

DECEMBER 2017

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DECEMBER 2017

Welcome

When I think of the holidays, I think of two things – food and drinks. And of course, we need family and friends to share them with. This month, we're proud to introduce our inaugural Eat and Drink issue.

Pulling from issues past, we compiled our favorite recipes that span the seasons. Hot Buttered Rum for winter, a Green Goose "slushie" for spring, Sugar Daddy Iced Tea for summer and Hot Apple Cider for fall. With the *Enjoy* Eat and Drink issue, we've got you covered.

If you prefer to cook, we packed this issue with sweet and savory recipes that are as easy as they are delicious.

Let our coffee-rubbed pot roast melt in your mouth and warm your soul this winter. Try our baked eggs for a springtime brunch. When outdoor grilling is in order, our American Bison burger will provide all the lean protein you need to keep active. Then, cool down in autumn with a fresh baked apple crisp.

For all seasons, Enjoy!

SINCERELY



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WINTER

by Chrystal Caruthers

When snow and ice blanket the outdoors, the comforts of home become all-important. A roaring fireplace — gas or wood-burning — is all the body needs after a day of commuting. That, and a big mug of Hot Buttered Rum!

Snowy, grey days are the perfect backdrop to our winter recipes. Hot Buttered Rum satisfies the soul with its creamy goodness. The rum gives it punch while the added spices punctuate every savory note. The zest of an orange provides freshness. It's a cold-weather sipper that can go from a weeknight at home to a weekend holiday gathering.

Coffee Rubbed Pot Roast is a carnivore's dream. Meaty. Beefy. Savory. This family meal is worth sitting at the table for. Coupled with potatoes — sweet or Idaho — this dish is a throwback to times when the whole family gathered on Sundays for a special meal, perhaps after church. We hope you Enjoy our take on comfort food, and drink.



HOT BUTTERED RUM

Comfort in a glass

by Chrystal Caruthers

When it's too cold for comfort, warm up with a mug full of Hot Buttered Rum. This classic is perfect for impromptu gatherings. Just mix up the batter and keep a jar in the refrigerator. It's comfort on demand!

Ingredients:

- 1.5 tsp.** ground cinnamon
- 1.5 tsp.** ground nutmeg
- ¼ tsp.** ground cloves
- ½ tsp.** ground ginger
- ⅓ tsp.** salt
- 1 tbsp.** vanilla extract
- 1 cup** dark brown sugar (firmly packed)
- 2 oz.** dark spiced rum per mug
- 1 stick** unsalted butter (room temperature)
- 1 tsp.** orange zest
- 6 oz.** apple cider
- Cinnamon sticks for garnish

Directions:

- 1** To make the batter, use an electric mixer or whisk to beat most of the ingredients together — butter, cinnamon, nutmeg, cloves, ginger, dark brown sugar, vanilla extract and salt.
- 2** Transfer the batter to a glass storage container and keep in the refrigerator until almost firm.
- 3** In a heat-safe glass mug, add 2 scoops of batter, 6 ounces of hot apple cider and 2 ounces of dark spiced rum.
- 4** Stir until the batter is melted.
- 5** Garnish with orange zest and a cinnamon stick.



COFFEE RUBBED POT ROAST

Family dinner is back

by Chrystal Caruthers

Few people have time to prep and cook a homemade meal every night. I recently invested in an Instant Pot, a modernized pressure cooker. It's nothing like the spitting, spluttering beast that my parents used to use. The Instant Pot resembles a crock pot...but it's faster! Try this coffee infused pot roast to warm your belly. Best of all, the leftovers are even better!

Ingredients:

Roast

2 lbs. beef chuck roast cut in to 1.5 to 2-inch cubes

1 cup freshly brewed coffee

1 cup beef broth

1 shallot, chopped

1 clove garlic

6 dried figs, chopped

3 tbsp balsamic vinegar

Kosher salt to taste

Freshly ground black pepper to taste

Rub

2 tbsp finely ground coffee

2 tbsp smoked paprika

1 tbsp freshly ground black pepper

1 tbsp cocoa powder

1 tsp red pepper flakes

1 tsp chili powder

1 tsp freshly ground ginger

1 tsp sea salt

Directions:

- 1** Sprinkle beef cubes with 3 to 4 tablespoons of the rub. Toss well until the beef is evenly coated.
- 2** Combine the brewed coffee, broth, shallot, garlic, figs and balsamic vinegar in a high power blender. Blitz until liquefied.
- 3** Transfer the seasoned beef to your pressure cooker and pour the liquefied sauce on top.
- 4** Cover and lock the lid of your pressure cooker.

