



Potlach Seasoning

mydeliciousblog.com

A mixture of cumin, paprika, garlic powder, oregano, red pepper, and lots more, to make a delicious rub for meat or fish! The description on the tin of William Sonoma's Potlach Seasoning noted the story of Pacific Northwest Native Americans spreading herbs on freshly-caught salmon and fire-roasting it for a feast — the inspiration for the WS blend. Potlach specifically refers to the tradition of celebrating abundance by giving away possessions and food, with the foundational belief that when one's heart is happy, one gives to express joy. I love that.

Servings: 1

PREP TIME

5 MIN

TOTAL TIME

5 MIN

Ingredients

6 tablespoons salt
2 tablespoons chili powder
2 tablespoons black pepper
1 tablespoon dried oregano
1 tablespoon paprika
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon crushed red pepper, or red pepper flakes
1 tablespoon cumin
1 tablespoon celery salt

Nutrition

Calories 214, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 2g, Monounsaturated Fat 2g, Cholesterol 0mg, Sodium 42243mg, Total Carbohydrates 42g, Dietary Fiber 17g, Sugar 3g, Protein 9g, Vitamin A 10592IU, Vitamin C 7mg, Calcium 371mg, Iron 14mg, Phosphorous 221mg, Potassium 1141mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Combine spices in a bowl.
3. Use as needed in parent recipes.
4. Recommended uses: Sprinkle on fish, chicken, pork or veggies before roasting.

Serving instructions

Total recipe yields 1 cup.

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 7.5.25. Nutrition Facts reflect the amount of the entire recipe.

Equipment

mixing bowl

Tags

august collection, mixing bowl, mydeliciousblog.com, native american, sub recipe