



Spice it Right with Watkins!

July 2003

Watkins continues to produce **NEW** and **EXCITING PRODUCTS** and we want to show them to you along with some of the recipes and ideas for using them. It can all happen at a "Good Tastings" Event. All you need to do is give me a call and I'd be delighted to book a day and time that would be best for you! Keep in mind how **EASY** and **FUN** it will be for you and your friends. You just have to do the inviting and I will prepare the "tasties" and share with everyone some wonderful ways to make your summer entertaining **SPECIAL** and **DELICIOUS ...** but **EASY!** **BONUS...BONUS...BONUS!!** You'll also be able to receive **FREE** Watkins Products based on your event sales and bookings.

Strawberry-Banana Slush

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| 3 c water | 3 ripe bananas, peeled & mashed |
| 1 c sugar | 2 cans frozen pineapple-orange juice |
| 1/2 tsp Watkins Banana Extract | 2 TBSP Watkins Strawberry-Kiwi Beverage Conc. |
| 6 c ginger ale | 1 can frozen lemonade concentrate |

Heat water & sugar to a boil, stirring until sugar is dissolved. Stir in all of the remaining ingredients except ginger ale. Freeze at least 24 hours. Remove from freezer 1 hour before serving. Process 1/3 of frozen mixture with 2 c ginger ale in blender or food processor just until slushy. Repeat with remaining mixture. Serve immediately or freeze. Makes 16 servings.

Fruit-Flavored Soda



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| 1 TBSP Watkins Raspberry Extract* | 4 c low-fat vanilla ice cream |
| 3/4 c sugar, or to taste | 1-1/3 c club soda |
| 2 c cold skim milk | Food coloring, if desired |

Combine extract, sugar and milk; mix until sugar is dissolved. Divide into 4 tall glasses, add 1 c of ice cream to each glass and top with 1/3 c club soda. Add food coloring if desired. Makes 4 servings. *Try other Watkins fruit flavored extracts.

Would You Like EXTRA CASH this Summer?



You can earn that extra money as a Watkins Consultant. In fact, working just one evening a week, doing a Tasting Event, **you could earn \$400 a month ...** not bad "extra money" and working just 4 nights a month!! If doing "parties" is not for you, I can show you several other ways to build a business. You'll be part of a company with cutting-edge products & a 135-year history! Perhaps the **BEST** part is .. You will have fun and be part of a great team with lots of support. Don't wait .. Call me Today!

Your Watkins Consultant

Peter Aggus / Shirley Franklin - 250-544-1252

e-mail: watkins@aflww.com

web: <http://www.watkinsonline.com/aggus&franklin>

The C and O Test for Cooking Shrimp



Never overcook shrimp. In fact, it cooks very quickly, usually in about three minutes. Shrimp will turn pink and curl into a C shape when it's done. If the shrimp has curled into an O, it probably is overcooked.

To have that South-western flavor, stir-fry the shrimp in Watkins **NEW** Chipotle Liquid Spice!

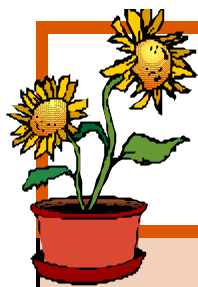
Herbed-Garlic Cheese Bread

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| 1/4 c Watkins Original Grapeseed Oil |
| 1 TBSP Watkins Basil |
| 1-1/2 tsp Watkins Garlic Liquid Spice |
| 3/4 tsp Watkins Oregano |
| 1/4 tsp Watkins Onion & Garlic Pepper |
| 1 loaf French bread (cut in half lengthwise) |
| 6 oz sliced sharp/old Cheddar cheese |
| 6 oz sliced Provolone or mozzarella cheese |

Combine Grapeseed Oil, Basil, Garlic Liquid Spice, Oregano and Onion & Garlic Pepper, mix well. Spread cut sides of each bread half with oil mixture. Layer cheese evenly over bottom half of loaf. Top with top half. Wrap securely with heavy-duty foil. When ready to barbecue, place loaf on grill over medium heat. Grill 10-15 min or until cheese is melted & bread is hot, turning occasionally. Cut into slices to serve. Makes 12 servings.

Rinse Off Tops of Food Cans

Supermarkets or large super stores may spray the shelves or areas where canned goods are stored with insecticides. So wipe off the tops of cans before you use them because you don't want to transfer that, or even dust, to the contents inside.



Summertime calls for recipes to BBQ with, salads and refreshing desserts. We have included some of our “favorites” and hope they’ll be your family’s favorites too! But don’t forget to keep supplied with plenty of Watkins insect repellent (we’re famous for this one!) or our Aloe Sun Block.

Portobello Mushrooms

Special thanks to Teresa Carosella, Manager, who gave us this wonderful tip for doing Portobello mushrooms. Wash mushrooms first, then baste with **Watkins Meat Magic** and then brush or spoon over, **Watkins Garlic & Parsley Grapeseed Oil**. Grill on barbecue over medium heat until done (they don’t take long ... it’s mainly for the taste).



