



Garam Masala - Indian

Heady & aromatic from cardamom, cloves & cinnamon. Full flavoured, earthy, but mild spiced ...

- Curries
- Soups
- Rice dishes
- Stir-fries & noodles
- Indian cooking
- Vegetarian cooking
- Lentils/Chickpea
- Pumpkin soup
- Fish/seafood season

Dukkah - Middle East

Mild, aromatic & nutty in flavour. **NUTS ARE NOT** included ...

- Makes a fabulous dipping spice
- Seasoning for potatoes
- Stir-fries
- Couscous seasoning
- Lentils/chickpeas
- Middle East cooking

Bengal 5 Spice - Indian

Also known as Panch Phora, an Indian '5 Spice' - fennel flavour & aroma with cumin & black mustard seeds...MILD

- Vegetarian cooking
- Seasons fish & seafood
- Enhances eggplant dishes
- Stir-fry dishes
- Curries
- Indian cookery

Virgin Island Mix - West Indies

MILD & savoury with celery seeds, garlic & herb flavours/aroma

- Great as a dipping spice
- Tomato based pasta sauces
- Seasoning for roast vegetables
- Vegetable soups
- Salad dressings
- Flavours steamed rice

Moonlight Dreaming - Australian

Native herbs-Lemon Tee Tree, Peppermint Gum & Mtn. Pepper

- Perfect for lamb & beef dishes
- Potato seasoning - all styles
- Marinade seasoning for BBQ
- Salad dressings
- Greek style cooking
- Steamed rice

Rainforest Season - Australian

Mild...Lemon pepper style - native Lemon Myrtle & Dorrigo Pepper

- Salad dressings
- Fish & seafood dishes
- Scrambled eggs - omelettes
- Steamed rice
- Flavours chicken dishes
- Season roast vegetables

Quatre Epice - French

A fragrant & rich blend with allspice berries & cloves ...

- Pumpkin soup
- Seasons seafood & fish
- Hearty meat based casseroles
- Cakes & desserts
- Meatloaf & terrines
- Vegetarian cooking

Southern Cajun - Tex Mex

Savoury flavour of paprika, cayenne, garlic & peppercorns combined with delicious herbs Medium spiced

- Burger & meatloaf seasoning
- Use as a RUB on all meat
- Pasta recipes & dishes
- Pizza topping seasoning
- Season for salad dressings
- Perfect BBQ marinade

7 Seas Spice - Indo/Malaysian

Aromatic, sweet & earthy blend - Medium spiced with hints of cassia, cardamon, cloves & celery seeds

- Spicy stir-fries & noodles dishes
- Great 'chicken rub' seasoning
- Add to stews & casseroles
- Couscous seasoning
- Vegetable soups
- Perfect fish seasoning

Kashmiri Krush - North Indian

Exotic aroma & flavours of cinnamon, fenugreek, black mustard seeds... tumeric rich & fragrant. Medium spiced

- Perfect seasoning for tofu dishes
- Chickpeas & lentil meals
- Indian/Asian/Malaysian dishes
- Curries & couscous
- Seasons steamed rice
- Pumpkin soup

Marrakesh Magic - Middle East

Fragrant, earthy, citrus tones of cardamom, cassia, tumeric & cumin Medium spiced ...

- Seasoning for couscous
- Hearty casseroles & stews
- Lamb & beef dishes
- Steamed rice
- Stir-fry & noodles
- Vegetarian meals

Desert Cajun Rub - Australian

This is a savoury, medium spiced blend with paprika, cumin & native herbs of Lemon Myrtle & Dorrigo Pepper

- Perfect chicken seasoning
- Delicious rub for fish & seafood
- Egg dishes ie: frittata, omelettes
- Pasta sauces
- Vegetable soups
- Season roast vegetables

Caribbean Chilli - Caribbeans

Spicy & savoury with cumin, coriander, herbs & lots of CHILLI ...

- Spicy salad dressings
- Spicy stir-fries & noodles dishes
- Seasoning for ANYTHING!
- Vegetable soups
- Rice & couscous dishes
- Pizza topping seasoning

Smokey Tomatina - Mediterranean

Fragrant & savoury with cumin, herbs & smoked paprika ...

- Rubs & marinades
- Paella & risotto seasoning
- Seasoning for pork beef lamb
- Hearty soups
- Pasta sauces
- Flavours chicken dishes

Piri Piri Blend - Portugese/African

Spicy with a hint of lemongrass. Rich & deep in flavour & color ...

- Rubs & marinades
- Paella & risotto seasoning
- Seasoning for pork, beef & lamb
- Perfect for seafood dishes
- Pasta sauces
- Flavours chicken dishes

Tang Sichuan - Asian

A fragrant blend with garlic, lots of Szechuan spice & chilli

- Perfect seasoning for pork & duck
- Seasons fish & seafood
- Egg dishes ie: frittata, omelettes
- Rubs & marinades
- Asian style dishes
- Stir-fry & noodles

Outback Blend - Australian

Bursting with exotic earthy flavours - rich in aroma & colour. Medium spiced with unique native herbs ...

