

DECEMBER 2018 | EAT • DRINK The state of th





THE 2ND ANNUAL



DRIK ISSUE

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Enjoy DECEMBER 2018

Welcome

It's time to celebrate! This is our 2nd Annual Eat & Drink issue.

Packed with colorful, sometimes nutritious, recipes. We curated our favorites from years gone by to bring you seasonal recipes to share throughout the year. This month, we go big. Slow cooked lamb shanks baked low and long to create a gravy so savory, you'll ladle it on everything. Chase it down with a coffee infused martini so decadent, you'll think it's desert. This is what the holidays are made for. Eating. Drinking. Enjoying life and spending as much time as we can with family and friends.

As 2019 rolls around, we encourage you to try our lighter offerings. Gluten-free? No problem. This issue has something for everyone. We also included a lemonade recipe that puts that powdered mix to shame. Made special with coconut water and lavender, this thirst quencher will make you rethink refreshment.

This holiday season, the Enjoy team wishes you the best that life has to offer. Eat, drink and be merry!

Enjoy,

SINCERELY,



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WINTER

by Chrystal Caruthers

The holidays are made for up-all-night events with buffets loaded with calories. It's winter and sweaters are worn to keep us warm and hide that extra winter layer! Whether you're hosting friends or cooking for family, a good meal is a gift worth receiving.

This winter, we revisit The Rich & Skinny. A coffee infused martini sure to get you going. With a splash, or two, of Patron XO Café Incendio and a dab of dark chocolate, The Rich & Skinny leaves you craving more. Have another. It's mixed with soy milk — low in fat, high in protein. So, you Enjoy as many as you can tolerate. From The Rich & Skinny to our hearty, rich and tender Dutch Oven Lamb recipe, dinner is

served! Braised lamb is a succulent meat to be enjoyed on the coldest winter nights maybe after a day of shoveling heaps of snow. It's comfort food served best with potatoes. Elevate it by serving it with riced cauliflower, trend and packed with nutrition. With Shiitakes and rosemary, this dish will be devoured. You can Enjoy as many as you can tolerate! Grab a big plate and settle in for a winter night meal.

DUTCH OVEN LAMB

Hearty, Rich & Tender

by Chrystal Caruthers

For a sit-down meal, nothing soothes the soul like braised lamb. Slow cooked in its own juice, lamb shanks are inexpensive and delicious. Adding shiitake mushrooms kicks up the flavor profile for an easy gourmet meal. Serve with riced cauliflower and Enjoy.

Ingredients

- 4 lbs. lamb shanks
- 2 large shallots (diced)
- 4 garlic cloves (minced)
- 2 anchovy fillets
- 2.5 cups red wine

Reconstituted Shiitake mushrooms (chopped)

.5 cup mushroom stock

Fresh Rosemary

2 tablespoons extra virgin olive oil Salt & Pepper

Directions

Heat oil in a Dutch Oven. Season lamb shanks with salt and pepper. Brown on all sides. Remove shanks. Add shallots, garlic and anchovy fillets to the browned oil. Sautee until fragrant. Add lamb shanks back to the Dutch Oven. Add red wine, rosemary, shiitakes, and mushroom stock. Season with salt and pepper. Bring to a boil then reduce heat to medium-low. Cover and simmer until meat is tender, about 2 hours. Remove rosemary before serving.





A WINNING COMBINATION

The Rich & Skinny

by: Chrystal Caruthers

Who says a cocktail has to be loaded with calories? It's springtime and we have bikini's to fit into! We add a little caffeine to the mix to jumpstart your happy hour. The dark chocolate adds richness while the soy milk keeps it figure-friendly. Brew, mix, Enjoy!

Ingredients

.5 cup freshly brewed coffee

1/3 cup soy milk

1 tablespoon dark chocolate syrup

2 shots Patron XO Café Incendio

Directions

Combine all ingredients in a shaker. Add ice. Shake. Strain. Pour. Garnish with coffee beans. Enjoy!

ALMOND FLOUR QUICHE

Moist. Crunchy. Tasty.

by Avital Schaffer

I seriously wish I could share this with each of you! It is amazing. Perfectly moist, crunchy, and tasty. This gluten-free quiche is stuffed with roasted Brussel Sprouts, garlic, thyme and onions. The buttery crust is made with wholesome ingredients. If you want to try a healthy spin on a classic, this is the way to go.

For more healthy recipes, follow Avital on Instagram @AvitalSchaffer.

Ingredients

Crust Ingredients:

2 cups Bob's Red Mill almond flour

1 tbsp. minced fresh thyme

3 garlic cloves (minced)

1/2 teaspoon sea salt

Pinch of crushed red pepper flakes

Pinch of black pepper

1/3 cup olive oil

4 tsp. water

Mix together and place in 9-inch tart pan. Bake at 400° F for 15 minutes.

