

Did you know...

Schwartz's Deli, an institution in Montreal dining since 1928, are the originators of Montreal Steak Spice. It is said that a broilerman named Morris "The Shadow" Sherman started adding the spice blend to his own rib and liver sandwiches sometime in the 1940s or 1950s. It didn't take long before customers started asking for the same, and Montreal Steak Spice was born!

While other restaurants and companies have tried to monopolize on the famous blend with their own versions, one can typically find such spices as coriander seeds, mustard seeds, peppercorn, dried garlic and more in the famous blend. Naturally, the blend goes great on steak and other meats, but is also delicious on veggies and sides as well!



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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Thunder Bay Public Library

Spice Club



August 2022
Spice of the Month:
Montreal Steak Spice

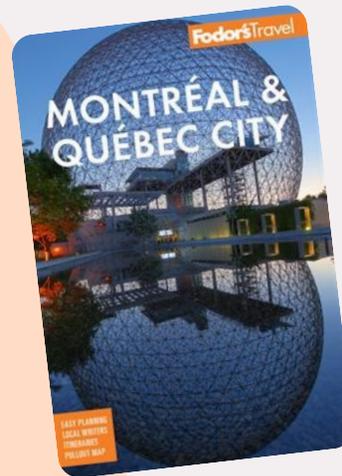
Cheeseburger Macaroni Skillet

Ingredients:

- 1 pound lean ground beef
- 8 ounces uncooked whole wheat elbow macaroni
- 3 cups reduced-sodium beef broth
- 3/4 cup fat-free milk
- 3 tbsp. ketchup
- 2 tsp. Montreal steak spice
- 1 tsp. mustard
- 1/4 tsp. onion powder
- 1 cup shredded cheddar cheese
- Minced chives

Directions:

- In a large skillet, cook beef over medium heat 6–8 minutes or until no longer pink, breaking into crumbles; drain.
- Stir in macaroni, broth, milk, ketchup, steak seasoning, mustard and onion powder; bring to a boil. Reduce heat; simmer, uncovered, 10–15 minutes or until macaroni is tender. Stir in cheese until melted. Sprinkle with chives.



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Seasoned Tilapia Fillets

Ingredients:

- 2 tilapia fillets (6 ounces each)
- 1 tbsp. butter, melted
- 1 tsp. Montreal steak spice
- 1/2 tsp. dried parsley flakes
- 1/4 tsp. paprika
- 1/4 tsp. dried thyme
- 1/8 tsp. onion powder
- 1/8 tsp. pepper
- Dash garlic powder

Directions:

- Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
- Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5–8 minutes. Serve with your choice of side.

