoes
- 1 tsp salt
- 2 tbsp Real Premium Spices Sour Cream 'n Chives
- 1 tsp pepper
- 1 tbsp butter/ margarine
- 1/2 cup fresh milk

Directions

1. Get your ingredients together. Peel and cut potatoes into cubes. Add water, garlic, and salt. Close pot and bring to the boil until potatoes are cooked.
2. Use a fork to check if potatoes are done. They should be breaking up easily. If any, drain excess water and leave just a little, return pot to stove and reduce heat. Add milk and begin mashing the potatoes.
3. Add the butter, sour cream & chives, and a little bit of milk at a time as you mash the potatoes with a potato masher. Continue mashing until potatoes are velvety smooth and there are no lumps. Taste for seasoning and adjust accordingly. Enjoy!

Egg-free Banana Cinnamon Loaf



Chef Rumbie, Zimbokitchen



7-8 servings



30 - 35 mins

This is an easy to follow banana cinnamon loaf! In just 5 easy steps you'll be ready to enjoy the fruits of your labour! It's perfect as an anytime treat with your hot beverage this winter, dessert with custard, or even as a lunchbox idea! The cinnamon powder adds a lovely taste to the banana loaf. And don't worry, if you have egg allergies, this is an egg-free bake!

P.S: Do not over mix as this will result in a tough textured loaf.



Ingredients

- 5 overripe bananas
- 1 tbsp lemon juice
- 3 cups self-raising flour
- 1 1/2 tsp baking powder
- 1 tsp Real Premium Spices ground cinnamon
- 3/4 cup castor sugar
- a pinch of salt
- 1/2 cup oil
- 4 tbsp powdered milk
- 1 cup sour milk

Method

1. Get your ingredients together. Grease, and lightly dust a loaf tin with flour, and set aside. Preheat oven to 180 degrees Celsius.
2. Mash 4 of the 5 bananas, add the lemon juice, mix and set aside.
3. In a separate bowl, sift the flour and baking powder. Add the ground cinnamon, sugar, powdered milk, and salt. Mix with a whisk until evenly incorporated.
4. Make a well in the middle. Add the mashed bananas, oil, and sour milk. Mix with a wooden spoon until just combined. Pour the mixture into the prepared loaf tin, and level it.
5. Take the remaining banana, and slice some diagonal slices onto the batter in the loaf tin. Bake in preheat oven for 35 – 40 min or until skewer comes out clean when inserted. Allow the banana loaf to cool down before attempting to take it out of the tin. Enjoy!

Delish Roasted Potatoes

As the name implies, these roasted potatoes are really, really delicious. The great thing about them is that they only need 5 ingredients and that's it! Furthermore, at only 40 minutes cook time you can easily have these on rotation for weeknight dinners when time is short and you are less inclined to do long and difficult dishes.

The star ingredient going into this recipe is **Real Premium Spices' Potato Mate**...no words. That spice is a true mate for these potatoes. In addition I also used some Paprika, that combo elevates the potatoes to another dimension that I tell you...! Serve with your favourite salad, mixed veggies and roast pork, beef or even fish.

Ingredients:

- 8 medium sized potatoes, peeled and cubed
- 4 tbsp oil
- 1 tsp Real Premium Spices Paprika
- 4 tsp Real Premium Spices Potato Mate
- 1 tsp salt

Procedure:

1. Get your ingredients together. Put the potato cubes into a bowl.
2. Add oil, and toss to ensure each cube is coated in oil. Add salt, paprika, and potato mate. Mix well, ensuring even distribution of the seasoning onto each cube.
3. Roast in the oven at 180 degrees Celsius for 40 minutes, or until golden brown. Enjoy!

Prep Time : 10 minutes

Cook Time : 40 minutes

Servings : 4-5



Chef Rumbie, Zimbokitchen



Tasty Mild Spiced Rice

Rice is one of those things that you can easily get hung up on in preparing in the same way all the time! It's no secret that variety is the spice of life! So here's this mild spiced rice (pun intended!) you can try out, and switch things up a bit.

