

HAVE YOUR TEA AND EAT IT, TOO



FOUR FLAVORFUL RECIPES FEATURING T DUST™ BY SANCTUARY T



no. **1**

TAHITIAN GREEN THREE FISH KEBOBS

What is better than a tasting of three types of fish with a Pacific Rim accent? This dish is wonderful on the grill, but can be done in a sauté pan, if access is denied. An eight-inch wooden skewer works great. Be sure to soak the skewers in water for at least one hour to prevent it from burning up.

1 lb	Salmon
1 lb	Tuna
1 lb	White fish
1/2	Pineapple
4 teaspoons	Tahitian Green T-Dust
1 teaspoon	Salt

First a note on the white fish. You may choose from a wide variety. Some examples are: sea bass, monk fish, mahi mahi.

Choose filets that are thicker so you may cut into 1 inch by 1 inch cubes.

Cut the pineapple as the fish.

Place all contents into bowl then season with Tahitian Green T-Dust, and salt. Toss well, then skewer.

Alternate with one of each fish and four pieces of pineapple.

You will finish with ten skewers.

no. 2

SMOKEY BLACK T-DUST STEAK

Using Smokey Black T-Dust as a steak rub is what this seasoning was born for! If you sear your steak in a pan or wish to have a smoke accent with the char flavor of your grill, this how to go about it. And simple it is!

First, choose your cut. Place steak on a dish, and season by shaking Smokey Black T-Dust over steak. Add a bit of salt if you like, for T-Dust does contain sea salt, but is lower than other seasoning blends. Now rub in the seasoning, turn over steak and repeat.

If pan searing heat your skillet, add a bit of oil, swirl the pan, and add your cut. Let sear for one minute, then turn over to sear the other side. Let cook for Three minutes then turn back over to complete to your liking.

For grilling, Just make sure the grill is good and clean, for no oil is needed. Just go ahead and do your thing.

What! no more steak, you can mix Smokey Black T-Dust into ground hamburger, and the other stuff you at times do, to bring a natural smoked flavor to your favorite recipe.

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no. **3**

FRESH FRUIT WITH CHILI PEPPER ROOIBOS T-DUST

Your fruit salad can now be complemented with the unique honey and nutty tones of rooibos tea, complimented with the finishing zing of chilies.

Simply make your fruit salad with your choice of fresh fruit. For a new twist, for every quart of fruit salad add 1 1/2 teaspoons of Chili Pepper Rooibos T-Dust.

Place the salad into a bowl, add T-Dust and toss.

Now that you have taken your fruit salad further, continue.

Add yogurt, granola for any time of day.

Dice some cheese and add for a fruit and cheese plate on the fly.

This new fruit salad will also complement a seafood dish, stove top or grilled. Be it fish, shrimp, or scallop. Serve with a bed of seasoned fruit salad for a lighter, fast, refreshing meal.

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no. **4**

CHILI PEPPER ROOIBOS MANGO AND CUCUMBER SALAD

This is a Thai inspired salad that in short, is rather like a pickled salad. This refreshing item can be used as a side dish for all types of meats, or mixed into your favorite greens.

2	Fresh Mango
1	Hot house cucumber
1/4	White Vinegar
2 teaspoon	Chili pepper Rooibos T-Dust
1 1/2 teaspoon	Sugar
To taste	Salt, Sea salt or kosher

Peel and dice mango into medium pieces.

Slice cucumber in half cross ways, then half lengthways. Slice once more lengthways to achieve eight spears.

Now slice spears cross ways to get pieces relativity the same size as the mango.

Place mango and cucumber into bowl.

Add white vinegar.

Toss evenly.

Add dry ingredients, and toss well.

Can be stored for two days in air tight container, refrigerated. Stored a few days longer the texture of the salad may soften.