

# tidbits™

HOLIDAY '21 • COMPLIMENTARY

IT'S  
TURKEY  
TIME!

Orange-Honey  
Glazed Turkey  
p. 9

PLUS  
LOVE YOUR  
LEFTOVERS

HAPPY  
HANUKKAH!  
AND MORE!

 Roche Bros.



# THE MORE *the* MERRIER

**CRAFT A WISCONSIN SPECIALTY CHEESE BOARD  
WITH SOMETHING FOR EVERYONE**





## a letter from Rick Roche



'Tis the season for an abundance of beautiful moments with friends, family and festive feasts. While a bit of planning is required, we're here to help make your holidays easier, so you can focus less on getting it right and more on creating memories that will last a lifetime.

We've filled this edition of *Tidbits* with incredibly easy, nourishing and flavorful recipes inspired by the flavors and occasions of the season. Find a tried-and-true Thanksgiving turkey recipe on page 8 that's juicy, tender and delicious thanks to its sweet citrus glaze. No time to cook for Thanksgiving but still want a gorgeous turkey dinner? Visit [rochebros.com/catering](http://rochebros.com/catering) to order a full Thanksgiving meal containing all the Turkey Day essentials.

You can't go wrong with beef for the holidays. Learn about different meat selections on page 19 and visit our knowledgeable butchers who can help you pick out the perfect cuts for your Christmas table. Looking to spice up your Hanukkah menu? Celebrate the festival of lights with a cheesy spin on matzo ball soup and Chocolate Chip Challah Bread; flip to page 14 for the recipes! Finally, we've got you covered with a medley of fruity, fizzy libations to toast to 2022 and ring in the New Year right!

We thank all our customers and community members who inspire us to keep the good food coming this holiday season and every day. From all of us at Roche Bros., we wish you a happy and healthy holiday season.

*Rick Roche*



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To view our *Tidbits* mobile & tablet-friendly digital magazine, visit us at [www.RocheBros.com](http://www.RocheBros.com)

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# SLOW COOKIN' CUISINE



## Slow Cooker **Do's** and **Don'ts** for Easy Homemade Meals

A slow cooker is an essential appliance for busy households, as it's great for tossing all your ingredients together and letting them cook while you go about your day. Requiring minimal effort and cleanup, slow cookers can be left unattended for hours to work their magic and produce versatile dishes that are as flavorful as they are easy. Enjoy simple, delicious homemade meals using these slow cooker do's and don'ts.

### Do:

- Fill your slow cooker half to two-thirds full to guarantee that the foods cook properly.
- Take the time to brown meats or sauté vegetables before adding them to the slow cooker for extra dimension and deep, caramelized flavor.
- Use only small amounts of flavorful liquids like broth, wine and juices since little to no evaporation occurs in slow cookers.
- Pay attention to layering information in recipes. Cook tough vegetables like potatoes and carrots on the bottom of the slow cooker to ensure they retain more moisture and cook more swiftly.

### Don't:

- Start with frozen meat. Fully thaw meats before placing them in the slow cooker to avoid harmful bacteria and prevent excess moisture.
- Add pasta, rice, dairy or fresh herbs until the last 15 to 30 minutes to avoid overcooking.
- Forget to use more flavorful, aromatic ingredients than usual. Since slow cooking can mellow out flavors over time, tossing in extras like garlic, onion and celery can help ensure a flavorful dish.
- Lift the lid unless the recipe instructs you to stir. Checking on the food's progress releases too much heat, and it can take as long as 30 minutes to heat back up after peeking.



## Jalapeño Popper Slow Cooker Mac & Cheese

**Prep: 15 minutes**

**Slow Cook: 50 minutes • Serves: 12**

- 2 cans (12 ounces each) evaporated milk
- 1 package (16 ounces) elbow macaroni
- 1 package (8 ounces) cream cheese, cut into small pieces
- 3½ cups finely shredded sharp Cheddar cheese
- 2 cups **Roche Bros. whole milk**
- ¾ cup chopped pickled jalapeños
- ¾ cup cubed unsalted butter (1½ sticks)
- 1 teaspoon kosher salt
- ½ teaspoon dry mustard
- ½ teaspoon ground black pepper
- ¼ teaspoon paprika
- 1½ teaspoons fresh lime juice
- ½ cup panko breadcrumbs

**1.** In 5- to 6-quart slow cooker, stir evaporated milk, macaroni, cheeses, milk, jalapeños, ½ cup butter, salt, dry mustard, black pepper and paprika; cover and cook on high 50 minutes or low 1 hour 45 minutes, or until macaroni is tender, stirring occasionally. Stir in lime juice. Makes about 12 cups.

