





SQUISITO Tuscan Rub

A Squisito family favourite rub for pork which can be used to create Siena's most famous dish - *Arista di Maiale* - which translates as 'terrific pork'. Made with fennel, garlic, salt & pepper. Just mix with olive oil and rub well under the skin of a loin of pork or rub a pork chop before char grilling or roasting

Best Before: SEP2013

60g



SQU!SITO
Pink
Pepper

Pink peppercorns combine a mildly spicy, sweet citrus taste with the mature pungency and flavour of black pepper. In Italy, pink peppercorns are often used to dress *Pecorino* or *Taleggio* cheese drizzled with honey and are great in cheese or cream sauces like *Beef Stroganoff*

Best Before SEP2013

25g



SQUISITO
Alex's
Hot Rub

A Squisito family favourite barbecue rub with *smoked paprika, smoked chilli and smoked cumin*. Rub a lamb chop or chicken thigh with olive oil and a few pinches of rub and hey presto!

Best Before: SEP2013

50g



SQU!SITO
Allspice
Berries

A member of the pepper family, allspice combines the flavour of cinnamon, nutmeg and cloves.

Freshly ground allspice makes great buns, apple pies, jerk chicken and is an essential ingredient in *Squisito Bullboar Sausages*

Best Before SEP2013

50g



SQUISITO
Sea Salt
Arrabbiata

Mixed with Squisito thyme, marjoram, rosemary, oregano, basil, savory, tarragon & chilli with sea salt from the WWF protected Trapani Nature Reserve in Sicily harvested by hand using techniques handed down by the Phoenicians. The result is a high quality natural sea salt that is extremely soluble & impregnated with herbs & chilli for cooking and preserving

Best Before: SEP2014

100g

SQU!SITO

Pickling Spice

Alex's mix of coriander seed, yellow mustard, chillies, cloves, black peppercorns, allspice berries, bay leaves & cassia bark. Perfect for pickled onions, cucumbers and Summer vegetables. Make a brine from 60g salt per litre of water and use 1 tbsp pickling spice per litre of malt vinegar

Best Before: SEP2013

50g



SQUISITO
Italian
Seasoning

A mix of *sesame seeds, sea salt, basil, thyme, oregano, white pepper, rosemary, garlic granules, minced onion, Italian Herbs* are the perfect seasoning for barbecued foods like fish or meat, as well as casseroles Mix with olive oil as a marinade or add a pinch to *couscous or fregola* pasta Best Before: SEP2013

34g



SQUISITO

Smoked Chillies

Oak smoked by Squisito in Monks Kirby, chillies were brought back to Italy by Christopher Columbus. Chillies contain *capsaicin* which is a safe and effective *analgesic* treatment for arthritis or headaches. Adds an interesting twist to rubs & marinades if gently fried

Best Before: SEP2013

25g



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Best Before: SEP2013

50g



SQUISITO

**Air Dried
Oregano**

Air dried by Squisito in Monks Kirby, oregano is widely used in Italian tomato sauces, with roast vegetables and compliments grilled meat & spicy food. Oregano is an *antioxidant* & used as an *antibiotic* & natural *preservative*

Best Before SEP2013

13g



SQU!SITO
**Smoked
Cumin**

Oak smoked by Squisito in Monks Kirby, smoked cumin adds a nutty and peppery backbone to soups and stews such as *goulash & chilli con carne*. Cumin seed tea is also a well known cure for *insomnia*. It's an essential ingredient in *Squisito Napoli Sausages*

Best Before SEP2013

50g



SQUISITO
**Sea Salt
& Herbs**

Mixed with thyme, marjoram, rosemary, oregano, basil, savory, tarragon & sea salt from the WWF protected Trapani Nature Reserve in Sicily harvested by hand using the ancient methods and techniques handed down by the Phoenicians. The result is a high quality and extremely soluble salt impregnated with herbs for cooking and preserving

