

I created my own blend of Italian spices, to customize the balance of flavors we like best. Most of my blends do not contain salt, and this allows more flexibility with different application and better control of the sodium in my dishes. Most of the time, I double the recipe so I always have a jar of the blend at the ready.

This blend is perfect for Italian red sauces, or add a teaspoon to a puddle of extra virgin olive oil and top with freshly grated parmesan for a flavorful bread dipping oil.

INGREDIENTS

- 1 Tbsp. whole fennel seed
- 1 Tbsp. dried minced garlic
- 1 Tbsp. granulated garlic
- 1 Tbsp. dried basil leaves
- 2 tsp. dried thyme leaves
- 2 tsp. crushed red pepper flakes
- 1 1/2 tsp. dried Mediterranean oregano
- 1 1/2 tsp. dried marjoram
- 1 1/2 tsp. onion powder

INSTRUCTIONS

Heat a small skillet over medium high heat and add fennel seeds, swirling the pan constantly until the seeds become fragrant. Remove immediately to a bowl to cool completely, then crush seeds with a mortar and pestle or pulse a few quick times in a spice grinder.

Add all other seasoning to the bowl and stir to combine. Transfer to a jar or empty spice bottle.