

# 20 WAYS TO USE AFRO FUSION CUISINE PRODUCTS

- 1. Healthful Yogurt-based Dip(s)** - Combine 1 cup yogurt, 1 Tbs. fresh chopped chives & 2 Tbs. Afro Fusion seasoning of your choice. Serve with chips, pita bread, naan, fresh vegetables (carrots, celery, asparagus...etc.).
- 2. Salsa Dips** - Use Afro Fusion Cuisine (AFC) Sauce of your choice as you would use any salsa and dip in chips, fresh or cooked veggies.
- 3. Crostini Toppings & Spread** – Make mouthwatering crostinis with any AFC Sauce. Garnish with fresh herb of your choice (chive, cilantro, parsley..etc). Add your favorite shaved cheese and a slice of yellow or red cherry tomato.
- 4. Perfect vinaigrette** for all kinds of salads, awesome marinade for all types of meat and fish!
  - a. Using the sauces** – Combine our sauces with red wine vinegar to make the perfect dressing; 2 Tbs. vinegar, 4 Tbs. of any of our sauces, 2 Tbs. virgin olive oil or grapeseed oil.
  - b. Using the spices** – 3 Tbs. red wine vinegar, 1 shallot minced, 6 Tbs. virgin olive oil and 2 Tbs. of any Afro Fusion Cuisine spice (add salt as appropriate).
- 5. Stir Fry** – Use 1 jar of any of our sauces to stir fry 2 cups of mix veggies or 1 lb. of sliced meat. Finish it with 2 Tbs. fresh herbs (chive, marjoram, cilantro or parsley).
- 6. The Perfect Condiment** – Warm/Microwave the sauce and serve as condiment to accompany your favorite meat, veggies, hotdog or brats, fish, tofu... Just set aside for dipping or pour on top your delight 5 minutes before serving!
- 7. 30 Minutes Meals** – Use our convenient sauces to start any meal! Simmer and add to your choice of chopped veggies, sliced meat, tofu, tempeh, fish, seafood or any combination. Finish the dazzle with 1/4 cup finely chopped fresh herbs.  
(1 Jar of our simmer sauces for 2 cups of veggies, 1lb. of meat, 1 lb. of seafood or any combination of your preferred ingredient).
- 8. Base Sauce for Seasoned Rice** - Precook (parboil) your rice according to package instruction. When almost cooked through, in a separate pan at low fire, mix your sauce with the rice and finish the cooking, making sure sauce is absorbed slowly. Add your choice of veggies, peppers or meat as appropriate. Enjoy an amazing experience!
- 9. Use AFC Sauces as gravy for your white rice.**
- 10. Make Exotic Pastas & Couscous** with our sauces and spice blends - use our Joloff, Mafe, Curry and Yassa Sauces as substitute for the traditional pasta sauce
- 11. Soups & Stews** – Add flavor to your soups or stews.
- 12. Saucy Meatball Appetizers** – Make meatballs from scratch using our spice blends or use prepackaged meatballs and cook them with our sauces (your favorite sauce) according to your usual recipe. Alternatively, cook your meatball as usual, when ready to serve (5min. prior), pour any AFC Sauce on top for a dazzling finish. Garnish with fresh herb.
- 13. Saucy Wings Appetizers** – Make your wings from scratch! – Season chicken wings with salt, pepper and bake until cooked though. To serve, 5 min. prior, pour any AFC Sauce for a dazzling finish. Toss to coat. Garnish with Fresh herbs.
- 14. Crockpot Recipes** – use your choice of chopped veggies, sliced meats, tofu, tempeh or a combination of all those ingredients. Combine 1 cup water or stock with 1 jar of AFC sauce. Add your favorite protein or vegetable and let it cook. Add salt and pepper to your liking. Enjoy a movie while the crockpot and Afro Fusion Cuisine magic do the job!
- 15. Baked Chicken/Fish/Ribs** – Rub 1 lb. of your choice chicken, fish, tofu or tempeh, beef, pork, lamb or ribs with 2 Tbs. butter (or olive oil), 4 Tbs. AFC Seasoning Blend of your choice, and salt. Let marinade in the refrigerator for at least 1 hr. Bake as you typically do, basting every 10 min. with your favorite AFC Sauce or Marinade. Enjoy!  
TIP: For a lot of flavor, make tiny incisions on your meat or fish with the tip of your knife and rub in the seasoning. Also the longer you marinate, the deeper the flavors and the more exquisite the dishes.
- 16. Pan Seared Filet Chicken/Fish/Ribs/Pork/Lamb** – Rub 1 lb. of your choice meat, fish filets or tofu slices with 2 Tbs. of butter (or olive oil), 4 Tbs. of AFC Seasoning Blend of your choice, and salt. Marinate in the refrigerator for at least 1 hr. Pan-sear as you typically do, basting every 10 min. with your favorite AFC Sauce or Marinade. Enjoy!  
TIP: For a lot of flavor, make tiny incisions on your meat or fish with the tip of your knife and rub in the seasoning. Also the longer you marinate, the deeper the flavors.
- 17. On the Grill (Indoor or Outdoor Grill)** – Make magic happen on the grill indoors or outdoors with AFC Spices, Sauces and Marinades! Rub 1 lb. of your choice chicken, fish, tofu or tempeh, beef, pork, lamb or ribs with 2 Tbs. of butter (or olive oil), 4 Tbs. of AFC Seasoning Blend of your choice, and salt. Marinate in the refrigerator at least 1 hr. Grill, basting every 10 min. with your favorite AFC Sauce or Marinade. Enjoy!  
TIP: For a lot of flavor, make tiny incisions on your meat or fish with the tip of your knife and rub in the seasoning. Also the longer you marinate, the deeper the flavors.
- 18. Chutneys/Jams & Jellies** – Add 2 Tbs. AFC Seasoning Blend to 1 cup chutney, jam, or jelly. To add a dazzling effect, pair with cheese and crackers...Yummm!
- 19. Amazing Omelette or Scrambled Eggs** – Add 1 Tbs. AFC Seasoning Blend of your choice to 2 eggs, 1 Tbs. of fresh chives and 1 shallot, finely sliced. Create this amazing effect at Breakfast... try it! Serve with Afro Fusion Cuisine Toast (see below).  
TIP: Your breakfast omelette or scrambled eggs are even more amazing if you add 1/4 cup finely chopped bacon...Mmmmm!
- 20. Bacon & Toasts** – It will never be the same... Rub 2 Tbs. per pound of bacon and cook according to your normal process. For toast, mix 2 Tbs. butter and 1 Tbs. AFC Seasoning Blend. Rub your toast with this mixture and bake for a minute to your desired crispiness.... Serve with bacon and scrambled eggs! Yum!



## PRODUCTS ONLINE & AT

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