Best Before: SEP2014

80g



SQUISITO
Celery
Salt

Squisito celery salt is a mix of natural celery seed, Trapani sea salt & cumin - the perfect seasoning for Caesar salads, coleslaw, Bloody Mary cocktails and a signature ingredient of Squisito Chicago Hot Dogs. Celery seed contains *apiol* and *3-N-Butyl phthalide* used to relieve pain and as an *aphrodisiac* since Roman times Best Before: SEP2013

90g



SQU!SITO

Herbes de Provence

The celebrated southern French mix of *Thyme, Marjoram, Rosemary, Oregano, Basil, Savory, Tarragon*, Herbes de Provence is the perfect flavouring for barbecued foods like fish or meat as well as vegetable stews. Add a pinch during cooking or mix with olive oil as a marinade to infuse the flavour

Best Before: SEP2013

20g



SQUISITO

Smoked Fennel

Oak smoked by Squisito in Monks Kirby, fennel is an ancient aromatic aniseed flavouring used in Italian food, especially with pork. Fennel contains *phytoestrogens* used to treat illnesses from prostate cancer to osteoporosis. Fennel is an essential ingredient in Squisito *Tuscan Sausages*

Best Before: SEP2013

50g



SQUISITO

Smoked Paprika

Paprika oak smoked by Squisito in Monks Kirby. High in *Vitamin C* and an *antioxidant*, paprika is an great seasoning and colouring for sauces, stews and soups, such as *goulash*, and key ingredient in *Squisito Napoli Sausages*

Best Before: SEP2013

50g

SQUISITO

Smoked Sea Salt

Oak smoked in Monks Kirby by Squisito, Trapani sea salt from the WWF protected Nature Reserve on the east coast of Sicily is harvested by hand using traditional methods handed down by the Phoenicians. The result is a very high quality natural and organic sea salt rich in minerals, extremely soluble with exceptionally good taste for cooking and preserving

Best Before: SEP2013

100g



SQUISITO
**Smoked
Pepper**

Oak smoked in Monks Kirby by Squisito, *Tellicherry* peppercorns are a high grade pepper grown on *Mount Tellicherry* on the *Malabar Coast* of India
In Italian cooking, pepper is often cracked & fried in olive oil first for better flavour

Best Before SEP2013

50g



SQU!SITO

Preserved Lemons

Preserved lemons feature in Sicilian and Moorish cuisine in casseroles, *tagines* and curries. Made in Monks Kirby with just *fresh lemons*, *Trapani sea salt*, *bay leaves*, *cardamom*, *coriander*, *dried chillies*, *cinnamon & cloves*

Best Before: SEP2014

550ml



SQU!SITO

Fresh Yeast

Fresh yeast is a living micro-organism that starts to ferment when flour or sugar is added. This releases carbon dioxide which makes bread rise. Adding sugar to fresh yeast makes it easier to mix into the water and enables it to ferment.

Makes 2 or 3 loaves Best By: 28 days
fresh or 3 months frozen

50g



SQU!SITO

**Natural
Dried Sage**

One of the oldest Roman medicinal herbs, sage is used to flavour Italian dishes. Dried sage is good in *marinades* for meat, fish, pork sausage, lamb and even vegetables like peas, aubergine, beans and carrots. It is the perfect *flavouring* for chicken and works well with rosemary, thyme and oregano

Best Before: SEP2013

9g



SQUISITO
Trapani
Sea Salt

From the WWF protected Nature Reserve on the east coast of Sicily between Trapani and Marsala, Trapani sea salt is hand harvested using the traditional methods handed down by the Phoenicians. Trapani salt is a very high quality *natural sea salt* that is *rich in minerals*, *extremely soluble* and has *exceptionally good taste* for cooking and preserving

Best Before: SEP2014

250g



SQUISITO

**Ciabatta
Crumbs**

Artisan ciabatta breadcrumbs made with Shipton Mill flour, natural yeast, sea salt and water. No additives, preservatives or improvers. Ideal for *Pappa Pomodoro* soup, chicken or veal escalopes See www.squisito-deli.co.uk for recipes Best Before: SEP2013

