

# Did you know...

Cavender's Greek Seasoning was created by Lester "Spike" Cavender and his son Ronald that was adapted by a Greek chef friend of the family. In 1969 they began to sell their product, and it's been enjoyed in countless households ever since.

While the full recipe of Cavender's is a secret, it likely contains some flavours such as oregano, garlic, dill, parsley, marjoram and thyme, as these are all popular herbs in Greek cooking. Add this seasoning to meats, potatoes and more for great flavour!



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# Spice Club



April 2024  
Spice of the Month:

Cavender's Greek Seasoning



## Greek Salmon with Feta Salad

### Ingredients

- Four 5-ounce salmon fillets, skinless
- 1 tsp Cavender's Greek seasoning

### Feta Salad

- 8 oz feta cheese
- 1 English cucumber
- 4 plum tomatoes
- 1 cup kalamata olives, pitted
- 1/2 tsp dried oregano
- 1/2 tsp Cavender's Greek seasoning
- 1/4 tsp Kosher salt
- 1/8 tsp ground black pepper
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar

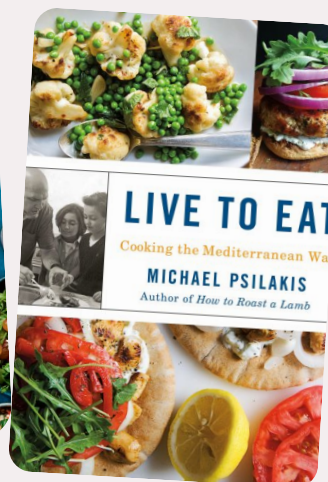
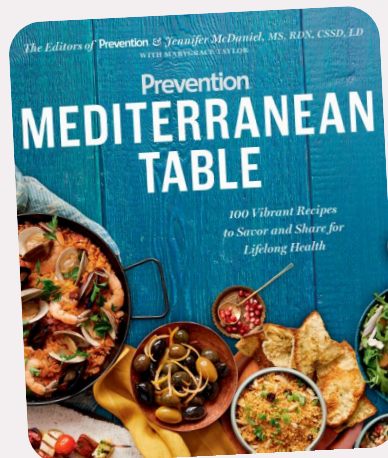
### Toppings

- Tzatziki Sauce
- Drizzle of extra virgin olive oil
- Fresh cracked black pepper
- 4 sprigs fresh dill

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### Directions:

- Preheat the grill to 350 degrees F
- Season the salmon fillets evenly with the Cavender's Greek seasoning. Grill for about 10 minutes on the good "presentation" side, flip over and continue for 5 minutes on the other side. Timing will vary greatly by the grill used, and of course the heat level. Remove when done and set aside to cool slightly.
- For the salad, cut the feta cheese, cucumbers and tomatoes into 1/2-inch cubes. Place in a medium-sized bowl. Add the remaining ingredients and toss.
- Divide the Feta Salad between the four plates. Place a portion of salmon on each plate. Spoon over some of Tzatziki sauce and drizzle with a little olive oil, a few grinds of black pepper and a final garnish of fresh dill.



## Crispy Greek Potatoes

### Ingredients

- 2 pounds yukon gold potatoes
- 5 tbsp olive oil
- 1-2 tbsp Cavender's Greek seasoning
- 1 tbsp dried dill
- 3 tbsp lemon juice
- 1 tbsp sea salt

### Directions:

- Preheat oven to 400 degrees F
- Wash the yukon Gold potatoes, then cut each potato half, then into wedges.
- Place the potatoes in a bowl of water. Let them sit for 10-15 minutes.
- Dry the potatoes with a towel or paper towels.
- Place a piece of parchment paper on your sheet pan.
- Spread the potatoes on the sheet pan. drizzle with olive oil, lemon juice, and seasonings.
- Toss the potatoes.
- Cook for 30-40 minutes, until their crispiness meets your preference. You will want to stir the potatoes about half way through