It is family friendly, so even the young ones can partake and enjoy. Not forgetting that it's really tasty too! I used Real Premium Spices' Mild curry powder, Paprika, and Turmeric, and they all blended together well to make the rice pop! Serve this with your preferred protein, and vegetables



SERVINGS

5-6



PREP TIME

10 min



COOKING TIME

30-40 min



DIFFICULTY

Easy

INGREDIENTS

- 1 medium onion, chopped
- 3 tbsp cooking oil
- 1 tsp Real Premium Spices Mild Curry powder
- 1 tsp Real Premium Spices Paprika
- 1/4 tsp Real Premium Spices Turmeric
- 1 1/4 tsp salt
- 1 tsp garlic, finely chopped
- 3 cups rice
- 6 cups boiling water

DIRECTIONS

1. Get your ingredients together. Put oil, onions, garlic, mild curry powder, paprika, and turmeric into a pot. Heat on low heat until fragrant.
2. Increase heat then add the rice, and salt. Stir until all the rice grains are coated in the fragrant, seasoned oil.
3. Add the water, bring to the boil then reduce heat to a simmer until the rice is cooked through and the water is finished. Taste for seasoning, and adjust accordingly. Enjoy!



Chef Rumbie, Zimbokitchen

Baked Lemon, Garlic 'n Herb Kariba Bream



Chef Rumbie, Zimbokitchen



5-6 servings



PREP

30 mins



COOKING

40 mins

Fish, especially the Kariba Bream, is amongst the favourite protein sources for Zimbabweans. There are several ways to prepare it, and I have here for you a very simple recipe, but full of flavour.

When it comes to fish, there's no need to go over the top when it comes to seasoning! You also want its lovely delicate flavour to come through, or be complimented by the seasoning, and not overpowered.

For this recipe I used the **Real Premium Lemon, Garlic and Herb seasoning**, and added a bit more of the fresh lemon, garlic, and parsley for that heightened flavour. Let's get right to it!

P.S: You can enjoy this with some **rice**, sauce, and a salad. Or **roasted potatoes/fries**, and a salad. You could even just enjoy it with some **roasted mixed veggies** if you prefer!

We will be using Real Premium Spices' Lemon, Garlic & Herb Seasoning, Turmeric, and Mild Curry Powder in this stew. The results are absolute deliciousness! You can serve this with rice, or sadza and vegetables of your preference.



Ingredients

- 5 – 6 Medium sized Kariba Bream Fish, gutted
- 2 tbsp Real Premium Spices Lemon, Garlic & Herb Seasoning
- 2 tbsp garlic, finely grated
- 3 tsp fresh parsley, chopped
- 2 tsp salt
- 4 tbsp oil
- 40 ml lemon juice

Method

1. Get your ingredients together. De-scale the fish, and pat dry. Preheat the oven to 180 degrees Celsius.
2. Cut some diagonal slits on the both sides of the fish, and place on a lightly greased oven tray.
3. In a bowl, combine together the rest of the ingredients, and give a good mix until the salt has dissolved.
4. Brush this mixture onto the fish on both sides. Spoon some of the mixture into each of the slits you made.
5. Bake in preheat oven for about 30 – 40 minutes, or until the fish is cooked. Turn it over the other side half way through the cooking time. Squeeze some more lemon juice as soon as the fish comes out of the oven. Enjoy!



DELICIOUS CHICKEN CURRY

SERVINGS: 4-5

PREPPING TIME: 10- 15MIN

COOKING TIME: MIN

Chicken curry is an all time favourite for many. Rightly so, because it is simply delicious, when prepared the right way of course! To prepare this dish, I was taking the Real Premium Spices on a spin. The dish turned out great, and all the plates were wiped clean!

P.S: If you'd like this to be a bit more bite, feel free to add more curry powder. Also be careful not to overcook the chicken breast else it'll become tough and chewy.

Serve with rice and rotis (chapati) or pita bread... whatever tickles your fancy! Let's get down to business.

Ingredients

- 500 g chicken breast
- 3 tbsp oil
- 1 medium onion, finely chopped
- 3 tsp garlic, grated
- 2 tsp ginger, finely chopped
- ¾ tsp Real Premium Spices curry powder
- ¼ tsp Real Premium Spices turmeric
- ¼ tsp Real Premium Spices coriander
- ¼ tsp Real Premium Spices ground black pepper
- 1 ¾ tsp salt
- 3 large tomatoes, grated
- 300 ml hot water
- 1 chicken stock cube
- 1 tbsp all purpose flour plus enough water to make a paste
- 50 ml sour milk