150g



SQU!SITO
**Coriander
Seed**

Coriander seed is best ground fresh and toasted to enhance it's lemony flavour. It works well with orange peel with pork. Coriander contains *terpenes*, *linalool* and *pinene* used in perfumery and as treatment for acne when combined with mint

Best Before: SEP2013

60g



SQU!SITO

Zanzibar Mace

Mace is the lacy outer coating of the nutmeg, has similar taste but a finer 'nose'. Mace is a good substitute for *saffron* and is used in Sicilian cream desserts where the flecking of nutmeg powder is undesirable

Best Before SEP2013

17g



SQUISITO

G
GRANA
PADANO
P

Matured:
16 months

Best By:
DEC 2012



SQU!SITO

Bay Leaves

The epitomy of Italian seasonings, dried bay leaves can be used in marinades, sauces and casseroles to impart a fragrant bitersweet taste. Apollo made the tree sacred so emperors and laureates have worn garlands in tribute ever since. Traditionally used as an *antibacterial* and *antifungal* treatment, bay contains *parthenolides* which is a proven cure for migraines and *eugenol* which is an *anti-inflammatory* and *antioxidant*.

Best Before: SEP2013

20g



SQUISITO

Sea Salt & Seaweed

Mixed with dried Cornwall seaweed, sea salt from the Trapani Nature Reserve in Sicily is harvested by hand using the ancient methods and techniques handed down by the Phoenicians. The result is a very high quality *natural and organic* sea salt that is *rich in minerals, extremely soluble* and has *exceptionally good taste* for cooking and preserving Best Before:

SEP2014

250g



SQUISITO
Orange
Sea Salt

Orange peel in Trapani sea salt from the WWF Trapani Nature Reserve in Sicily. High in *vitamin C*, with preservative properties, orange salt is an ideal seasoning for fish to preserve colour, neutralise smell and help tenderise meat so it's great for marinades

Best Before: SEP2013

120g



SQU!SITO
Berbere
Spices

Berbere is an French Ethiopian spice mix with a heady aroma which can be used in marinades or curries, with couscous or yoghurt as a dip. Pan fry for a few minutes before adding olive oil or red wine. Store any leftovers in a jar and top with oil. Contains chillies, fenugreek, smoked paprika, coriander, ginger, ajwan seed, cardamoms, cloves, allspice & mace Best Before: SEP2013

50g



SQU!SITO
Ras el
Hanoot

Ras el Hanoot is a Moroccan rub so-called because it means "top of the shop" since the mix is the best the shop has to offer. Contains mustard, turmeric, sea salt, ginger, cinnamon white & black pepper, cayenne pepper, coriander, nutmeg, star anise, cloves, cumin & allspice

Best Before: SEP2013

50g

A circular graphic with a white background at the top and a brown background at the bottom. The top half features a close-up photograph of several star anise seeds, which are brown and have a distinctive eight-pointed star shape. The text 'SQU!SITO' is written in a red, outlined, serif font across the top. Below it, 'Star' is written in a large, white, outlined, sans-serif font. 'Anise' is written in a very large, white, outlined, sans-serif font, spanning across the boundary between the white and brown background sections.

SQU!SITO Star Anise

Star anise or Chinese aniseed contains *anethole* which gives the fragrant aniseed flavour found in *Galliano* liqueur, *Chinese Five-Spice* seasoning and can be used to make your own *garam masala*

Best Before: SEP2013

22g



SQUISITO
Cowboy
Steak Rub

Traditional Texan style barbecue steak rub with *pepper, onion, garlic, chilli, thyme, rosemary, fennel & coffee*

Rub your steak with olive oil then rub lightly with mix (and ideally leave overnight) before cooking 2-3 minutes per side on a very hot griddle to cook medium rare. Perfect for authentic *chilli con carne* or *rump steak* Best

Before: SEP2013

50g



SQU!SITO

Baharat

Baharat is an all-purpose Arabic rub so-called because it is the Arabic word for 'spices' Made with *smoked black pepper, coriander seeds, cinnamon, cloves, cumin seeds, cardamom pods, nutmeg & paprika*. Add a pinch to lamb, fish, chicken, beef, soups and couscous or rice

