

THE OLIVE AND THE GRAPE

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www.theoliveandthegrape.biz

Candice's Favorite Uses for Seasoned Olive Oil

Basic Marinade

One part *olive oil* (seasoned or plain) to one part acid (wine, vinegar or lemon juice).

I like to use red wine for red meats and white wine for pork, chicken, etc.

Discard marinade after use.

Steak (or lean cuts of beef) Marinade

Use above proportions, using our *Horseradish Vintage Vinegar* and *Unseasoned Olive Oil* or *Garlic Seasoned Olive Oil*. **OR** Use an Unseasoned Olive Oil and follow the recipe on our *Cattle Call Seasoning*. (Great marinade for flank steak, which is a lean cut of beef.)

"House Salad"

On a bed of select greens, top with: prosciutto, raisins (or dried cherries), gorgonzola cheese (Feta cheese, or other Mediterranean cheese can be used), and walnuts or pinenuts.

Drizzle our *Liquid Gold* over the salad and enjoy!

Roasted Asparagus

Preheat oven to 400 degrees. Brush baking pan with *Rosemary Garlic Olive Oil*. Arrange rinsed and trimmed asparagus spears, in a single layer, on pan. Drizzle more *Rosemary Garlic Olive Oil* over spears. Bake for 5-10 minutes. (Time depends on size of spears.)

Basic Bianco (White) Pizza

Spread 1# of *dough* onto pizza pan or cookie sheet. Drizzle with olive oil (either *Garlic Seasoned*, *Classico Italia*, or *Basil Garlic*). Top with chopped fresh spinach, diced bell peppers, onions, sliced Roma tomatoes, etc. Sprinkle with shredded cheese. Bake 10 minutes.

(Time can vary depending on thickness of dough and oven.)

TexMex White Pizza

Follow above, except use *Garlic-Red Pepper Seasoned Oil*; Top with Grilled Chicken Breast, chopped, or shrimp (brushed with seasoned olive oil before grilling). Chopped bell peppers and/or onion can be added if desired. Sprinkle with shredded CoJack or Cheddar Cheese.

Bake as above.

Pasta with Grilled Shrimp

Brush shrimp with *Garlic Seasoned Olive Oil*. Grill or Quickly pan fry. Prepare Rossi Pasta *Lemon Pepper pasta* according to package directions. As soon as pasta is cooked and drained, arrange pasta on plate, top with shrimp. Drizzle with *Garlic Seasoned Olive Oil*. Chopped bell peppers can be cooked with shrimp and added to pasta, for flavor, as well as color.

Fresh Vegetable Platter

Arrange various fresh, sliced vegetables on a large platter. Alternate vegetable with thinly sliced mozzarella cheese, or fresh shaved Parmesan Cheese. Candice uses the following vegetables: tomatoes, cucumbers, red onions, zucchini, red and yellow bell peppers and other in season appropriate vegetables. Drizzle with *Liquid Gold Premium Dipping Oil*.

Garnish with assorted olives.

Five Minute Meal (with one dirty pot)

Advance Preparation Needed: Earlier in the week, prepare extra chicken breasts. Refrigerate. Then on the day of the “5 Minute Meal”, Boil water for pasta. Cook *Spinach Basil Garlic, Tomato Basil Garlic, Italian Spice*, or any other variety of *Rossi Pasta*. While water is boiling, slice chicken into manageable size pieces. After the pasta has cooked 1 to 1-1/2 minutes, add chicken to the pasta/water to reheat the chicken while the pasta finishes cooking. At this point, you can add any leftover/fresh vegetables, such as broccoli, asparagus spears, bell pepper chunks, spinach, etc. Drain when the pasta cooking time is achieved. Portion onto dinner plates. Drizzle *Italia Classico (Rosemary Garlic, Tuscano, Basil Garlic or Garlic-Red Pepper* work well also.) Garnish with olives, tomatoes and grated cheese, if desired.

Tex-Mex Pasta Dinner

Brown ground turkey or ground beef. Add taco seasoning, or something similar. Set aside. Prepare **pasta** as per package directions. (*Southwest Chipotle* works well.) Portion pasta onto dinner plates. Top with any or all of the following: black beans, corn, salsa, avocado, tomatoes, lime juice, sour cream, shredded cheddar/cojack cheese.

Chicken or Shrimp for Fajitas

Grill or “stir fry” chicken and/or shrimp with *Sangre de Toro Cooking Oil*.

Use shrimp whole, slice chicken.

Can also use same oil to fry onions and peppers.

Roasted Turkey (or other poultry/fowl)

Before baking/roasting, brush turkey with your choice: *Rosemary Garlic Olive Oil* or *Garlic Seasoned Olive Oil*. Bake as usual.

Baked/Broiled Salmon

Brush with olive oil before baking, either *Rosemary Garlic, Lemon Dill, or Lemon Oil*.

Chicken or Shrimp Stir Fry

Use *Garlic Seasoned Cooking Oil* or *Asian Stir Fry and Grilling GSO* in your pan or wok.

Stir fry onions with chicken or shrimp.

Add other vegetables, usually in this order to achieve desired “doneness”:

Carrots (baby carrots, sliced lengthwise, or sliced), Celery, Red Bell Pepper, Yellow Bell Pepper, Broccoli and Chinese Cabbage. Water Chestnuts or Cashews can also be added.

Add a little more oil during cooking, if needed. Add a splash of *Ginger Oil*, if desired.

Serve over rice. (Brown rice is a healthier option than white rice.)

Grilled Vegetables

Select fresh vegetables to grill. Red Skin Potatoes, Zucchini, Eggplant, Peppers, Yellow Summer Quash and Portabella Mushrooms work well. Slice into “planks”. Brush with a seasoned olive oil (*Rosemary Garlic Olive Oil* works very well for these vegetables.

Garlic Seasoned Cooking Oil or *Chili Pepper Infused Oil* are good choices also.

Muffins

Using your favorite recipe (or even a box mix), use the following substitutions for “vegetable oil”:

Cranberry Muffins – *Orange Cooking Oil*; Lemon Poppyseed Muffins – *Lemon Cooking Oil*; Blueberry Muffins – *Lemon Cooking Oil*; Pumpkin Muffins – *Orange Cooking Oil*

Items in *italics* are products from **The Olive and The Grape**.

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