- Seasons fish & seafood
- Perfect 'chicken rub' seasoning
- BBQ Marinade seasoning
- Hearty casseroles & stews
- Middle East cooking
- Lentils/chickpeas

See over page for more spice blends

Barrabool Bliss – East meets West

This is a truly unique blend inspired by our very own Barrabool Hills, medium spice blend

- Sprinkle into creamy mash potatoes
- Use “the Bliss” lightly to add zest to cous cous
- A perfect addition to a curry
- Enhances pasta sauces and salsas
- Ideal for steamed, mashed, roasted vegies

Taco/Burrito Seasoning – Mexican

Savoury blend of paprika, onion, garlic and herbs. A delicious natural taco/burrito seasoning

- Add to salsas
- Mexican style cooking
- Rubs & marinades
- Ideal for tacos/burritos
- Salad dressings
- Now also available in 45g & 90g jars

Paella Blend – Spanish

Fragrant, medium spiced blend with smoked paprika, tomato flakes & saffron.

- Delicious in Paellas
- Soups
- Spaghetti Marinara
- Perfect for seafood dishes

Mediterranean Mix

A mild savoury blend with hints of garlic, onion, celery seeds paprika and herbs.

- Pasta Sauces
- Salad dressings
- Delicious on pizzas
- Rubs & marinades
- Seasoning for all meats
- Available in 45g & 90g jars

Butter Chicken - Indian

Indian inspired dish, aromatic with depth of flavour - a real winter warmer – medium spiced

- Indian Dishes
- Add to homemade pies
- Lamb & beef casseroles
- Rubs & marinades
- Curries
- Soups

Dukkah – with roasted pumpkin & sunflower seeds

Our original delicious Dukkah blend with the added flavours of roasted pumpkin and sunflower seeds.

NUTS are NOT included

Chermoula - Moroccan

A North African spice blend giving a spicy Moroccan flavour Medium spiced

- Moroccan dishes
- Seasoning for chicken, lamb, fish or beef
- Rubs & marinades

Jamaican Jerk Seasoning

A spicy seasoning for all meats

- Marinate meats then grill or BBQ
- Add to slow roasted meats
- A traditional charcoal chicken mix

Available in Bulk and 45g Eco Paks

Taco/Burrito, Greek, Ras El Hanout and Mediterranean Blends now available in 45g & 90g Jars

Greek Seasoning

A mild blend of herbs garlic & native lemon myrtle.

- Greek style cooking
- Salad dressings
- Add to moussaka & meat loaf
- Marinade seasoning for BBQ, meats & vegetables.
- Rub for lamb
- Add to soups

Ras El Hanout – Moroccan

Middle East inspired spice blend – earthy, robust, aromatic full flavoured & medium spiced

- Lamb shanks
- Osso Bucco
- Casseroles
- Cous Cous
- Tagine cooking
- Soups

Baharat – Middle East

Middle East inspired, exotic spice blend – aromatic with depth of flavour – medium spiced

- Lamb & Beef rub or marinade
- Tomato sauces
- Chicken & fish seasoning
- Fish curries
- Add to soups

Rogan Josh – Indian

A spicy flavoursome aromatic dish, the saffron in this blend provides a lovely colour – medium spiced

- Lamb & Beef rub or marinade
- Chicken & fish seasoning
- Lamb & Beef casserole
- Tagine cooking
- Curries

For more delicious recipes click onto - www.screamingseeds.com.au
If you require any further information please email our friendly staff screamingseeds@bigpond.com

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Full flavoured,
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Mild...Lemon pepper style –
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An Indian '5 Spice' –
fennel flavours with
cumin & black
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Southern Cajun
-Tex Mex-

Savoury flavours of
paprika, cayenne & garlic
combined with herbs...
Medium spiced

Virgin Island Mix
-West Indies-

MILD & savoury with
celery seeds, garlic &
herb flavours & aromas ...

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-Indo/Malaysian-

Fragrant & earthy blend.
Medium spiced with hints
of cardamon, cloves
& celery seeds....

Moonlight Dreaming
-Australian-

Native herbs of
Lemon Tea Tree,
Peppermint Gum &
Mountain Pepper

Kashmiri Krush
-North Indian-

Fresh blend of 11 spices.
Turmeric rich & fragrant
Medium spiced ..

Marrakesh Magic
-Middle East-

Fragrant, earthy tones
of cardamom, cassia,
tumeric & cumin
Medium spiced ...

Tang Sichuan
- Asian -

A fragrant blend with
garlic, lots of Szechuan
spice & chilli

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with paprika, cumin &
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-Mediterranean-

Fragrant & savoury with
cumin, herbs &
smoked paprika ...