Directions

1. Get your ingredients together. Heat oil in pot. Add the onion and fry for about 3-4 minutes, stirring at regular intervals.
2. Add the garlic and ginger. Allow to cook for 2 minutes.
3. Add the spices; curry powder, turmeric, coriander, and ground black pepper. Cook for a further 3 minutes.
4. Add the tomatoes and ¾ tsp salt. Stir, close pot and simmer until tomatoes are cooked, about 3 – 4 minutes.
5. Dissolve the chicken stock cube in the hot water and pour this into the pot. Give a quick stir then remove from the heat and blend the curry sauce in a blender or using hand held blender.
6. Return the sauce to the pot.
7. Cut the chicken breast into bite size pieces and season with salt.
8. Add the chicken to the curry sauce and gently simmer on low heat for about 10 minutes or until the chicken is cooked through but still tender. Add the sour milk, and simmer for another 3 minutes.
9. Taste for seasoning and adjust accordingly. Enjoy!



Chisa Nyama Pork Chops

Everyone loves a well flavoured, nicely grilled piece of meat! This is what we have here, using Real Premium Spices' Chisa Nyama spice.

This recipe is perfect for the day when you want good flavour on your meat, but don't want to spend too much time prepping the food! All the work has been done for you in the Chisa Nyama spice blend! All you have to do is add it to your meat, and let it marinate a bit.

You are also more than welcome to braai the meat instead and have that delicious smokey flavour added to the pork chops. You could also just fry the chops if you prefer doing so.

You can serve these with a salad, and starch of your preference which could be rice, potatoes, or Sadza. I also suggest this collection of recipes with pork chops.

Prep Time : 10 mins

Cook Time : 30 – 40 mins

Servings : 4-5

INGREDIENTS

- 1.5 kg pork chops
- 1 tsp salt
- 3 tbsp oil
- 2 tsp garlic, grated
- 3 tsp Real Premium Spices Chisa Nyama

PROCEDURE

1. Get your ingredients together. Put salt, oil, garlic, and the Chisa Nyama spice into a bowl. Give a good mix
2. Generously rub this mixture onto each pork chop, on either side. Cover, and let this marinate for a minimum of 30 minutes, to an hour. The longer you marinate for, the more flavour the chops will have.
3. Put chops in oven tray and grill at 180 degrees Celsius for 30 – 40 minutes, or until golden brown, and cooked. Enjoy!



Chef Rumbie, Zimbokitchen

Mild Curry Egg Fried Rice



Ingredients:

- 4 – 5 cups of cooked rice
- 1 tsp Real Premium Spices Mild Curry Powder
- 1/2 tsp Real Premium Spices Ground Black Pepper
- 1 medium onion, chopped
- 2 large carrots
- 4 large eggs, beaten
- 1 1/2 tsp salt
- 1 medium green pepper, chopped
- 1 small red pepper, chopped
- 30 ml Soy sauce
- 3 tbsp oil for frying
- 1 tsp garlic, finely chopped

Prep Time : 5 minutes

Cook Time : 20 minutes

Servings : 4-5

Fried rice is a great quick fix. Especially on days where you want to make use of those leftovers in the fridge, or you have the odd 2 carrots or a handful of green beans at hand which will not be enough to make a full meal with on their own!

It has many variations, this here is one of them. It's easy, delicious, and quick to prepare. Great for a day when you don't want to spend too much time at the stove as well.

For this recipe, you should use **Real Premium Spices** mild curry powder and ground black pepper. Simple flavors that worked well in the dish.

You can serve this rice as is, but you can drizzle some sweet chilli sauce and enjoy it! If you must, you can prepare the good old mbuya's soup, and some more vegetables and roasted chicken thighs.

Procedure:

1. Get your ingredients together. Heat oil in a pan. Add the onion, garlic, carrots, and curry powder. Fry for 2 – 3 minutes.
2. Add the rice, and stir until well incorporated. Push the rice to one side of the pan, and pour in the eggs. Stir briskly, but gently until the egg is scrambled, and cooked.
3. Combine the rice, with the fried egg. Add the peppers, salt, and ground black pepper. Mix, and add the soy sauce.
4. Mix until everything is evenly incorporated. Allow cooking for another 3 – 5 minutes on low heat, stirring regularly. Taste for seasoning and adjust accordingly. Enjoy!



