

Hot Hot Hot

BBQ Season Begins!

Hot recipes
for barbecuing



Hot
Veggie
Burger

A.Vogel

Herbed Sea Salt

My salt, my taste.

We're getting barbecue season underway with extra hot and spicy recipes for a complete BBQ: veggie burgers, spicy wedges, fancy jalapeños, chilli corn on the cob and two sauces.

Let summer begin!

Spicy barbecuing fun, with and without meat

The first balmy summer nights entice backyard and balcony chefs to power up the barbecue! And what could be better than spicing up the foods we love to serve hot off the grill? A.Vogel Spicy Sea Salt easily adds a spicy kick to any recipe. With little effort, you'll have a complete menu on the table in no time, (almost) without any meat. And for those who just can't do without, go ahead and add a couple of spare ribs or steaks to the grill! Want something really practical? Our chilli on the cob barbecue marinade recipe also works amazingly well with meat or other vegetables.



Spicy Sea Salt is now extra spicy

Spicy Sea Salt is perfect for those who love jazzing up their food with fresh herbs and a spicy kick! Spicy Sea Salt combines the fine seasoning of freshly harvested herbs with an extra bit of chilli pepper: the perfect touch for just about any hot dish, it also effortlessly spices up dips, sauces and wedges.

Herbed Sea Salt has been produced for over 60 years using the same recipe originally developed by Alfred Vogel. Directly after harvesting, 15 types of fresh organic herbs and vegetables are mixed with natural sea salt in a ratio of 2:1. Each variety is dried individually and gently at a temperature below 104°F (40°C). Contains natural iodine from kelp.

Smokey BBQ sauce

Makes 250 ml of sauce

- 2 large red onions (approx. 150 g)
- 3 cloves garlic
- 1 Tbsp sunflower oil
- 3 Tbsp olive oil
- 1 sprig fresh thyme
- 2 tsp smoked paprika powder
- 4 Tbsp balsamic vinegar
- 250 ml blackcurrant juice
- 2 Tbsp tamari soy sauce
- 2 Tbsp tomato purée
- 1 tsp maple syrup
- 1 tsp yellow mustard seeds or 1 Tbsp mustard
- 1 Tbsp A. Vogel Spicy Sea Salt
- Pepper

Peel the onions and garlic and chop very finely. Heat sunflower oil in a pan and sauté the garlic briefly. Add the olive oil and onions and sauté until transparent. Chop the thyme leaves finely, add to the onion and garlic mixture along with the paprika powder and sauté briefly. Douse with vinegar and blackcurrant juice and stir in the remaining ingredients. Season with Spicy Sea Salt and pepper. Reduce heat to medium heat and continue simmering for 20 minutes. Reduce to approximately 250 ml.



Lemon mayonnaise

Makes 250 ml of mayo

- 2 egg yolks
- 200 ml neutral sunflower oil
- 1 tsp Dijon mustard
- Zest and juice of ½ lemon
- ½ tsp mixed peppercorns, ground
- A.Vogel Spicy Sea Salt, to taste
- ½ tsp sugar

All ingredients should be at room temperature. For the lemon mayonnaise, whisk the egg yolk with mustard, sugar, lemon zest and some sunflower oil, then slowly add the remaining sunflower oil in a fine stream while whipping with a blender until the mayonnaise has a creamy consistency. Stir in 1 Tbsp lemon juice drop by drop. Season with mixed peppercorns and Spicy Sea Salt. Be sure to keep cool!



Hot Veggie Burger

Makes 2-3 large patties

- 1 small can kidney beans (240 g drained weight)
- 2 Tbsp cereal flakes
- 1 large red onion
- 1 clove garlic
- 25 g each sesame and chia seeds
- 1 small sprig rosemary
- A.Vogel Spicy Sea Salt, to taste
- Fresh ground black pepper
- 1 tsp corn or potato starch
- 1 tsp mustard

Drain the beans in a sieve, add to a bowl and mash with your hands. Grind the cereal flakes in a blender. Peel the onion and garlic and chop finely. Brown the seeds in a pan without adding oil. Pick rosemary leaves from the sprig and chop finely. Thoroughly knead all ingredients together and season with pepper and Spicy Sea Salt. Form patties from the mixture and fry on the grill or in a pan (with 1 Tbsp olive oil) for approximately 3 minutes on each side.

