



Flavours of Saskatchewan

Satisfy your craving with Saskatchewan inspired recipes. botaniCa Restaurant offers fresh, Saskatchewan favourites with our own brand of zest. Seasoned entrées with fresh farmers' ingredients, drinks with a twist and jaw-dropping service. Sometimes you deserve to feel guilty.

306.525.7570

Regina Inn Hotel and Conference Centre
1975 Broad Street, Regina, SK S4P 1Y2

Life is fun Eat it up

botaniCa

CHEF'S CHOICE

SASKATCHEWAN SPICE MIX

Roasted Flax Seed	1/2 cup
Pearl Barley	1/2 cup
Green Lentil	1/4 cup
Red Split Lentil	1/4 cup
Wild Rice	1/2 cup
Fennel Seed	1/4 cup
Dried Chanterelles	2 oz.
Five Peppercorn Blend	1 cup
Chili Powder	1 cup
Garlic Granules	1/4 cup
Onion Powder	1/4 cup
Coarse Sea Salt	1/4 cup
Fresh Basil (Finely Chopped)	1 oz.
Fresh Rosemary (Finely Chopped)	1/2 oz.

Using a grinder, grind the first eight (8) ingredients until coarse. Place in a bowl. Add the next four (4) ingredients to the coarse grains. Finely chop the fresh herbs and mix all ingredients together.

This spice mix is great whether you're grilling in your backyard or broiling in your oven. Sprinkle over ribs, chicken, pork or beef. To increase flavour and tenderness, sprinkle spices on your meat of choice, then wrap in plastic wrap and marinate in the refrigerator before cooking.

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