SPRING

by Chrystal Caruthers

Rebirth. Spring is here. Budding flowers, misty showers; spring is a time to celebrate new life, warmer weather and transient beauty. Cherry blossoms along the Tidal Basin in Washington, D.C., sunsets in Sedona, AZ, spring is a combination of pleasant weather and light menus.

For spring we chose two of our favorite recipes, first, a green smoothie that's a little less healthy, but full of fresh flavor. Blending kiwifruit Aqua Fresca style, we add vodka to taint this healthy drink with just the right amount of sass. No need to feel too guilty, though, Kiwifruit boasts five times the vitamin C of an orange.

Eggs are making a comeback. Once maligned as a high-cholesterol inducing menace, eggs are enjoying a renaissance. With zero sugar, zero carbs, and no gluten, eggs are still America's favorite way to start the day. Try our Easy-Baked Eggs. Perfectly portioned, this single-serving of savory goodness is sure to satisfy, and impress.



THE GREY GOOSE

A green smoothie cocktail

by Chrystal Caruthers

Green smoothies are all the rage. Kale, spinach, and chard have found their way into our drink glasses rather than our sauté pans. But we can't ask for kale at a bar! Here's a green drink that's sure to satisfy the most health conscience of friends while also providing an adult libation for imbibers.

Ingredients:

6 kiwifruit

1 cup Grey Goose La Poire Vodka

6 cups distilled water

Directions:

Borrowing from Mexican Aqua Fresca, peel 6 kiwis, toss into a blender with 6 cups of cold water. Mix. Add 1 cup Grey Goose La Poire Vodka. Garnish with a kiwifruit or pear slice. Enjoy.



EASY BAKE EGGS

The perfect yolk

by Chrystal Caruthers

Ingredients:

2 free range eggs

2 basil leaves

Parmesan cheese
(freshly grated)

Leftover pasta sauce

Cottage cheese

Olive oil spray

Salt and pepper to taste

Directions:

1 Preheat oven to 425-degrees.

2 Spray ramekins. Spread pasta sauce in the bottom of your oven-safe dishes. Dollop with

cottage cheese. Tear basil and scatter. Break two eggs on top. Season with salt and pepper. Grate parmesan on top.

3 Bake for 15 minutes. Yolks should still be runny. Serve with toast.

SUMMER

by Chrystal Caruthers

Nothing shines brighter than the smiles of summer.

The days are longer, the nights are shorter, and there is plenty to do every day. Swimming, biking, running, hiking, summer is made for outdoor living. And nothing says outdoors like grilling. From grilled vegetables to thick, juicy burgers, the summer menu pairs peak freshness with premium meats.

Our American Bison burger is a nod to America's western plains. With its vast grazing landscape, large bison still roam freely. These large animals graze in the wild, meaning bison meat is usually organic and naturally grass fed. Packed with 17 grams of protein and Vitamin B12, bison is a complete protein that grills perfectly.

Eat as many bison burgers as you want; it's health food disguised as junk food!

For the perfect pairing, add our Sugar Daddy Iced Tea to the menu. Fresh brewed tea meets limoncello for brightness and bourbon to ground the flavor. Our iced tea and bison burger combo makes for an Americana-inspired summer menu.

High Protein, Low Fat

by Chrystal Caruthers

American Bison is not just the national mammal of the United States, it's one of the healthiest red meats you can eat. Rich in protein, iron and zinc, with just 2.4 grams of fat per 3.5 ounces, it's great for those looking to shed pounds without giving up the tasty satisfaction of a good burger.

