

Consumption of spices and seasonings in North America is at an all-time high. In fact, spice consumption in North America has increased by 50 percent in the past decade. We are not only using spices more frequently and in greater volume, but in a much wider variety; approximately 28 spices are used in the average North American home.

Watkins was a pioneer in spices and seasonings in the late 1800s, and by the turn of the century had acquired a national reputation for quality. Today, our spice line has grown and diversified to accommodate a growing appetite for spices, while retaining the same high quality.

- **Quality raw materials:** We buy the pick of the world's herb and spice crop—each selected from the best growing region.
- **Skillful preparation:** All spices contain volatile flavoring oils. If care is not exercised during grinding or granulation, it is possible for enough heat to be generated to evaporate these oils and result in an inferior product.
- **Strict quality control:** We select our spices for taste, color, and appearance; then more thorough tests are made to further determine the quality. One of these tests involves oil content. This oil, known as the “essential oil,” is a good measure of flavor and quality. Our cinnamon, for example, has a minimum of 2% essential oil; many others on the market have 1 to 2%, and inferior brands have as low as .5%. Further quality control checks are made to insure that none of the raw material quality has been lost. After the spices are processed, they are bottled in glass or tins to preserve quality (many of the spices' essential oils are not compatible with plastic).
- **Glass bottle with shaker top:** After processing, our herbs and spices are immediately packed in our custom 3-oz. glass bottle to preserve quality. Shaker tops are included where appropriate.
- **Certified Kosher**

Product Listing

Allspice

Article No. 01920 (41 g/1.4 oz.)
(Jamaica)

Ground from the dried berries of an evergreen tree growing in Jamaica, Mexico, Guatemala and Honduras. It takes its name from its flavor, which is said to be a combination of cloves, nutmeg, cinnamon and pepper. Excellent in baking or in Caribbean or Middle Eastern meat dishes; also great in puddings, baked fruits, cakes, cranberries, barbecue and brown sauces, cooked vegetables, cookies, pickles and relishes.



Originally introduced in 1895, Watkins ground spices were awarded the Grand Prize with Gold Medal for Highest Quality at the International Exposition, Paris in 1928.



Basil

Article No. 01921 (13 g/.5 oz.)
(California)

Basil's light licorice/clove/mint-like taste is important in most areas of the Mediterranean, but it is also highly prized in Thailand, where a similar variety is called “holy basil.” Blends well with all other herbs. Use in all Italian and tomato dishes, scrambled eggs, soufflés, omelets, Welsh rarebits, roast beef, pork or veal, meat pies, casseroles, and stews, herb stuffings, vegetable juices, seafood cocktails, tomato, orange, or butter sauces, French and Russian dressings.

Cayenne (Red) Pepper

Article No. 01923 (38 g/1.3 oz.)
(China, India, Mexico, Pakistan)

Unlike black or white pepper, Cayenne (or Red) Pepper comes from chile peppers, or capsicums. Prepared from one of the hottest chile pods, it is always a ground product. Its ancestral home was Cayenne, in South America, but the hottest cayenne peppers are now grown in Africa and Asia.

Use in Italian and Mexican dishes, curries, deviled eggs, seafood, cottage and cream cheeses, cooked green vegetables, Welsh rarebit, cheese soufflés, many meats and sauces. In Cajun cooking, it is frequently blended with black and white pepper to make an “all-purpose pepper.”

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Celery Seed

Article No. 01924 (42 g/1.5 oz.)

(France, India, United States)

The dried seed of a member of the parsley family called smallage or wild celery; produces a more pronounced flavor than fresh celery.

Use in stews, egg dishes, sandwich spreads, cooked vegetables, grilled tomatoes, oyster and fish stews, hot and cold cream soups, sauces, gravies, salad dressings, marinades, stuffings, tomato juice, potato salad.

Chili Powder

Article No. 01949 (49 g/1.7 oz.)

(blend)

Although many associate this product with Mexican cooking, chili powder originated in Texas for use in chile con carne. A salt-free, balanced blend of ground mild chile peppers, cumin, garlic and oregano.

Use in chili, Mexican dishes, eggs, omelets, sauces, soups, cottage cheese, rice, meat, fish, cocktail sauce, gravies, stews, vegetables.