**2.** In large skillet, melt remaining ¼ cup butter over medium-high heat. Add breadcrumbs; cook 1 minute or until browned, stirring frequently. Serve mac & cheese sprinkled with breadcrumbs.

*Approximate nutritional values per serving (about 1 cup): 553 Calories, 31g Fat (14g Saturated), 99mg Cholesterol, 592mg Sodium, 40g Carbohydrates, 0g Fiber, 18g Protein*



 Watch how to make this recipe at: [rb.social/youtube](https://rb.social/youtube)



Enjoy all your comfort food favorites this season with our slow cooker recipes, perfect for any seasonal occasion. From Jalapeño Popper Mac and Cheese that makes an impressive dish for gatherings to Broccoli-Baked Potato Soup for a cozy night in. While it doesn't get much easier than this low-maintenance method, use our slow cooker do's and don'ts to make sure your slow-simmered meals go off without a hitch.

## Slow Cooker Broccoli-Baked Potato Soup

**Prep: 20 minutes • Slow Cook: 4 hours 15 minutes • Serves: 8**

- 3 garlic cloves, minced
- 3 medium russet potatoes, peeled and chopped
- 1 small yellow onion, chopped
- 6 cups unsalted vegetable stock
- 1 large head broccoli, cut into florets
- ½ (8-ounce) package Neufchâtel cheese, softened
- ½ cup oat milk
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup plain nonfat Greek yogurt
- 1 cup shredded reduced fat Cheddar cheese
- 4 green onions, thinly sliced

**1.** In 5- to 6-quart slow cooker, add garlic, potatoes, yellow onion, stock and broccoli; cover and cook on low 8 hours or high 4 hours or until vegetables are very tender.

**2.** With blender or stick blender, in batches if necessary, purée soup until some small pieces remain; stir in Neufchâtel cheese, milk, salt and pepper. Cover and cook on high 15 minutes or low 30 minutes or until heated through and cheese melts. Makes about 12 cups.

**3.** Serve soup topped with yogurt, Cheddar cheese and green onions.

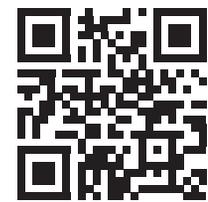
*Approximate nutritional values per serving (about 1½ cups): 172 Calories, 6g Fat (4g Saturated), 19mg Cholesterol, 509mg Sodium, 20g Carbohydrates, 3g Fiber, 10g Protein*

# Enjoy the Holidays without the Stress of Cooking.

From entrée centerpieces to full dinners or simply the sides and dessert, Roche Bros. can help you fill your holiday table without the extra time in the kitchen, and no one will ever know. (Unless you tell them.)



Remove the stress of the holidays and order Roche Bros. catering today!



Visit [rochebros.com/catering](https://rochebros.com/catering) or scan here to see how we can help this holiday season!

**Thanksgiving Order Deadline: 11/22 at 12 p.m.**  
**Holiday Order Deadline: 12/21 at 12 p.m.**



# HOLIDAY DINNERS

**Just heat & serve!**

Let us cook the whole dinner or just take care of some of the sides. Visit [www.rochebros.com/catering](http://www.rochebros.com/catering) to see our full offering of items to fill your holiday table.

## Dinners

### Roast Prime Rib Dinner - Serves 8-10

Fully cooked Prime Rib (5 lb avg) with Au Jus (1 qt), horseradish Yukon Gold potatoes (4 lbs), fresh roasted Brussels sprouts (4 lbs), dozen dinner rolls, one chocolate fudge bar cake and one strawberry shortcake bar cake.

### Oven-Roasted Turkey Dinner - Serves 8-10

Fully cooked 10-12 lb turkey raised by Plainville Farms. all natural, antibiotic free, our kitchen's butternut squash (4 lbs), fresh homemade mashed potatoes (4 lbs), traditional herb stuffing (4 lbs), turkey gravy (1 qt), homemade whole berry cranberry sauce (1 pt), dozen dinner rolls, and 9" natural juice apple pie.