Best Before: SEP2013

50g




SQU!SITO
Cajun
Rub

Alex's mix of smoked paprika, onion, garlic, pepper, oregano, basil, thyme, cayenne pepper, celery seeds & sea salt for marinating meat, vegetables & rice. Cajun spices are the base for Alex's Louisiana Shrimp Creole

Best Before: SEP2013

40g



SQUISITO

**Olive
Tapenade**

Handmade by Squisito in Monks Kirby with salad black olives, anchovies, olive oil, oregano, capers, and garlic. Excellent with mozzarella or feta cheese salads or adding a twist to dressings or toppings & omellets

Best Before: 7 days from purchase

100g



SQUISITO

Pesto
Genovese

Fresh basil pesto pesto made by Squisito with fresh basil, olive oil, Grana Padano cheese, pine nuts, garlic & sea salt. Perfect with pasta Genovese, tomato sauces & salads, on bread, in bread, on *bruschetta* or with omelettes & soufflés Best Before: 7 days from purchase
100g



SQUISITO

Juniper

Berries

Juniper berries are the female seed cones of the conifer tree so they are not really a berry. It is the key flavouring in gin and widely used with game stews or for curing meat like *Squisito pancetta*. We use juniper crushed with cream sauces like *pork stroganoff* and in *venison sausages*

Best Before: SEP2013

38g

Two whole nutmegs are shown in a circular frame. The nutmegs are light brown with a rough, textured surface. One is in the foreground, slightly to the right, and the other is behind it to the left.

SQU!SITO

Nutmegs

Prized above all by the spice trade, nutmegs from the Banda Islands in Indonesia contain *myristicin* which has mild *psychotropic* and sleep inducing properties in addition to it's sweet fragrance. Grated nutmeg is perfect for lightening spicy dishes or adding a keynote to dairy products - hence it's use on *cappuccino* or with *crème anglaise*

Best Before: SEP2013

38g



SQU!SITO

Lemon Sea Salt

Lemon peel in Trapani sea salt from the WWF Trapani Nature Reserve in Sicily. High in *vitamin C*, with preservative properties, lemon salt is an ideal *seasoning* for fish to *preserve colour*, *neutralise smell* and help *tenderise meat* so it's great for marinades Best

Before: SEP2013

100g



SQU!SITO
Salad
Season

Alex's favourite mix of *Grana Padano* cheese, sesame seed, smoked paprika, poppy & celery seeds, garlic, black pepper, sea salt, cayenne pepper for seasoning salads, tabouleh, fish crusts & rice Mix with JUNonnaise or dressing to make *Alex's American Style Caesar Salad*

Best Before: SEP2013

68g



SQU!SITO
Greek
Rub

Alex's mix of *oregano, sea salt, garlic, onion, parsley, black pepper, smoked paprika, thyme, nutmeg & cinnamon*. Perfect for *Kleftiko*, barbecued meats, poultry & winged game Best Before: SEP2013

50g



SQU!SITO

BBQ Rib Sauce

Sara's sticky Memphis style *fresh rib sauce made without additives or preservatives. Store any leftovers refrigerated and top with oil to exclude air. Contains tomatoes, onion, garlic, rosemary, thyme, chillies, brown sugar, smoked paprika, balsamic vinegar, apple juice, orange juice, Worcester sauce, bay leaf, sea salt & black pepper. Suitable for freezing Best Before: 7 days from purchase*
100g



SQU!SITO
Tikka
Rub

Sara's handy tandoori rub for kebabs & dips. Rub on chicken, lamb or fish before barbecuing or add a spoon to yoghurt for a tasty dip. Made with *coriander, cumin, garlic, paprika, chilli, garam masala, ginger & mint*

Best Before: SEP2013

50g



SQU!SITO
Alex's
Rib Rub

Alex's Memphis pork belly and spare rib rub *made without additives or preservatives* which gives a sweet and savoury flavour on barbecues, grills and griddles. Contains *Hungarian paprika, sugar, smoked chilli, cayenne & black pepper, garlic & sea salt.*

