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# Enjoy

DECEMBER 2018 | EAT•DRINK

THE 2ND ANNUAL

# EAT



# DRINK

## 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. Sauté 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

▶ drink

# 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!





# SPRING

by Chrystal Caruthers

After months of crock-pot indulgences, spring arrives with a fresh palette of flavor. Budding flowers, sprigs of life, spring is a turning point. A time to begin again.

To usher in the rebirth, we chose two of our lighter recipes: Coconut Herbal Lemonade and a Brussel Sprout Quiche made gluten free with almond flour. Substituting water for potassium packed coconut water, this lemonade is a reinvention of the classic. Brimming with fresh herbs, verbenas for a punch of lemony brightness and fresh lavender for soul soothing relaxation, pair with savory

roasted Brussel Sprout quiche for a complete meal.

This isn't your typical quiche. Made from scratch with whole food ingredients, this quiche will become a weekly staple suitable for brunch, lunch, dinner or breakfast. Try swapping your traditional white flour for almond mill and see how you feel. Gluten-free eating is a trend worth sampling.



# 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.



# SUMMER

by Chrystal Caruthers

Sumer, summer, summertime! Will Smith's hit single is the perfect soundtrack for our summer menu. Classic. Fun. Summer smooths away the worries of winter. Bright sun, warm breezes, sand between the toes, the only thing you need is a good drink and light snack.

Guacamole is a summer staple. Quick and easy to make it's a dip that can act as a meal. Serve it traditionally with freshly fried corn tortilla chips, or on whole wheat toast for an afternoon snack. When making for a crowd, a good rule of thumb is one avocado per person.

We twist the standard margarita recipe making it a popsicle instead. All the goodness of aged agave liquor with the fun of food on a stick. Our Pineapple Margarita Popsicles are the color of summer sunshine. Fresh pineapple juice and a hint of freshly squeezed lime juice makes this recipe more an icy treat.





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

- |                                |                                    |
|--------------------------------|------------------------------------|
| <b>4</b> ripe avocados         | <b>1</b> plum tomato               |
| <b>1 small</b> white onion     | <b>1</b> lime                      |
| <b>1 clove</b> garlic          | Sea salt                           |
| <b>1 bunch</b> cilantro        | <b>1 package</b> of corn tortillas |
| <b>1 small</b> jalapeño pepper | Corn oil                           |

## Directions

For the guacamole: 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!





# AUTUMN

by Chrystal Caruthers

From September to just days before Christmas in December, Autumn is a colorful time of year. Cooler temperatures, fireplaces being lit to take the chill out of the air. In Autumn, we reach for throw blankets and add boots to our daily dress code. In season, apples, pumpkins, and root vegetables. For Autumn we bring back two of our most prized recipes: Apple Hand Pies & Pumpkin Spice Lattes.

A family recipe, these homemade apple hand pies are a throwback to simpler times. Fresh ingredients made with love. If you can find Jonagold apples, buy them. Exceptionally sweet and tart with a honey aroma. Thin-skinned and easy to peel this apple is juicy and crisp, but cooks down into mellow bites, not mush, like Granny Smith apples. Serve these warm with a caramel

drizzle to take it over the top. For coffee lovers, fall is Pumpkin-Spice Latte season! Warm cinnamon, ginger and nutmeg combine to add savory goodness to the traditional latte. Pumpkin puree makes it healthy. High in potassium, iron and fiber, pumpkin puree turns your daily coffee habit into a health drink – okay, that's a stretch, but just slightly. Try it.





## 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 deep-fried 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!





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