Substitute with 14-16 lb. turkey (cooked weight)

**Try our Organic Turkey (10-12 lb.)**

### Boneless Turkey Breast Dinner - Serves 6-8

Plainville Farms all natural boneless roast turkey breast (3 lb avg), Our Kitchen's butternut squash (2 lbs), homemade mashed potatoes (2 lbs) and traditional herb stuffing (2 lbs), turkey gravy (1 pt), cranberry sauce (1 pt), dozen dinner rolls and a country cinnamon apple pie.

### Spiral-Sliced Ham Dinner - Serves 8-10

A Roche Bros. glazed half spiral-sliced ham (8 lb avg), potatoes au gratin (4 lbs) and maple glazed carrots (4 lbs) or fresh mashed potatoes (4 lbs) and butternut squash (4 lbs), dozen dinner rolls, and a large fresh baked lemon meringue pie.

Substitute with our Flame-Glazed Honey Ham

## Appetizers - Serves 8-10

- Beef au Poivre-wrapped asparagus
- Cocktail meatballs
- Caprese platter
- Stuffed mushroom tray
- European cheese classic
- Scallops & bacon



For pricing and availability please scan here!



*Flame glazed*

# HONEY HAM

## 1/2 Spiral Ham

[www.rochebros.com/catering](http://www.rochebros.com/catering)



*It's*

# **TURKEY TIME!**

Want to enjoy a gorgeous turkey dinner without all the hassle of prepping and cooking?

**Roche Bros. can provide you with a full Thanksgiving meal! Order by November 22 at 12 p.m. at [rochebros.com/catering](https://rochebros.com/catering)**



Elevate your Thanksgiving bird with a sweet, zesty orange-honey glaze. And for a nontraditional centerpiece, try the glaze on chicken, ham or fish as a turkey substitute. Find more tasty turkey alternatives, as well as ideas for reviving leftovers on page 11!

## Orange-Honey Glazed Turkey

**Prep: 25 minutes plus standing • Roast/Cook: 4 hours 5 minutes • Serves: 12**

- 3 pounds carrots, cut crosswise into 2-inch pieces
- 5 sprigs plus 1 tablespoon finely chopped fresh thyme leaves plus sprigs for garnish (optional)
- 1 cup chicken stock
- $\frac{3}{4}$  cup plus 2 tablespoons **Roche Bros. orange juice**
- $\frac{1}{2}$  cup unsalted butter (1 stick),  $\frac{1}{4}$  cup melted and  $\frac{1}{4}$  cup softened
- $\frac{1}{2}$  cup orange marmalade
- $\frac{1}{3}$  cup **Roche Bros. honey**
- 1 fresh or frozen turkey, thawed if necessary (about 12 to 14 pounds)
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- 1 orange, quartered plus additional quarters for garnish (optional)

**1.** Adjust oven rack to lowest position; preheat oven to 325°. In large roasting pan, stir carrots, 5 sprigs thyme, stock,  $\frac{3}{4}$  cup orange juice and  $\frac{1}{4}$  cup melted butter. In small bowl, stir marmalade, honey and remaining 2 tablespoons orange juice. Makes about 1 cup.

**2.** Place roasting rack in roasting pan over carrot mixture. Remove giblets, liver and neck from turkey cavity (refrigerate or freeze for another use). Place turkey, breast side up, on rack in pan; sprinkle inside cavity with  $\frac{1}{2}$  tablespoon each salt and pepper and stuff with orange. With fingers, gently separate skin from breast meat; stuff remaining  $\frac{1}{4}$  cup softened butter under skin. Sprinkle outside of turkey with remaining  $\frac{1}{2}$  tablespoon each salt and pepper; spread with  $\frac{1}{4}$  cup honey mixture.

**3.** If not already secured, tie legs together with kitchen string and tuck wing tips under turkey to hold in place. Tent turkey loosely with aluminum foil; roast  $1\frac{1}{2}$  hours. Remove foil; brush turkey with 3 tablespoons honey mixture. Roast  $2\frac{1}{2}$  to 3 hours or until juices run clear and internal temperature reaches 160° in thickest part of thigh, making sure thermometer doesn't touch bone, brushing with remaining honey mixture every 45 minutes and turning pan to brown evenly. If bottom of pan looks dry, add 1 cup stock or water; if turkey is browning too quickly, tent loosely with foil. Transfer turkey to cutting board; loosely cover with foil and let stand 30 minutes. (Internal temperature will rise 5 to 10° upon standing.)

