

Inner Spice

InterCourse Chef Services is now very proud to offer 4 different spice blends.

InnerSpice Pep'r Energize your pepper mills and spice grinders with the provocative flavors of 4 types of peppercorns, fennel, coriander and allspice.

This blend is created and used by Chef Patrick in his own kitchen. After many years of teaching and research, Patrick sought something more unique to offer than "finish with Salt and Pepper" at the end of his recipes. Drawing upon his experiences traveling through Asia, and Europe, Patrick has chosen specific flavors that resonate with a refined palate. InnerSpice offers an exquisite and robust flavor to meats, poultry, pasta, salads, vegetables.....and even popcorn.
**These spice blends are all suitable for raw vegan diets and for those who routinely perform dietary cleanses.

Tandoori Powder Smooth, floral, radiant in flavor and vibrant in appearance, this blend of spices gets its name from the horizontal oven called a Tandoor, for which Tandoori chicken, Tikka, and Naan bread are cooked. This blend works great with not only chicken, but in hamburgers, on pork, beef kebabs and even fish.

InnerSpice Rubs- warm and spicy. InnerSpice Rubs will help make your pork, beef, or any ribs into succulent, hugely flavorful and if you like, spicy rib goodness!! It also works great if you want to have a blackening spice on your steaks seared in a cast iron pan. Adding crushed garlic and

ginger to the rubs will give an extra dimension in flavor to your meats.

Customer feedback on InnerSpice Blends

"I first tasted Innerspice Pep'r at a dinner party some years ago and when I inquired as to the producer of said pepper blend, I was pleased to hear that it was from the local company InterCourse Chef Services. I purchased a container filled with the wonderful blend of peppers corns and other ingredients and haven't looked back since. I literally use this product in the bulk of the cooking that I do - from salads, to meats, potato dishes, egg dishes, pastas, and so on. I especially enjoy using Innerspice when seasoning tomatoes. By adding Innerspice to a salt and crushed basil leaf mix, the result is some fantastically flavoured tomatoes. I would recommend this product to anyone who enjoys putting pepper on their meals, and seeks to get as much flavour and enjoyment out of their food as possible."

Don McKeown- Professional Student, University of Calgary

"I bought InnerSpice Tandoori because I have difficulty getting the individual spice flavors to balance when I mix them myself. I have used the Tandoori powder on salmon, oven-roasted root vegetables, and in a bison stew. A mixture of olive oil and Tandoori powder is a delicious spread for pita bread. I would highly recommend this spice to anyone who would like to make flavorful, healthy food."

Lois Kelly, volunteer at The Cookbook Company Cooking School

InnerSpice can now be purchased directly by contacting Patrick Dunn or at the following retail shops. Just click on the links below to be forwarded to their website:

The Cookbook Company

Calgary Farmers' Market at The Currie Barracks

Red Tree Catering (Marda Loop and Kensington)

Knifewear (Inglewood)