Ingredients:

1 lb. ground bison

4 pretzel roll burger buns
toasted/grilled

2 beefsteak tomatoes

1 large red onion

4 slices pepper jack cheese

Freshly ground black pepper

Dijon mustard

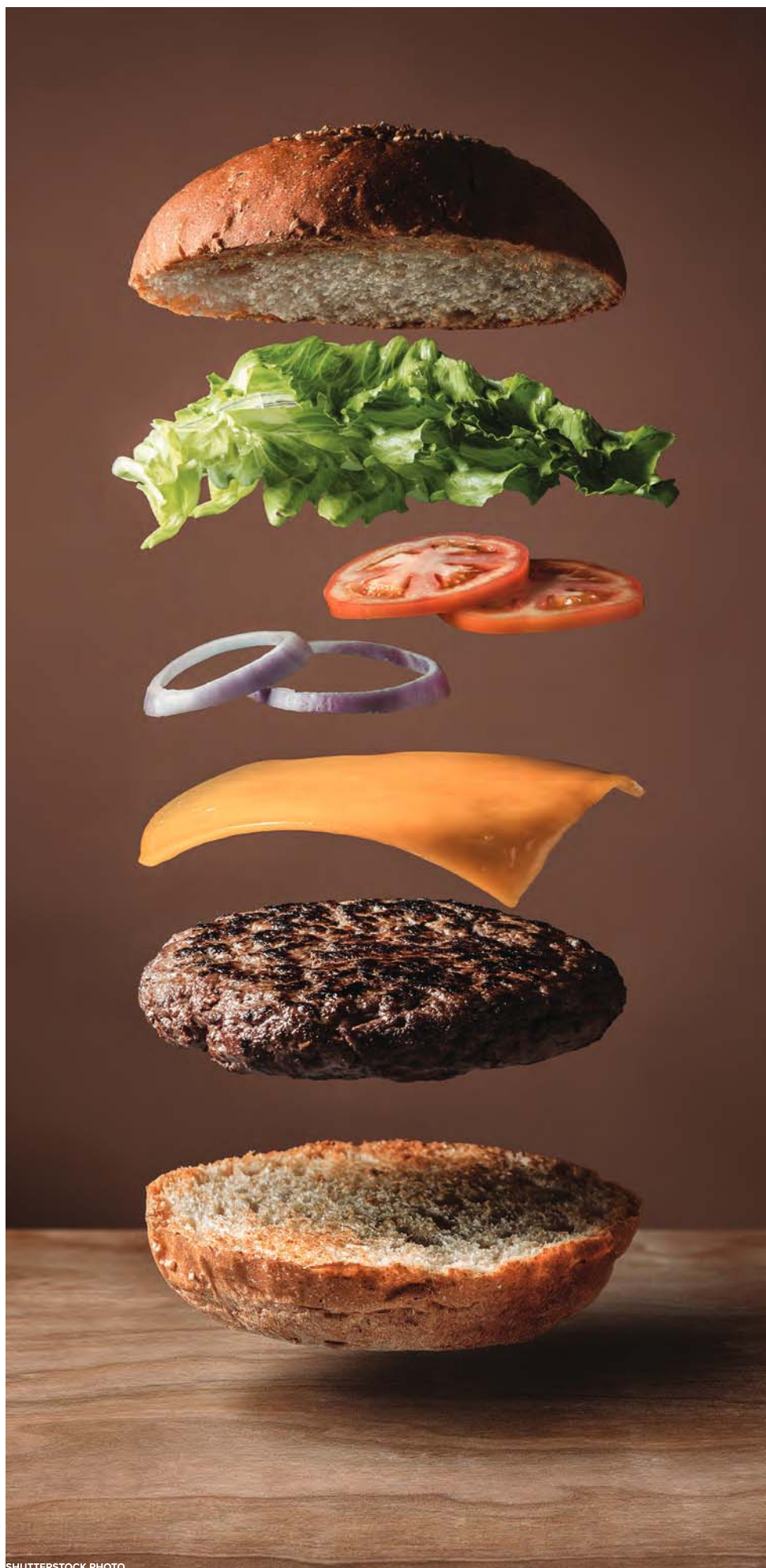
Arugula

Olive oil cooking spray

Salt

Directions:

- 1** Prep your charcoal grill. Preheat the grill for about 10 minutes. Season bison with kosher salt and freshly ground black pepper. Form four patties. Use your thumb to make an indentation in the middle of each patty to prevent the burger from forming a dome while cooking. Spray each patty with olive oil cooking spray so that the burger develops a crust to keep the juices inside.
- 2** Grill on high heat for about four minutes on each side. Remove from heat and let rest.
- 3** Grill pretzel rolls until light brown grill marks show. Spread one side with mustard. Add a slice of cheese, your grilled Bison patty, a thin slice of red onion, and tomato. Enjoy.