Quiche ingredients:

1/2 cup almond milk

4 eggs

1/2 cup cheddar cheese

Pinch of nutmeg

1 tbsp. sea salt

Dash of black pepper

Whisk together

Directions

Sautee Brussel Sprouts with onion and garlic. Add to egg mixture and stir. Pour into par-baked almond flour crust and bake at 400°F for 30-35 minutes.





COCONUT HERBAL LEMONADE

A thirst quencher

by Chrystal Caruthers

Lemonade gets an upgrade with potassium-packed coconut water, and this lemonade doubles as an energy drink. Non-alcoholic and brimming with herbs, this Coconut Herbal Lemonade will have you craving more.

Ingredients

12 lemons

2 pints coconut water

1-pint distilled water

1 cup superfine sugar

Fresh lavender

Fresh elderflower

Fresh verbena

Directions

Set aside one lemon for zesting and two others for slices. Juice the nine remaining lemons into a glass pitcher. Add sugar, water and coconut water. Stir. Add herbs. Enjoy.





IN A PINCH, GUAC'S A CINCH!

Quickie Guacamole

by Chrystal Caruthers

Summer is all about impromptu gatherings. Guacamole is a sure crowd pleaser.. With freshly deep-fried chips, this party food is a good time on a platter. To ensure your avocados are ripe, press to make sure it's soft but with resistance. Remove the "scab" where the stem was. If you see bright green, it's ready. If you see brown, it's over-ripe.

Ingredients

4 ripe avocados

1 small white onion

1 clove garlic

1 bunch cilantro

1 small jalapeño

pepper

1 plum tomato

1 lime

Sea salt

1 package of corn

tortillas

Corn oil

Directions

For the quacamole: Slice and scoop out ripe avocado flesh into medium-sized bowl. Add diced onion, cilantro, jalapeño, tomato and garlic. Squeeze lime juice over mixture, catching any seeds. Mash and mix until smooth. Add salt to taste.

For chips: Cut corn tortillas into triangles. Heat corn oil. When hot, add chips one at a time. When they puff and float, turn and let crisp. Remove from heat. Drain oil. Salt them immediately. Serve.

NOT FOR KIDS!

Pineapple Margarita Popsicles

by Chrystal Caruthers

Nothing says summer like a popsicle. Cool and refreshing, they remind us of childhood. But these frozen treats are not kid-friendly. Mixed with Tequila, these tasty concoctions are a cocktail on a stick. Because alcohol doesn't freeze, we add pineapple juice and tonic but remember, there's two cups of pure fun...I mean, Tequila, in there so eat slowly! And, we have to say it, don't drive after eating these popsicles!

Ingredients

1 fresh pineapple

1 cup pineapple juice

1/2 cup tonic

2 cups silver tequila

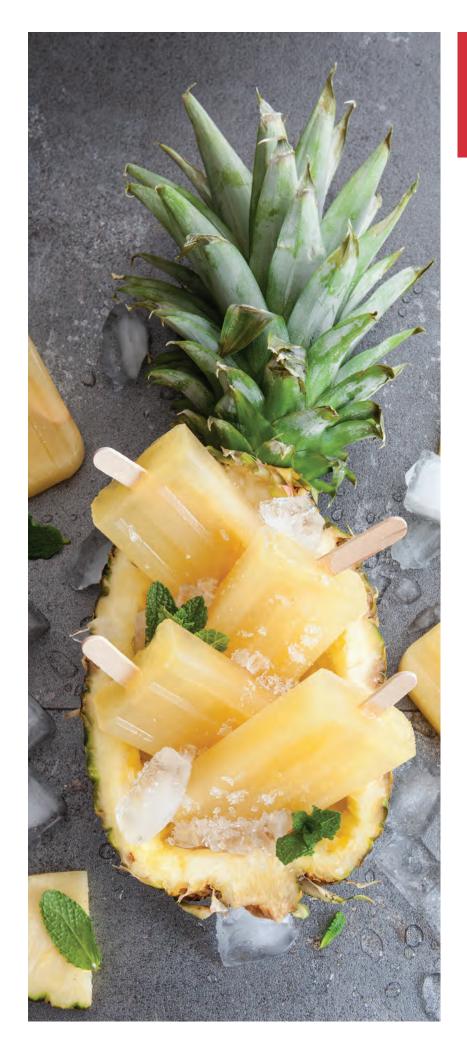
1/4 cup agave nectar

2 tablespoons freshly squeezed lime juice

Fresh mint leaves

Directions

Slice fresh pineapple in half. Scoop out the fruit. Add pineapple juice, fresh pineapple, tonic, lime juice, tequila and agave nectar. Blend. Using store bought popsicle molds, pour mixture into each mold. Add a mint leaf to each mold for a pop of color and burst of freshness. Freeze for an hour then add popsicle sticks. Freeze overnight. Release the popsicles by running the molds under hot water. Enjoy!