Picnic Potato Salad with Sugar Snap Peas

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| 8 oz fresh sugar snap peas (rinsed & trimmed) | 1 lb new potatoes, sliced |
| 1-1/2 TBSP Watkins Original Grapeseed Oil | 1/4 c chopped green onion |
| 1 jar sliced pimento | 2 tsp Watkins Chicken Soup Base |
| 2 - 2-1/2 TBSP white wine vinegar | 1/4 tsp Watkins Garlic Liquid Spice |
| 2-1/2 tsp Watkins Potato Salad Seasoning | Watkins Black Pepper , to taste |

In medium saucepan, cook pea pods in boiling water to which the Chicken Soup Base has been added. Cook for 3-5 min. or until crisp-tender. With a slotted spoon, remove pea pods to a colander & rinse with cold water. Add potatoes to same saucepan of boiling water & cook for 12-15 min. or until tender. Drain & let cool to the touch. In large bowl, combine cooled potatoes, pea pods, green onion & pimento. In small bowl, combine Grapeseed Oil, vinegar, Liquid Spice, Potato Salad Seasoning & Pepper; pour over potato mixture. Toss &

Asian Burgers

Getting tired of grilling the same ol’ burgers? Here is a wonderful “East meets West” combination that is sure to please your taste buds!

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| 2 lbs ground pork | 2 - 3 TBSP Watkins Cool Curry Snack & Dip Mix |
| 1 TBSP Watkins Minced Green Onions | 4 tbsp crushed unseasoned rice crackers (or rice flour) |
| 1 TBSP Watkins Garlic Granules | Watkins Onion & Garlic Pepper to taste |

Mix all ingredients together. To get the best flavor, refrigerate for several hours but it’s not necessary. **For variation** add any or all of the following to the mixture: 2 TBSP **Watkins Tropical Salsa**, 1/2 tsp **Watkins Cilantro**, 1 tsp **Watkins Soya Sauce** (your choice). BBQ & serve on a bun along with a slice of fresh pineapple.

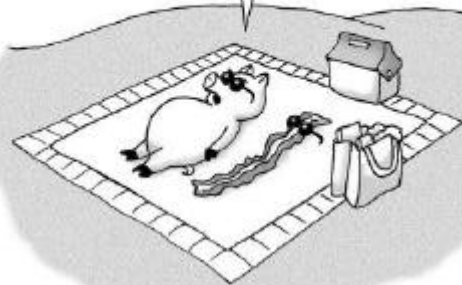
It’s BARBECUE Time... Think Watkins!

To make your Barbecue the one EVERYONE TALKS ABOUT... you’ll want to make sure you have some of the following products:

- Watkins Barbecue Sauce** (your choice of Original, Honey or Mesquite.) This is a concentrate you mix with catsup. It can be basted on or mixed in (i.e. with hamburger). For a change add **Watkins Liquid Garlic** or the **NEW Chipotle**, or pineapple juice—the ideas are endless!
- Watkins Steak Sauce** (rated in top 3 by **GQ Magazine!**)
- Watkins Meat Magic** (will absolutely bring the very BEST taste out of your meat but won’t add a flavor of it’s own.)
- Watkins Gourmet Mustards** (These wonderful condiments add exciting flavor to several meats or add to the mayo in summer salads.) There are 4 flavors: Honey, German, Horseradish or Jalapeno.
- When it comes to clean-up time, make sure you have **Watkins Degreaser** handy—your guests will be amazed at how easy it is.



MAYBE NEXT TIME YOU’LL TRY A LITTLE SUNSCREEN...



Watkins Aloe Vera Moisturizing Sun Block SPF-30, 4-oz, is PABA-free, enriched with Vitamin E, and on SALE in July at \$9.19 in Canada & \$6.49 in the U.S.

TIP... Watkins Grapeseed Oils have only half the saturated fat of olive oil—and a delicious flavor! Use them as a delicious and healthful alternative to other oils in your vinaigrettes.

Carmel Apple Delight

We are definitely FAMOUS for this recipe...try it and you’ll see why EVERYONE LOVES it!

- 8 oz pkg cream cheese, softened
- 1/3 cup brown sugar
- 1 tsp WATKINS Vanilla Extract
- 1/2 tsp WATKINS Caramel Flavour

Mix well & serve with apples or other fruit. Enjoy this with a brunch or as a dessert.

Aloha Fruit Dip

- 1 8-oz pkg. (250 ml) cream cheese
 - 1 8-oz jar marshmallow creme
 - 1 tsp **Watkins Ginger**
 - 1 tsp orange juice
 - 1/2 tsp **Watkins Rum Extract**
- Dash of **Watkins Nutmeg**

Blend together cream cheese and marshmallow creme. Add ginger, nutmeg, orange juice and rum extract. Beat until smooth. Makes about 2 cups of fruit dip. Delicious with all types of fruit.

Tip... For a delicious BBQ sauce alternative on chicken or burgers, reach for **Watkins Tropical Salsa**. You’ll get a sweet flavor from banana & pineapple and a bit of “spice” from the chillies!