Chef Rumbie, Zimbokitchen

Creamy Chicken

INGREDIENTS

Real Premium Portuguese Spice

12 chicken pieces

200g bacon diced

1 onion

1garlic clove

3 cups chicken stock

250 fresh cream

250 g button mushrooms

Baby spinach

1 tablespoon lemon juice



PROCEDURE

1. Season the chicken with Real Premium Portuguese chicken spice and salt
2. Melt butter in a pan and brown the chicken in the butter, few at a time
3. Brown until golden and Set aside
4. In the same pan fry bacon
5. Add onion and garlic
6. Fry until translucent
7. Then add mushrooms
8. Fry until soft
9. Return the chicken to the pan
10. Add chicken stock
11. Cover and let it boil on low until chicken is cooked for 30 to 35 minutes or until the liquid reduces ,give it a stir now and then
12. Nicely cooked
13. Now its time to add fresh cream
14. Let it simmer on low for 10 min
15. Now add baby spinach
16. Lastly add lemon juice



Cooking with Sekai

BBQ Steak Roast

INGREDIENTS

- Beef Steak
- Real Premium BBQ spice
- Real Premium Rosemary
- Salt
- Cooking Oil

PROCEDURE

1. Season steak with Real Premium BBQ Spice, Real Premium Rosemary herb and salt
2. Cover steak with cling wrap and leave it in the Refrigerator for 2 or more hours to marinate ..(overnight is best to marinate)
3. In a small bowl mix oil, a teaspoon of BBQ spice and half teaspoon rosemary
4. Rub the meat with oil before roasting it, I am using this kitchen brush but you can use your hands
5. Roast at 190° or 200°
6. After every few minutes baste the meat with the juices dropping from the meat or the oil in the small bowl (basting the meat helps to keep the meat nice and juicy not dry)
7. Serve it with Sadza/Pap
8. Add Green Veggies, like Spinach, Covo or Rape



Lamb Stew

No Tomato

SERVED WITH RICE AND SALAD

INGREDIENTS

- Lamb / Goat /
- Real Premium Spices Paprika,
- Real Premium Spices Steak and Chops
- Flour
- Salt



PROCEDURE

1. Season the meat with spices, flour and salt
2. In a pan or pot heat oil and brown the meat
3. Brown the lamb all sides
 - Do you know ?
 - Browning meat before boiling adds flavour to the meat
4. Brown the meat in batches and transfer the meat to a plate
5. In the same pan fry onions
6. Add lamb back to the pan
7. Add enough water and 2 chicken stock cubes bring to a boil
8. Reduce the heat to simmer until lamb is tender
9. It's time to add potatoes
10. Add potatoes
11. Simmer covered until potatoes are soft and stew has thickened
12. Final dish
13. Delicious with Real Premium Spices



Cooking with Sekai

Chicken, Bacon and mushroom Carbonara

INGREDIENTS

Chicken breast cut in cubes

1 onion

bacon diced

1 packet mushrooms sliced

Real premium portuguese spice

250 ml fresh cream

1 garlic clove

Cooked spaghetti



PROCEDURE

1. Fry bacon
2. Set aside
3. Fry onion until translucent add chopped garlic
4. Then add sliced mushrooms and fry
5. Remove from the pan to a plate
6. In the same pan melt butter and stir in chicken add Real Premium Portuguese Spice, fry until the chicken is cooked
7. Now stir in cooked mushrooms and cooked bacon
8. Add cream
9. Cook for a minute or 2
10. Then stir in cooked spaghetti and cook for few more minutes
11. Serve it with salad



Cooking with Sekai

LEARN HOW TO USE SPICES

Six Gun BBQ

Ideal for beef, chicken, lamb, pork, mince, potatoes, pasta sauces, ribs, vegetables and salads. It's an amazing all-rounder.

BBQ Spice

Used to season meat for smoking, grilling, roasting, frying as well as in stews. Can be added to vegetables and potatoes.

Chips Spice

Used as final seasoning to french fries, potato wages, grilled potatoes and roasted potatoes.

Lemon and Herb

Pairs well with fish, chicken, pork, lamb and potatoes.

Lemon Garlic and BBQ

Pairs well with chicken, pork, beef, mushroom, fish

Ginger

Use in baking, meat stews, stir fries, marmalades and beverages.
A good warming substance

Tumeric

Adds colour to rice dishes, macaroni and cheese, curries and any soup recipe.

