

## METHOD FOR ROASTING PEANUTS and My B.B.Q. Seasoning Salt Mix Recipe.

By Ghislain Bonneau at [gbphotodidactical.ca](http://gbphotodidactical.ca)

Last Revision 2012-04-07

This recipe will yield 6 Cups of delicious B.B.Q. Peanut snacks and enough B.B.Q. Seasoning Salt to last you for many months of good seasoning. I use this seasoning also when I cook my Chicken or Turkey and even on Fish and Potatoes. It is like a Seasoning Salt without the Salt and it has that little B.B.Q. Kick to it. The only salt in this recipe is in the Chicken Base Powder and yet it taste Salty just enough.

Preparation Time; 10 Minutes

Cooking Time; 15 Minutes

### B.B.Q. SEASONING SALT MIX Recipe preparation.

First you will need to get one Bottle of **Club House La Grille, Barbecue Chicken Seasoning. 203 Grams.** Pour the whole bottle in a mixing bowl and add to it ALL the ingredients below. For the mixing bowl I use an empty Margarine container and I put the cover on and shake it well in all directions to mix the seasonings.

- 1 Bottle of Club House La Grills Barbecue Chicken Seasoning 203 Grams.
- 2 Table Spoon of Garlic Powder.
- 1 Pinch of Ground Sage,
- 1 Pinch of Ground Mustard.
- 1 Pinch of Ground Savory.
- 1 Table Spoon of Chicken Base powder.
- 1 Tea Spoon of Paprika.
- 2 Small Pinch of Cayenne Pepper.



Mix well all the above ingredients together and put back in some empty bottles for later use in your cooking recipe and in the **B.B.Q. Peanuts recipe below.** Squeeze the margarine container on each side to make a small beak to facilitate the transferring of the spices into a small bottle. **You will have lots left over for many other Roasted Peanuts batch since that we only use 4 Tea Spoon of this SEASONING SALT MIX when roasting a batch of peanuts. I use a Marker to mark MIX on the bottle that contains the mix to differentiate it from the other bottles that are not be mixed yet with all the spices above.**

### METHOD OF ROASTING THE PEANUTS. (This recipe will fill Two 3 1/2 cups plastic containers.)

- 6 Cups of Roasted unsalted peanuts.
- 1 Table Spoon of Olive or Peanut Oil.
- 4 Tea Spoon of the **B.B.Q. Seasoning Salt Mix.**

Put the heat between medium and high and in a large frying pan put the Olive Oil and spread it around in the pan and cover it with the 6 Cups of Peanuts. Mix well with a large spatula **and turn the peanuts over constantly from all directions** for about 10 to 15 minutes. Make sure the peanuts don't burn, if you see that some of them start to get black, turn the heat down a bit. When you see that the shine of the Oil on the peanuts starts to be absorbed by the peanuts after 15 minutes it will be time to **add the 4 Tea Spoon of the B.B.Q. SEASONING Salt Mix.** Spread the Seasoning Mix all over the peanuts and continue mixing for another 5 minutes turning the peanuts in all directions and then spread the peanuts on two large pizza plates to let them cool down. Make sure the peanuts are cold before storing them in plastic containers with the covers on. They will keep good for about two weeks from the date you did them. I mix two handfuls of peanuts with tree handfuls of Raisin bran cereals for my night snacks. Peanuts and Raisin Bran Cereals are much healthier and less fattening and less expensive then Potato Chips.

**Just in case you did not know,** all the Cells in your Brain needs fat to function properly and Peanuts and Peanut Oil are the best fat you can give them to stay healthy and to work efficiently. I limit myself to two handful of peanuts daily, because more then that I would have to start to run a marathon to burn all the extra calories.

Staying fit and keeping your weight in check is easy as long as you burn the calories **you take in daily** you will always stay slim. I think that a balanced diet is like keeping your eyes on a balance and for what ever extra calories you take in each day, you must burn in activity that same day because if you did not burn those extra calories they will just be turned into fat and be stored around your waist line, It is as simple as that.

**SEE PHOTOS ON THE NEXT PAGE.**



**BON APPÉTIT**