



Grate Grinds spices and how to use the spice grinder

The Spices: We use whole, flaked and chipped spices, salts and vegetables in our ingredients and spice blends. This way when you grind the spices onto your foods, you are able to get a fresher flavor than spices that are already pre-ground, flavorless and dried out. The spices, salts and vegetables are all natural. There are NO anticaking additives. This means that sometimes you might have to shake the spice bottle a little to loosen up the mixture. There is also a bulk bottle available for all the spice blends and a lot of the spice ingredients.

If there is a spice mix you would like to see us offer, drop us a note on the "Ask the Chef" link, at the bottom of the Home Page. No promises, but if there is enough interest and we can make it taste great, it will be your win too!

Grinding amounts for Meats: When grinding spice mixes on meats, the amount to apply really depends on your personal preference. If you just want a hint of the spice mix, do a light grinding of the spices to all sides of the meats, if you like a lot of flavor, grind it on heavier, or somewhere in the middle, if you prefer. It's your food, spice it up or down to your preference. Pictures throughout the recipe section will show you average amounts of spices ground on the meats.

Using the Spice Grinder: Remove the thin cap from the grinder top. Turn the bottle upside down, with the grinder top facing down over the top of the food. With your left hand hold the grinder top. With your right hand twist the spice bottle in a clockwise direction. Alternatively, you can use your right hand to twist the spice bottle back and forth in short quick motions to grind the spices faster.

Continue grinding until you have enough of the spice ingredients on your food. Again, we only use pure natural ingredients, so there aren't any anticaking ingredients, ever! So if you haven't used your spice grinder in a while, you might have to shake up the ingredients in the bottle to loosen them. The spice grinder is reusable (but it won't last forever) and we also sell all of our spice blends and some spice ingredients in a bulk 16 oz. refill bottle, so that you can reuse your spice grinder bottle. The bulk spice bottle is a more cost effective way to refill your spice grinder bottle.