Southwestern Tomato Sauce

1 can (14.5 oz/411 g) diced tomatoes, undrained
1/2 cup/125 mL chopped green pepper
1/2 cup/125 mL chopped onion
1 tbsp/15 mL fresh lime juice
1 tbsp/15 mL **Watkins Chili Powder**
2 tsp/10 mL **Watkins Cilantro**
1-1/2 tsp/7.5 mL **Watkins Garlic Liquid Spice**
3/4 to 1 tsp/4 to 5 mL hot pepper sauce
Salt to taste

Combine all ingredients in medium saucepan; bring to a boil. Reduce heat and simmer 10 to 15 minutes. Serve over hot cooked pasta.

Makes 4 servings.

Cilantro

Article No. 01925 (11 g/.4 oz.)

(Mexico, California)

The leaves of the coriander plant, cilantro is also known as "Mexican parsley" or "Chinese parsley." Its flavor is totally different from the seeds, which are used as a spice, mostly in curry powders.

Cilantro is a popular flavoring herb and garnish essential to salsas, Latin, Indian, Middle Eastern and Asian dishes; great in vegetable dishes, with meats and fish, and most tomato dishes.

Cinnamon (Korintje)

Article No. 01926 (48 g/1.7 oz.)

(Indonesia)

Cinnamomum cassia, grown primarily in China and southeast Asia, has a characteristically intense aroma and much more flavor than Ceylon cinnamon, which is why it is greatly preferred here. The best cassia available today is Korintje, from the Indonesian island of Sumatra.

Use in all types of baked goods, such as pies, cakes, rolls and cookies. Excellent with fruit desserts, especially apples and peaches. Use sparingly in meat, poultry and game dishes, lamb or beef stew, Mexican dishes and mashed sweet potatoes. Also excellent in many savory foods, such as tomato sauce, beef stew, chili and Mexican dishes, and curries. (See Cinnamon page, Pantry 11-12)

Cloves (Ground)

Article No. 01927 (43 g/1.5 oz.)

Cloves (Whole)

Article No. 01955 (20 g/1 oz.)

(Madagascar, Zanzibar, Indonesia)

The name for this spice comes from the Latin *clavus*, meaning "nail," which is what the whole spice resembles. One of the world's most aromatic and important spices, cloves originated in the Moluccas, or Spice Islands, and now grow in many tropical maritime locations.

Use in baked goods, confections, liqueurs, pickles, chili sauce, catsup, meats, vegetables, mincemeat, beverages, sauces, marinades, pork roast, green or yellow vegetables, jams, jellies, fruit cakes, pumpkin or fruit pies, marmalades, chutney, and puddings.

Whole cloves add flavor and visual appeal when stuck in a whole ham for roasting; they are also excellent stuck in an onion half for simmering in a pot of soup.

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Cloves (cont'd)

Pepparkakor

1/2 cup/125 mL unsalted butter
1/2 cup/125 mL brown sugar
1/4 cup/60 mL light molasses
2 tsp/10 mL **Watkins Cinnamon**
2 tsp/10 mL **Watkins Ginger**
1 tsp/5 mL **Watkins Cloves (Ground)**
1 tsp/5 mL **Watkins Black Pepper**
1 tsp/5 mL baking soda
2 tbsp/30 mL cream or milk
2 cups/500 mL all-purpose flour

In a large bowl, beat butter and next seven ingredients until blended. Beat in cream, then flour, just until blended. Chill 30 minutes or until firm enough to handle.

Shape dough into 3/4-inch/2-cm balls. Press down lightly with a floured or sugared glass. Bake at 350°F/180°C for 8 to 10 minutes or until lightly browned. Cool on baking sheet 1 minute, then transfer to wire rack to cool completely. If desired, cookies can be drizzled with melted vanilla chips.

Makes about 6 dozen, 1 per serving.

Cumin

Article No. 01928 (41 g/1.4 oz.)

(Mexico, Turkey, India)

Known in Mexico as *comino*, cumin is indispensable to Mexican and Southwestern cooking, and is widely used in Indian, Middle Eastern, and North African cuisines. It is a primary ingredient of chili powder and curry powder.

Excellent in cheese dishes, with rice and corn dishes such as curries or tamales; use in soups, stews, salad dressings, barbecue sauces, ground meat dishes; also good with sauerkraut, lentils, potatoes, cabbage, and dried beans of all kinds.