Best Before: SEP2013

100g



SQU!SITO

Piri Piri

Sara's Portuguese spice mix to make tangy chicken in piri piri sauce, piri piri peppers or piri piri potatoes. Rub on chicken or lamb before barbecuing or add a spoon to chopped onions and blend with wine vinegar, lemon & Worcester sauce. Contains paprika, oregano, dried onion & garlic, ginger, cayenne & sea salt

Best Before: SEP2013

100g



SQU!SITO
Quatre
Epices

Quatre épices is a versatile blend of spices used mainly in France, but also found in the Middle East. It's name literally means "four spices" since it contains *pepper, cloves, nutmeg and ginger*. Best Before:

SEP2013

50g

A circular image showing several porcini mushrooms in a natural setting. The mushrooms have a light brown, textured cap and a thick, pale stem. The background is slightly blurred, showing green foliage and brown earth.

SQU!SITO

Porcini

THE culinary mushroom whose nutty meaty smell is unique. Air drying reduces their moisture content by 80% and concentrates the flavour making porcini ideal for *soups*, *saucers* or *risotto*. To rehydrate soak in hot but not boiling water for at least 30 minutes before use and use the liquor

Foraged in S. Pellegrino Alpe (LU):

SEP2011 Best Before: SEP2013

20g **£2.80**



SQU!SITO
Sara's
Nuts!

Sara's roasted almonds with Alex's famous spicy smoked chilli, cumin & smoked paprika rub with a touch of olive oil & Trapani sea salt. No additives or preservatives. Best By:

30 days from purchase

120g



SQUISITO

**Southern
Rib Rub**

A simple and easy to use Southern style rub for *spare ribs, chops, chicken wings or quarters*. Made with sugar, paprika, Trapani sea salt, chilli, cayenne, black pepper & garlic. Great for glazing and flavouring any barbecued meat

Best Before: SEP2014

50g



SQUISITO

Capers

IGP capers preserved in sea salt from the sun drenched isle of Lipari off Sicily are widely used as a condiment in salads for their piquant flavour. An ideal storecup-board ingredient, capers combine perfectly with tomatoes, fish or meat *cacciatore* and give *spaghetti puttanesca* and *tartare sauce* their distinctive tangy flavour

Best Before: JAN2014

80g



SQU!SITO
Rayburn
Dried
Tomatoes

Dried tomatoes are a versatile cupboard ingredient which add an interesting twist to everything from caprese salad to devilled kidneys. Tomatoes are high in *lycopene, antioxidants & vitamin C* but *low in sodium & calories* Best By JAN2013

90g



SQU!SITO
Rocket
Pesto

Fresh rocket pesto made by Squisito with fresh rocket, olive oil, Grana Padano cheese, pine nuts, garlic & sea salt. Perfect with *pasta al ruola*, tomato sauces & salads, on bread, in bread, on *bruschetta* or with omelettes & soufflés Keep refrigerated Best Before: 7 days from purchase



SQU!SITO

Tandoori Salt Rub

Alex's handy all-purpose tandoori rub for kebabs, marinades & lassi. Rub on *chicken, lamb or fish* before barbecuing or add a spoon to yoghurt for a tasty dip. Made with *Trapani sea salt, curry, coriander, fennel, ginger, cloves & chilli* Best Before: OCT2013

90g



SQU!SITO
Sichuan
Salt Rub

Alex's handy all-purpose Chinese rub for grilled meats and hotpots. Rub on *beef, pork ribs, fish, duck & shrimp* to marinate before stir-frying or making hotpot for a sharp caramelised flavour. Made with *Trapani sea salt, Sichuan pepper & sugar*
Best Before: OCT2013

90g



SQU!SITO
Spiced
Salt Rub

Alex's handy all-purpose meat rub for grilled meat & kebabs. Rub on *beef, pork ribs, ox heart & lamb chops* to marinate before skewering & grilling. Made with *Trapani sea salt, cumin, black pepper, chilli & parsley*

Best Before: OCT2013

90g