Put one patty on the bottom half of the burger bun with tomatoes, onion rings, cucumber, avocado, sprouts and lettuce leaves, and garnish with both sauces. Put the top half of the bun on and enjoy.



Stuffed Jalapeños

Makes 8 pieces

- 500 g jalapeño peppers
- 175 g cream cheese
- 1 Tbsp capers
- A.Vogel Spicy Sea Salt, to taste
- 1 sprig cilantro or parsley
- 250 g bacon

Cut open the jalapeños lengthwise and remove the seeds. Mix the cream cheese with the chopped capers, Spicy Sea Salt and herbs (if the mixture is too thick, stir in a little yogurt). Fill the jalapeños with the cheese mix. Wrap one slice of bacon around each pepper. Fry with some oil on the grill or in the pan until crispy. Watch out: they're three-alarm spicy!



Chilli Herb Potato Wedges

Serves 4

- 1 kg potatoes (as small as possible)
- 1 sprig rosemary
- 1 small chilli pepper
- 2-3 garlic cloves
- 3 Tbsp olive oil
- A.Vogel Spicy Sea Salt, to taste

Scrub the potatoes thoroughly and precook in a pressure cooker for approx. 8 to 10 minutes. Halve or quarter and put on a baking tray. Preheat the oven to 350°F/180°C (fan oven) or 390°F/200°C (top/bottom heat). Chop rosemary leaves and small chilli pepper, peel and chop garlic, mix with oil and Spicy Sea Salt and spread over potatoes. Bake for approximately 20 minutes until the potatoes are nice and crisp.

Chilli corn on the cob: This barbecue marinade also goes well with meat!

Mix together ½ tsp Spicy Sea Salt, 2 finely chopped garlic cloves, the leaves of 1 sprig of thyme and rosemary, 5 Tbsp balsamic vinegar or lemon juice and 6 Tbsp olive oil. Season

with fresh ground pepper and freshly chopped chilli peppers. If you wish, you can spice things up with some paprika powder, tamari sauce or garlic instead of vinegar. Coat corn on the cob with the marinade and put in a cool place for one hour. Also goes perfectly with vegetable skewers or grilled steak.

The secret to a great tasting recipe is its seasoning!

A great way to enhance the flavor of any recipe, Herbed Sea Salt seasoning salt is made according to Alfred Vogel's original recipe of 12 specially selected garden fresh, organic herbs and vegetables, blended with natural sea salt.

The vegetables and herbs in Herbed Sea Salt are organically grown in Colmar, France and brought to our factory within hours of being freshly harvested. They are then carefully chopped and mixed with sea salt and steeped for many months to produce Herbed Sea Salt's distinctive quality and fresh flavor.

A.Vogel Herbed Sea Salt Range

Use it as table salt

- Each grain of sea salt is infused with 12 organically grown, freshly harvested herbs and vegetables
- Reduce your salt consumption without giving up the flavour
- 100% natural, GMO, MSG and gluten free
- Available in 2 varieties: Original and Spicy

HERBED SEA SALT ORIGINAL

Its unique taste enhances the flavor of any recipe. Use it to replace table salt for seasoning vegetables, meat, poultry, fish, and seafood.

SPICY SEA SALT

Its unique taste gives an extra tang of any recipe. Its spiciness perks up vegetables, meat, poultry, fish and seafood. Ideal for mix grills.



Love to cook?

Visit the A.Vogel USA for easy, tasty and healthy recipes from soups and salads to sweet treats and lots more!

Ask the health helpline

If you have any questions or are looking for more information about our Herbed Sea Salts, call our customer service (during office hours) at (518) 828-9111 or send an email to avogelusa@bioforceusa.com.

Chilli corn
on the cob

Recipe in the
inner section



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www.avogelusa.com



Herbed Sea Salt products are available in grocery stores - organic sections, all health food stores and on www.avogelusa.com