Curry Powder

Article No. 01966 (43 g/1.5 oz.)

(blend)

A ground blend of as many as 20 spices, Curry Powder is one of the world's oldest spice blends. It originated in England and was designed to give the characteristic flavor of Indian curry cookery, which became popular during the British colonization of India. It has grown to be used as a single spice in Western kitchens, and is very popular in the Caribbean as well.

Use generously in Indian and Caribbean curries, and sparingly in Western dishes such as eggs, deviled eggs, fish, shrimp, parsley, meats, vegetables, rice, French dressing, white sauce, fish chowders, soups, salted nuts, and sweet pickles.

Curried Carrot Soup

1/2 cup/125 mL chopped onion
1/2 tsp/2.5 mL **Watkins Thyme**
1 bay leaf
2 tsp/10 mL **Watkins Original Grapeseed Oil**
6 carrots, scraped and thinly sliced or diced
5 cups/1.2 litres water
1/4 cup/60 mL **Watkins Chicken Soup Base**
1-1/2 tsp/7.5 mL **Watkins Curry Powder**
Dash **Watkins Cayenne Pepper**
1 package (3 oz/85 g) cream cheese
2-1/2 tbsp/38 mL all-purpose flour
Watkins Parsley for garnish

In a medium saucepan or Dutch oven, sauté onion, thyme and bay leaf in oil until onion is tender. Add carrots, water, soup base, curry powder and cayenne pepper. Cover and cook over medium heat 25 minutes or until carrots are tender. Remove bay leaf and discard. Combine half of the carrot mixture with the cream cheese and flour in container of a blender or food processor. Process until smooth; return processed mixture to saucepan. Return to heat and cook, stirring constantly, until mixture is heated through and thickens slightly.

Makes 6 servings.

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Dill

Article No. 01929 (15 g/.5 oz.)
(United States)

The bright green leaf of an annual plant related to anise, fennel, cumin and caraway. Like fennel, dill has a great reputation as a digestive herb, and is most popular in the cuisines of Scandinavia, Germany, and Central and Eastern Europe.

Excellent with fish and seafood, in salads, dressings and sandwich fillings; marries well with mustard and lemon.

Dill Dressing

1/2 cup/125 ml undiluted evaporated skim milk
3 tbsp/45 ml Original Grapeseed Oil
1/4 cup/60 ml non-fat mayonnaise
3 tbsp/45 ml white vinegar
1 tbsp/15 ml Watkins Chicken Soup Base
1 tsp/5 ml Watkins Onion Granules
1 tsp/5 ml Watkins Garlic Granules
3/4 tsp/4 ml Watkins Dill
3/4 tsp/4 ml Watkins Dry Mustard
1/4 tsp/1.2 ml Watkins Basil
1/8 tsp/0.6 ml Watkins Black Pepper

Combine all ingredients in a covered jar; shake well to mix. Refrigerate until serving time.

Garlic Flakes

Article No. 01930 (58 g/2 oz.)

Garlic Granules

Article No. 01931 (55 g/1.9 oz.)

(California)

Garlic has long been credited with numerous medicinal qualities, such as boosting the immune system. Its reputation for providing strength was the reason it was fed to the Egyptian slaves who built the pyramids.

In the kitchen, it is used in nearly every world cuisine for enhancing most savory dishes, including meat, fowl and seafood, salad dressings, soups, sauces and appetizers.

Garlic Butter: Add 1 tsp/5 mL Watkins Garlic Flakes to 1/2 cup/125 mL (1 stick) softened butter. Allow to sit to soften garlic flakes; use for garlic bread as well as for hero sandwiches, fish, pasta, grilled meats, spinach, zucchini, egg rolls, cabbage, lima beans.

Ginger

Article No. 01932 (36 g/1.3 oz.)

(China, India, Jamaica)

The root of a tuberous perennial which flourishes in the tropics. One of the first true Oriental spices to make its way westward from its native southern Asia.

Used primarily for baking in the West and for savory dishes in the East. Gingerbread, cookies, cakes, pumpkin pie, orange/yellow vegetables, baked, stewed and preserved fruits, applesauce, custard, meats, pickles and preserves, baked beans, Asian stir-fries. Many people put powdered ginger in capsules as a natural remedy for motion sickness.

Italian Seasoning

Article No. 01974 (23 g/0.8 oz.)