APPLE HAND PIE

Easy as pie

by Chrystal Caruthers

My father used to make hand pies when I was a kid, but he would deep fry them. They would come out golden, crispy and delicious. I tried to recreate his recipe, but we're baking these instead. While a deepfried hand pie brings back memories, these will save our cholesterol levels! We're using Jonagold apples. They're the perfect combination of sweet and tart.

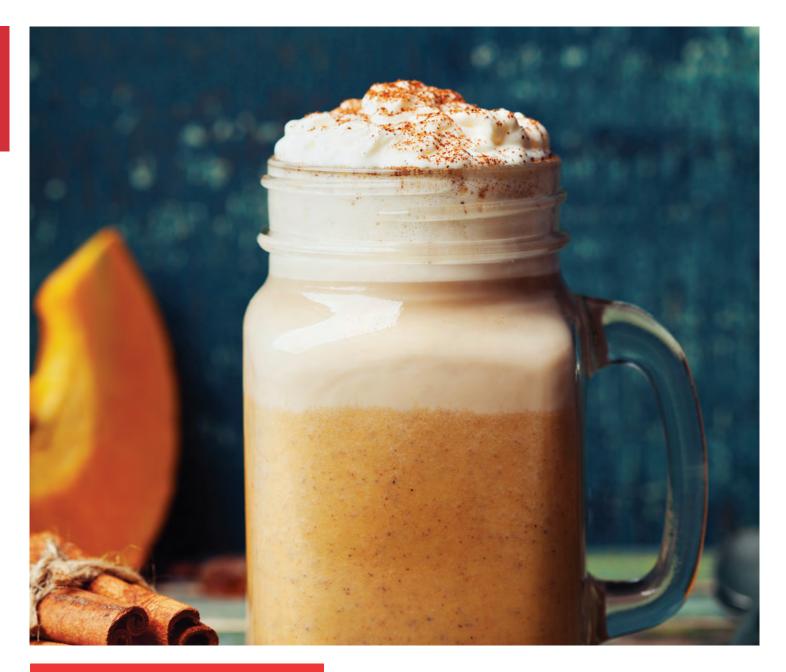
Ingredients

Prepared pie dough

- 4 Jonagold apples
- **1** egg
- 2 tablespoons butter
- 1/4 teaspoon of salt
- 1/4 cup light brown sugar
- 2 tablespoons of local honey
- 1 teaspoon of cinnamon
- 1/2 teaspoon all spice
- 1/2 cup bourbon
- 2 teaspoons milk
- 1 teaspoon sanding sugar
- 1 teaspoon corn starch

Directions

Peel, core and cut apples into evenly sized chunks. Melt and brown butter in a large skillet Add apples, salt and sugar. Cook about 5 minutes or until apples are softened. Add cinnamon, allspice, mace, honey and bourbon. Cook off alcohol. Add corn starch. Once thick, remove from heat. Preheat oven to 400 degrees. Cut dough into 5x5 squares. Spoon 1/3 cup apple filling on the center of the squares. Use remaining squares to cover the filling. Seal the two together with water. Crimp edges with a fork. Whisk egg with milk in a small bowl to create an egg wash. Brush tops of each hand pie with egg wash. Sprinkle with sanding sugar. Cut vent holes on top. Bake 15 minutes. Enjoy!



HOMEMADE PUMPKIN SPICE LATTE

Save Bucks a Cup

by Chrystal Caruthers

Why spend money at the corner chain coffee shop when you can make a tasty pumpkin spice latte at home? It's just as good and best of all, you can go back for seconds!

Ingredients

- 1 cup freshly brewed coffee
- 4 tablespoons of pumpkin puree
- 1 cup 2% milk
- **1-2 tablespoons** of sugar (to taste)
- 1 tablespoon pumpkin spice

Whipped cream

Pumpkin spice mix:

- 2 tablespoons ground cinnamon
- **2 teaspoons** ground ginger
- 1 teaspoon ground nutmeg
- 1 teaspoon allspice

1/2 teaspoon ground cloves

Directions

In a saucepan, add all ingredients. Bring to a slow simmer for 5 minutes. Pour into mug. Top with whipped cream. Garnish with pumpkin spice mix. Enjoy!



Looking to update your home? There's no better place to try out these Enjoy recipes than from your newly renovated kitchen. Guaranteed Rate offers loan options to help you take on renovations both big and small.

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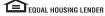
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