Parsley

Use to season soups And braises, also add to potato and rice dishes

Braai Spice

Use as a dry rub to season meet before grilling or braaing

Portuguese Chicken

Use as a dry rub or to coat chicken before grilling, frying or barbecuing.

USES OF SPICES



LEARN HOW TO USE SPICES

Garlic

Used to season meat. Sprinkle in stews, curries, casseroles, pasta sauces. Mixed with ginger and onion for warming the body

Rosemary

Use to season casseroles, salads and stews. It pairs well with lamb, pork and chicken.

Salt and Vinegar

Use as a final seasoning in popcorn, potato chips or potato wages. Add to beans also when dressing

Paprika

Adds vibrant colour to rice dishes, soups and stews. Sprinkle in potatoes and grilled meat

Black Pepper

Use in stir fries,baked goods, adds flavour to meat dishes, fish, vegetables, salad dressings, soups and pasta.

Cheese Sprinkle

Sprinkle over popcorn, pasta, macaroni,potatoes,

Beef

Beef spice, beef stew

Portijekos

Goes well with chicken, beef, pork, lamb, goat, . suitable for stews, grilling, braaing

Aromat

Use as a final seasoning to french fries, potato wages, popcorns, rice and pasta. Some add to vegetables for a great taste

Huntsman biltong

For biltong meat.

Goes well in stews..chicken,pork, beef. Rub in meat before grilling



USES OF SPICES

LEARN HOW TO USE SPICES

Onion powder

Gives an everlasting onion flavour in dishes. Suitable for stews.
Add to fried rice

Cayenne pepper

Use in soups, stews, stir fries. Used for BP reduction. Drink in warm water

Chicken spice

Use as dry rub for chicken. It also does well in chicken stews, chicken soups and curries

Cinnamon Powder

Use in baking rolls, tarts, cakes etc, also use in seasoning sliced butternut or butternut soup. Cinnamon milk, warm water for warming the body

Coriander

Use in meat stews, potato savory, fries and soups.

Curry

To flavour soups, stews, sauces, marinades, meats and vegetables.

Potato Mate

Add to fresh potato chips, roasted potatoes, potato wages, baked potatoes, mashed potatoes or potato savory.

Rice Spice

Ideal for seasoning steamed, braised or fried rice

White Pepper

Used in light coloured dishes such as mashed potatoes, white sauces and pasta for aesthetic reasons.

Mother in Law

Use it in stews or as a dry rub for grilled meat. The flavour is



USES OF SPICES

LEARN HOW TO USE SPICES

Meat Tenderizer

Use to boil meat, rub on meat before grilling or braai. Hives meat a very soft tender

Sour Cream and Chives

Sprinkle over popcorns and French fries

Supreme Sausage Braai

Gives the sausage flavour to meat or veggies.
For making sausages

Cumin

For curries, chutneys, rice dishes, stews, soups, pickles, sauces, chilli dishes, meats, potatoes, burgers.

Basil

Sauces, soups, pizza, salads, garnish, fruit and veggies.

Italian herb

For salads, marinades, sauces, stews, pizza

Thyme

For Savoury dishes, goes well with eggs, tomatoes and cheese, pasta, poultry, beans. You can as well make Thyme tea which has lots of health benefits.

Oregano

For chicken, sea foods, hamburgers, beans, marinades, goat meat

Bay Leaves

Just toss a few leaves into your slow-cooked soup, stew, pasta sauces, braises, rice etc. As the dish cooks, the leaves' Herby flavour will be slowly released. You can remove the bay leaves at the end of cooking before serving.



USES OF SPICES

LEARN HOW TO USE SPICES

Ground Cloves

Use to flavour hot beverages, sweet dishes etc

Ground fenugreek

Drink as tea, add to soups, stews, Vegetables etc

Ground nutmeg

Add to coffee, hot chocolate, tea, warm milk, use it in baking, sprinkle over breakfast cereals, fruits, Vegetables.