(blend)

A traditional blend of Italian herbs and spices makes superb spaghetti sauce and main dishes. Add to plain tomato sauce to give authentic flavor to most pasta dishes; also great with meats and vegetables.

Basic Spaghetti Sauce: add 1 tbsp/15 mL Watkins Italian Seasoning to 8 fl oz/240 mL tomato sauce.

Lemon Peel

Article No. 01933 (32 g/1.1 oz.)

(California)

Lemons came westward from India and China over 2,000 years ago. The ancient Greeks valued them for medicine as well as cooking, and lemons remain a favorite there today. Unlike the juice, which is acidic (sour), lemon peel contains the pleasantly bitter essential oil, and lends a totally different flavor.

Add to cakes, puddings, cookies and fruit dishes, as well as in meat sauces and vegetables. Combine with garlic, pepper and parsley to make a delightful condiment for meats and pasta.

Lemon-Ginger Fruit Dip

8 oz/227 g marshmallow creme
8 oz/227 g cream cheese, softened
1-1/2 tbsp/23 mL Watkins Lemon Extract
1 tbsp/15 mL Watkins Lemon Peel
1/4 tsp/1.2 mL Watkins Ginger

Beat the marshmallow creme and cream cheese together. Add the lemon extract, lemon peel and ginger; mix well and refrigerate until ready to use. Serve as a dip for fruit kebabs or pour over fruit.

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Marjoram

Article No. 01934 (10 g/.4 oz.)

(France, Spain, Egypt, Chile)

This member of the mint family is closely related to oregano; in fact, oregano is a wild version of marjoram. The gentler, sweeter marjoram is preferred in the cuisines of France and parts of Italy, as well as in traditional American dishes like corn chowder.

Excellent with chicken and turkey, stuffings, vegetables, beans and bean soup, corn chowder, and most tomato dishes. Use in place of oregano for a milder taste, or combine with it for balance on pizza or in sauces. Also blends well with basil, thyme, and most Mediterranean herbs.

Minced Green Onion

Article No. 01935 (12 g/.4 oz.)

(United States)

Made from the crushed green tops of scallions; used in place of chives to impart a more delicate taste than onion flakes.

Use with steaks, chops, roasts, soups, salads, stuffings, stews, casseroles, barbecue sauces, tomato sauces, eggs, marmalades, salad dressings, garnishes.

Mustard (Dry)

Article No. 01936 (35 g/1.2 oz.)

(Canada, United States)

The ground seed of a plant grown extensively in Canada and the northern U.S. Pale yellow, with a flavor ranging from mildly sharp to pungently hot.

Use in white sauces for macaroni, corn, seafood, potato or egg dishes, salad dressings, butter sauces, omelets, soufflés, meats, gravies, cheese sauces, creamed and stewed oysters, dips, most protein and starchy foods, hot English mustard, Chinese hot mustard sauce, deviled eggs, and pickles.

Hot English Mustard: Mix Watkins Dry Mustard with enough cold water to make a paste. Let stand 10-30 minutes before using.

Japanese or Chinese Mustard: As above, but use boiling water, cover and allow to stand.

Nutmeg

Article No. 01937 (40 g/1.4 oz.)

(Indonesia, Trinidad)

The hard seed of the peach-like fruit of an evergreen tree native to the Moluccas, or Spice Islands. Watkins selects the seeds from Penang and Singapore because they are the richest in oils and impart an exotic nut-like flavor.

Use in baked goods, eggnogs, custards, cheese, egg, fish and poultry dishes, whipped cream toppings, doughnuts, fruits, spinach and boiled vegetables, cream soups, fruit soups, ice cream, sweet potatoes, hot milk drinks, hot alcoholic drinks, sweet doughs, muffins, coffee cakes, cakes and fruit cakes, frostings, applesauce, crêpes, stewed fruits, beef, ham, and sausages.

Nutmeg Cake

This classic layer cake really showcases the superior flavor of Watkins Nutmeg.

