

# GOURMET FISHING

Season II - Episode XXX



INFO-SHORTS



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## Cajun Seasoning

Creole Rub



Host, Chef & Guide, David Murray





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## Grocery List

### Basic Cajun Seasoning

Cayenne Pepper

Salt

Black Pepper

Paprika

Cumin

Dry Mustard

Dried Thyme

Dried Oregano

Onion Power

Granulated Garlic



**Abacos' Cajun Seasoning / Creole Rub**

# Abacos Basic Cajun Seasoning



2 tsp Cayenne Pepper

1 1/2 tsp Salt

1 tsp Black Pepper

1 tsp Paprika

1 tsp Cumin

1 1/4 tsp Dry Mustard

1/2 tsp Dried Thyme

1/2 tsp Dried Oregano

1 tsp Onion Power

1 tsp Granulated Garlic

In a small bowl, combine all ingredients; Cayenne Pepper, Salt, Black Pepper, Paprika, Cumin, Dry Mustard, Dried Thyme, Dried Oregano , Onion Power & Granulated Garlic

Toss to mix well and use a blender, food processor or spice grinder and pulse 1 to 2 time to combine well.



**Abacos Basic Cajun Seasoning**



## Abacos Basic Cajun Seasoning



Abacos Basic Cajun Seasoning



# Grocery List

## Citrus Cajun Seasoning

Cayenne Pepper

Salt

Black Pepper

Paprika

Cumin

Dry Mustard

Dried Thyme

Dried Oregano

Onion Power

Granulated Garlic

Lime Juice Powder

Lemon Juice Powder



**Abacos' Citrus Cajun Seasoning**

# Abacos Citrus Cajun Seasoning

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2 tsp Cayenne Pepper

1 1/2 tsp Salt

1 tsp Black Pepper

1 tsp Paprika

1 tsp Cumin

1 1/4 tsp Dry Mustard

1/2 tsp Dried Thyme

1/2 tsp Dried Oregano

1 tsp Onion Power

1 tsp Granulated Garlic

1/2 tsp Lime Juice Powder

1/2 tsp Lemon Juice Powder

In a small bowl, combine all ingredients; Cayenne Pepper, Salt, Black Pepper, Paprika, Cumin, Dry Mustard, Dried Thyme, Dried Oregano, Onion Power, Granulated Garlic, Lime Juice Powder & Lemon Juice Powder.

Toss to mix well and use a blender, food processor or spice grinder and pulse 1 to 2 time to combine well.

# Gourmet Fishing



We catch fish, and then, We cook our catch...

**Salt Marsh Sauces & Rubs**  
HANDCRAFTED South Carolina

**RED PLUFF MUD SAUCE**  
BBQ Sauce & Marinade

FROM A TOMATO PLANT

*From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.*

*Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.*

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**YELLOW PLUFF MUD SAUCE**  
BBQ Sauce & Marinade

FROM A WILD YARROW

*From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best yellow pluff mud you can find.*

*Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.*

<small>Batch</small>	<small>Bot. No.</small>
2M-2016	

*The sauce that shakes the southland...*

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THE ORIGINAL  
**SALT MARSH  
DIRT SHIRT**

**Salt Marsh Galleries**  
Charleston, South Carolina