



THE UNDERWEAR GOURMET

Seasonings

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast)



Recipe from "New New Orleans Cooking",
by Emeril Lagasse and Jessie Tirsch,
published by William and Morrow, 1993.

Ingredients:

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried oregano
1 tablespoon dried thyme

Yield: 2/3 cup

Procedure:

Combine all ingredients thoroughly.