SHUTTERSTOCK PHOTO



SUGARDADDY ICED TEA

Your new favorite summer sipper

by Chrystal Caruthers

This iced tea recipe became our most popular recipe to date. So easy and fun, this refreshing tea combines freshly brewed Black tea with fresh lemons and two liquors — maybe that's why you like it so much!

Directions:

- 1 Bring water to a boil. Add tea bags and sugar. It's easier to dissolve sugar in hot water than to add later to cold tea. Brew the tea according to how strong you like it — about five minutes for a mild tea flavor, longer if you want a robust tea.
- 2 Pour cooled tea into a pitcher filled with ice. Juice one orange and add to tea. Add limoncello and bourbon.
- 3 Garnish each glass with a lemon wedge.

Ingredients:

- ½ cup** sugar
- 3 cups** water
- 3** Black tea bags
- 1** lemon
- 1 cup** bourbon
- ¼ cup** of limoncello

AUTUMN

by Chrystal Caruthers

Golden leaves color the neighborhood.
Coordinating with reds, browns, yellows and orange.
This artists pallet is what makes autumn a vision
worth traveling to see.

Florida may be the sunshine state. But in October, there's no place like Michigan. It's a bounty of visual delights. Crisp air, cozy scarves and mittens, autumn is nice. Our Homemade Hot Apple Cider is an autumn mainstay. It takes the freshest Midwestern grown apples, combined with our favorite spices to create a drink so good, there's never enough. Kids may crave apple juice, but cider is for adults.

Complex and flavorful, cider is a freshness explosion for thirsty taste buds.

Our Apple Crisp is as good for you as it is to you. Fun to make, and sure to delight. It's a bounty of fresh cut Golden Delicious, Granny Smiths, Jonagolds, or whatever your favorite apple variety may be. Mix two different apple varietals for texture and taste. There are no bad apples in the bunch!



SHUTTERSTOCK PHOTO

HOMEMADE APPLE CIDER

Upgrade to homemade Cider

by **Chrystal Caruthers**

Skip the grocery store juices and opt for homemade apple cider instead. It's easy to make and features all the tastes of Fall. With Gala apples and a hint of cinnamon, this tart but sweet cider can be served hot or cold.

Ingredients:

- 10** gala apples, quartered, skin on
- 3/4 cup** white sugar
- 2 tbsp.** ground cinnamon (or two cinnamon sticks)
- 2 tbsp.** ground allspice

Directions:

- 1** Place apples in a large stockpot and fill with enough water to just cover the apples. Stir in sugar. Wrap the cinnamon and allspice in a doubled up cheese cloth, tie and add the spice pouch to the apples and water.
- 2** Boil, uncovered, for one hour while checking frequently. Cover pot, reduce heat, and simmer for two hours.
- 3** Remove from heat and remove spice pouch.
- 4** Mash up the apples to a pulp-like consistency (a potato masher works well for this).
- 5** Once cool, strain mixture into a large bowl. When most of the juice has drained away, put the pulp into a doubled-up cheesecloth and squeeze to get the remaining juice.
- 6** Serve chilled or reheat. Garnish with a cinnamon stick.

A guilt-free dessert

by Chrystal Caruthers

Ingredients:

- ¼ tsp.** allspice
- ¼ tsp.** nutmeg
- ¾ cup** brown sugar
- 2 tbsp.** white sugar
- ¾ cup** old-fashioned oats
- ¾ cup** all-purpose flour
- 2 tsp.** ground cinnamon
- 1 tsp.** vanilla flavor
- 3** Jonagold apples
- 3** Granny Smith apples
- 6 tbsp.** of cold butter

Directions:

- 1** Preheat oven to 350-degrees.
- 2** Peel, core and slice apples. Toss apples with two tablespoons of white sugar, one teaspoon of ground cinnamon, allspice, nutmeg and vanilla flavor.
- 3** In another bowl, use your hands to crumble the brown sugar, oats, flour, cinnamon and cold butter together until large crumbs are formed.
- 4** Pour apples in a 9 x 13 baking dish. Cover from edge-to-edge with crumble mixture. Bake for 40-50 minutes until sides are bubbling and the crumble is golden brown.
- 5** Enjoy with vanilla bean ice cream, homemade whipped cream or crème fraîche.






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*95% Customer Satisfaction: Data Source: Guaranteed Rate's Client Satisfaction Surveys (Averaged 2015-2017)

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