3/4 cup/180 mL butter or margarine, softened

2 cups/480 mL sugar

4 eggs

3 cups/720 mL all-purpose flour

2 tsp/10 mL Watkins Nutmeg

1-1/2 tsp/7.5 mL Watkins Baking Powder

1-1/2 tsp/7.5 mL baking soda

3/4 tsp/4 mL salt

1-1/2 cups/360 mL buttermilk

1 tsp/5 mL Watkins Double-Strength Vanilla

Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Sift together dry ingredients; add to creamed mixture alternately with buttermilk, beginning and ending with flour and beating well after each addition. Stir in vanilla. Pour into 3 greased and floured 9-inch round cake pans. Bake at 350°F/180°C for 25 to 30 minutes or until cakes test done. Cool in pans on rack 10 minutes. Turn out of pans onto rack and cool completely.

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Nutmeg Cake (cont'd)

Frosting

3 egg whites
2-1/4 cups/540 mL sugar
2-1/4 tsp/11 mL light corn syrup
1/2 cup/120 mL cold water
1/4 tsp/1.2 mL cream of tartar
Dash salt
1-1/2 tsp/7.5 mL **Watkins Clear Vanilla Extract**
1 cup/240 mL finely-chopped walnuts

Place egg whites and next 5 ingredients in top of double boiler (not over heat). Beat 1 minute with electric mixer to blend. Place over boiling water and cook, beating constantly, until frosting forms soft peaks, about 7 minutes. Remove from boiling water. Add vanilla flavor and beat until frosting forms stiff peaks. Remove 2 cups of frosting to a separate bowl. Add walnuts to this mixture; mix well. Spread between layers of cake. Frost top and sides of cake with remaining frosting; decorate as desired.

Onion Flakes

Article No. 01938 (40 g/1.4 oz.)

Onion Granules

Article No. 01939 (45 g/1.6 oz.)

(United States)

A favorite flavoring vegetable for centuries; used in every cuisine in the world. Onions grown for dehydration have been specially developed for high solids and low moisture. Reconstitute flakes in water for texture, or use easily-blended granules in almost any savory dish.

Use with meats, poultry, seafood, salads, vegetables, soups, sauces, omelets, and egg dishes.

Orange Peel

Article No. 01940 (35 g/1.2 oz.)

(United States)

Use in desserts, as well as with fruits and chicken or duckling. Excellent in spiced tea and mulled wines.

Oregano

Article No. 01941 (14 g/.5 oz.)

(Greece, Italy)

A wild variety of marjoram, although a bit stronger and with a pleasant bitter undertone. Widely used in Greece and Italy, with a stronger, cruder version grown in Mexico.

Best known for its use on pizza; also excellent in pasta sauces, pork, veal, fish, vegetables, dressings, gravies, seafood, poultry, grilled tomatoes and all tomato dishes, white sauces, ground beef and pork, Greek, Italian and Mexican dishes, chili, egg dishes, and salads.

Paprika

Article No. 01942 (43 g/1.5 oz.)

(Spain)

The word paprika is Hungarian for "pepper." Paprika, like cayenne pepper, is ground from dried red chiles; however, the peppers used for paprika are the mild, sweet pimiento. Watkins uses the legendary *pimentón* of Spain, brilliant red and sweeter than its Hungarian cousin.

Use as a garnish and flavor for creamed foods, such as deviled eggs, mayonnaise dressings, white potatoes, cauliflower, salads, dips, canapes, and chowders. Also used as a main ingredient in Hungarian dishes, such as *paprikás* (paprikash) and *gulyás* (goulash).

Chicken Paprikash

1 tbsp/15 mL **Watkins Original Grapeseed Oil**

2 green peppers, cut into 1-inch/2.5-cm chunks

1 red pepper, cut into 1-inch/2.5-cm chunks

1 large onion, sliced

12 ounces/340 g uncooked extra-wide curly egg noodles (no-yolk variety if desired)

2 tbsp/30 mL all-purpose flour

2-1/2 tbsp/40 mL **Watkins Paprika**

1/2 tsp/2.5 mL **Watkins Garlic Granules**

1 pound/454 g skinless, boneless chicken breasts, cut into 2-inch/5-cm chunks

1 cup/250 mL water

2-1/2 tbsp/40 mL **Watkins Chicken Soup Base**

1/2 tsp/2.5 mL **Watkins Black Pepper**

1/2 to 3/4 cup/125 to 180 mL reduced-fat sour cream

Sauté peppers and onion in Onion Liquid Spice until crisp-tender, stirring occasionally. Remove to a bowl. Prepare noodles according to package directions.

