

WICKED GOURMET OILS & VINEGARS AND RUBS



SERVING SUGGESTIONS

For more recipe ideas go to our Recipes Album
on our Facebook page!

CITRUS OIL

A refreshing Oil -
wonderful on fish, drizzle over
veggies or mix w/Balsamic for
a great bread dipper

HOT PEPPER OIL

When you want that extra heat, add to
Stir-frys, rub it on meat/fish, add to salad
dressings for a little heat. Amazing in
Chili!

ROASTED GARLIC OIL

Light but oh so flavourful - Use
this on everything!! Bread dipping,
salads, veggies, roast potatoes,
mashed potatoes, pretty much
anything!

BALSAMIC VINEGAR

Just the sweet flavour of our
classic balsamic!
Use for salads, bread dipping,
on fish or on the BBQ, drizzle
over berries & ice cream.

RASPBERRY MAPLE BALSAMIC

Raspberry Maple Balsamic Vinegar is
soooo good!!! We have enjoyed it on
Portobello Mushrooms, fruit and green
salads and pancakes. Marinate and
grill fresh summer fruit then add ice
cream - easy delicious dessert.

WHITE BALSAMIC

When you want the sweetness &
a clear light balsamic.
Spinach salads are amazing
using this Balsamic – great on
fish, chicken – pretty much
anything!

With our Oils and Balsamics, always use 3 parts oil to 1 part balsamic for delicious salad dressings.



EVERYTHING RUB

The name says it all - Use it on
everything!

FIERY JERK RUB

Our unique blend of herbs and spices
creates a delicious island flavour. Use in
combination with our Fiery Jerk sauce.!

LAVENDER HERB RUB

Our Lavender Herb Rub with its aromatic lavender
flower will enhance everything from
chicken to fish. Terrific on lamb or veggies as well!
Lots of fragrance & flavour.

STEAK SPICE

Our #1 best seller!!
Once you use our moist, steak spice it will become
your all-time favourite. You can use it as is or put
in a grinder & use as a seasoned pepper!



ALL WICKED GOURMET OILS & VINEGARS AND
RUBS ARE GLUTEN FREE & VEGETARIAN

It's all about flavour & taste!

www.wickedgourmet.com