Black Pepper

For salad dressings , rubs, soups, stews, eggs etc

Chicken Spice

Chicken stews,grill, braai

Fish Spice

Fish ..grill ..stew

Durban curry

Stews, rice

Dill

Sea food

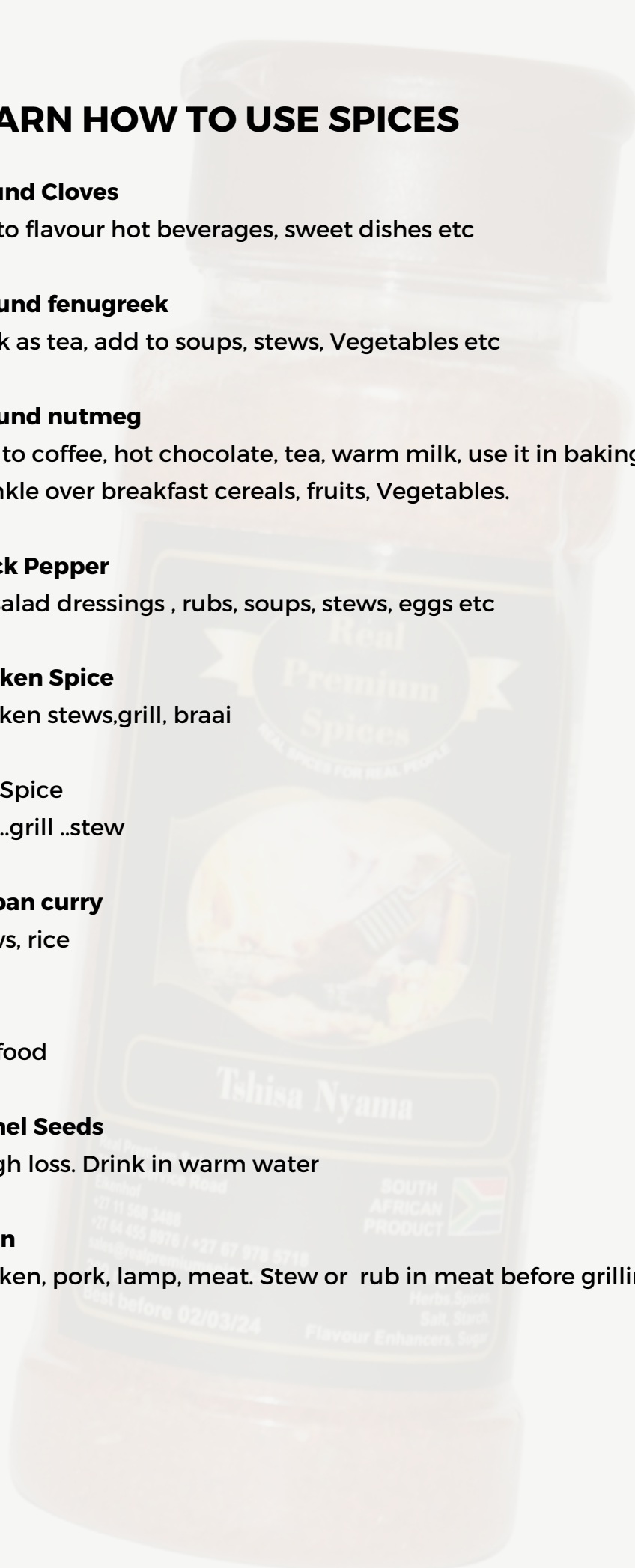
Fennel Seeds

Weigh loss. Drink in warm water

Cajun

Chicken, pork, lamp, meat. Stew or rub in meat before grilling

USES FOR SPICES



JOIN THE REAL PREMIUM SPICES TEAM

To join our Team find a Distributor near you, as on the next page, or visit our website <https://realpremiumspice.com/>



The picture shows our CEO with the Team at the 2022 Christmas Party



Women Empowerment at its Best, Nyengeterai and Female Distributors

JOIN US TODAY!



JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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APRIL

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23	24	25	26	27	28	29
30						

MAY

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JUNE

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18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

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						1
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23	24	25	26	27	28	29
30	31					

AUGUST

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27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
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24	25	26	27	28	29	30

OCTOBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

S	M	T	W	T	F	S
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26	27	28	29	30		

DECEMBER

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24	25	26	27	28	29	30

2023 PUBLIC HOLIDAYS

1 January, New Year's Day
2 January, New Year Holiday
21 February, Robert Mugabe
National Youth Day
7 April, Good Friday
8 April, Easter Saturday
9 April, Easter Sunday
10 Apr Mon Easter Monday

18 April, Independence Day
1 May, Workers' Day
25 May, Africa Day
14 August, Heroes' Day
15 August, Defense Forces Day
22 December, National Unity Day
25 December, Christmas Day
26 December, Boxing Day

2023 CALENDAR





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