

I can't get enough of these CHILLI SAUCES. What is the saying?... 'once you've popped, you cant stop'?! Here are some great suggestions of ways you can enjoy them.

1. **Roasts**

I make this all the time, so easy and sooooo delicious! Marinade Lamb overnight with a bottle of the Jamaican Jerk Marinade. Then roast and serve with roast potatoes and salad.

2. **Stews**

If you like your Stews with a bit of spice, add a drop of the Naga, Jalapeno, Habanero or Scotch Bonnet Hot Sauces). Fruity but with a kick so be careful! Add a drop at a time according to taste.

3. **Barbecue**

Marinade your Barbecue meat in the Teriyaki Sauce for 30 minutes before cooking. Sprinkle some Cajun Hot Sauce on your chicken wings to get some tasty spicy wings Cajun style!

4. **Cheese**

They are amazing as a topping with Cheese!

5. **Sandwich**

Again, they are perfect for livening up a sandwich. Add to any Cheese or Meat sandwich for a bit of spice.

6. **Dip**

Mix through the Cajun Hot Sauce with Mayo for a spicy Prawn Dip.

7. **Topping**

Great as a Spicy accompaniment for Sausages, Burgers, Buritos, Hot Dogs etc. Try the Jalapeno, Scotch Bonnet or Habanero Hot Sauce to your Barbecued Burgers, delicious!!

8. **Grilled cheese on toast**

My favourite! Add some Barbados Hot Sauce to grilled Cheese on Toast after the grilling to add a kick!

9. **Chicken**

Drizzle some Sriracha Sauce on a Thai Chicken Curry or add to Grilled Chicken and serve with salad for a fun and healthy dinner.

10. **Cold Meats**

All the Hot sauces are great for spicing up your cold sausages or cold cuts.

11. **Fish**

Try the Sriracha Sauce with Fishcakes and Salad or as an accompaniment for Cod and Haddock. How about marinating your salmon with the Teriyaki Sauce in the fridge for an hour before cooking.

12. **Salad Dressing**

Mix the Cajun Hot sauce to some lime juice and olive oil for a zesty Dressing.

13. **Pasta**

Add a couple of drops of Trinidad Habanero Hot sauce to Spag Bol for a spicy kick.