In zip-top bag, combine flour, paprika, and garlic granules. Add chicken chunks and shake to coat. In same skillet, add chicken and any remaining flour mixture. Cook chicken 1 to 2 minutes per side or until just beginning to brown. Add water, soup base and pepper; mix well. Heat to boiling; reduce heat and simmer 8 to 10 minutes. Stir in sour cream and reserved pepper mixture. Drain noodles and put on serving platter. Spoon paprikash mixture over noodles.

Makes 6 servings.

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Parsley

Article No. 01943 (6 g/.2 oz.)

(United States)

This delicious, nutritious herb has a refreshing taste that goes extremely well with garlic, onion, lemon, and any herb. Although dried parsley has often been called flavorless, you'll find ours to be a pleasant surprise.

Add to butter sauces for meats, poultry, fish and vegetables, scrambled eggs, stuffings, soups, chowders, salads, and dressings.

Red Pepper Flakes

Article No. 01944 (29 g/1 oz.)

(China, Africa, India, Mexico, Pakistan)

These crushed dried red chiles, mostly from cayenne-related varieties, are the famous table seasoning in pizzerias. Because they include the seeds, they are very hot. Highly versatile, and used in most cuisines throughout the world.

Use in pickling, chowders, gumbos, pizza and spaghetti sauces, and in making sausage; also excellent for meats, seafood, eggs and egg dishes, soups, cheese dishes, sauces and gravies, vegetables and vegetable juices, curries, creamed dishes, souffles and croquettes.

Rosemary

Article No. 01945 (14 g/.5 oz.)

(France, Spain, North Africa)

The name "rosemary," derived from Latin, means "dew of the sea"—appropriate because the herb thrives in the dry climate and salty sea spray of the Mediterranean shores. Its pungent minty/evergreen flavor is a favorite in Italy and Provence, especially in dishes simmered with wine, olive oil and garlic.

At its best with roasted or grilled lamb, pork, poultry and game; also excellent with potatoes and vegetables, stews, marinades and breads. Lends a surprising twist to apple jelly and poached pears.

Sage

Article No. 01946 (13 g/.5 oz.)

(Albania, Croatia, Greece, Italy)

This Mediterranean herb got its name because of the ancient belief that it strengthened the memory and imparted wisdom. Dalmatian sage, the world's best variety, comes from the area that is now Albania and Croatia.

Excellent in poultry stuffing, especially with onion; its flavor and digestive properties make it perfect for pork, sausages, goose and other rich meats; also enhances risotto, chowders and tomato sauces.

Tarragon

Article No. 01947 (12 g/.4 oz.)

(France, United States)

Originally native to Siberia, Tarragon is best known for its use in French cuisine; the very best tarragon is grown in France. Its bittersweet flavor is reminiscent of anise, and it is most widely used as a flavoring for vinegar.

Complements chicken and fish dishes, lobster, beef and lamb, as well as salads and dressings, mustard sauces, and the classic béarnaise sauce.

Béarnaise Sauce

For grilled or sautéed meats, grilled fish

2 tbsp/30 mL **Watkins Tarragon**

2 tbsp/30 mL minced shallot

3/4 cup/180 mL white wine vinegar

Pinch salt

Pinch **Watkins Black Pepper**

3 egg yolks mixed with 2 tbsp/30 mL hot water

1 cup/240 mL butter, melted

1/2 lemon, juiced

Watkins Cayenne Pepper

Place tarragon and shallot in a heavy saucepan; moisten with vinegar. Season with salt and pepper and boil down by two-thirds. Remove from heat, allow to cool. Add egg yolks and water; beat with a whisk over very low heat (or place in a double boiler). As soon as yolks begin to thicken, add melted butter, whisking continuously. If sauce becomes too thick, thin with another 2 tbsp of water. Season with lemon juice and cayenne.

Thyme

Article No. 01948 (18 g/.6 oz.)

(France, Spain)

One of the great European culinary herbs, and perhaps our most versatile. Closely related to oregano, with a stronger, more balsam-like flavor that has made it a favorite far beyond its Mediterranean origins—from the British Isles to North America to the Caribbean.

Excellent with meat, fish and poultry, tomato dishes, stuffings, stews and sauces, vegetable juice, clam juice, seafood cocktails, cream and cottage cheese spreads, clam and fish chowders, marinades, gravies, vegetables.