**4.** Heat large skillet over medium heat; with slotted spoon, transfer carrots from roasting pan to skillet. Add remaining 1 tablespoon chopped thyme and  $\frac{1}{4}$  cup pan drippings; cook 2 minutes or until carrots are glazed, stirring frequently. Transfer to serving platter. Makes about 4 cups.

**5.** Carve turkey; serve with carrots garnished with orange quarters and thyme sprigs, if desired.

*Approximate nutritional values per serving ( $\frac{2}{3}$  cup turkey,  $\frac{1}{3}$  cup carrots): 647 Calories, 28g Fat, (12g Saturated), 290mg Cholesterol, 900mg Sodium, 26g Carbohydrates, 3g Fiber, 70g Protein*



TASTY TURKEY ALTERNATIVES TO TRY FOR A

# Nontraditional Thanksgiving



Thanksgiving is all about gratitude, quality time with loved ones and gobbling down delicious food. Roasted turkey is the traditional centerpiece of most Thanksgiving tables, but it certainly isn't the only option. There are countless other eye-catching entrées ready to steal center stage at your holiday feast.

Whether you want to delve into different proteins, explore international flavors or focus on veg-friendly options, use our suggestions to discover enticing entrées that will add variety to your Thanksgiving menu and make your holiday truly unique.

**CHICKEN:** A classic option that doesn't veer too far off from traditional turkey, chicken is easy to prepare and adapts to countless flavor profiles. It's great for changing things up while still indulging in a tasty Thanksgiving bird. Chicken breasts and thighs create flavorful feasts fit for a smaller crowd. Try our *Tomato-Garlic Poached Chicken Breasts* recipe or *Grilled Chicken Mole* (above) topped with a savory-sweet Mexican sauce. To feed a larger crew, make a statement with a whole-roasted chicken like our *40 Cloves of Garlic Spatchcocked Chicken* recipe. Spatchcocking chicken removes the backbone, resulting in a bird that cooks quickly and evenly with crispy, golden skin.

**HAM:** Synonymous with the holidays, ham makes a tasty turkey alternative for your holiday table. It's a low-maintenance meat that's easy to prepare, carve and dress up with endless flavor profiles through rubs, glazes and garnishes. For a holiday ham with hints of citrus and spice, try our *Jalapeño-Mustard Glazed Ham* recipe.

**SALMON:** Seafood makes a mouthwatering main course for Thanksgiving. This nontraditional option provides an array of health benefits

and offers an entrée option suitable for pescatarians. Salmon is hearty, tender and perfect for featuring spices such as rosemary, thyme and sage reminiscent of traditional Thanksgiving turkey. Spice things up with salmon and serve our *Pomegranate & Red Wine-Roasted Salmon* (top left) recipe featuring a vibrant, sweet sauce featuring seasonal pomegranates and red wine, a perfect duo to celebrate the holidays.

**VEG OUT:** Are there any vegetarians gathered around your Thanksgiving table? If so, they're likely used to digging into all the beloved sides, but this year, surprise them with a veg-friendly main that will leave all your guests asking, "Turkey who?" Serve a meat-free and veggie-packed lasagna or portobello mushrooms stuffed with traditional savory stuffing. Or, expand your palate and try our *Indian-Spiced Cauliflower with Garbanzo Beans & Tomatoes* (left) recipe that's packed with plenty of protein, bold global flavors and warm spices.

Visit [Rochebros.com/recipes](https://www.rochebros.com/recipes) to find these tasty turkey alternative recipes and more delicious entrées for the holidays, special gatherings and more!



# Love your leftovers

Looking for delicious ways to revive your turkey day leftovers? Try these inventive ideas that will take your Thanksgiving leftovers from boring to brilliant.

## CRANBERRY PANCAKES

Top a stack of pancakes with cranberry sauce or put the cranberry sauce in the batter. Either way, the tart berries pair perfectly with sweet pancakes.

## ASIAN BAGUETTE SANDWICH

Layer turkey, mayonnaise, Asian chile sauce, cucumbers, carrots and fresh cilantro on a baguette for an internationally inspired sandwich. Increase the heat with sliced jalapeños!

## CRANBERRY TARTLETS

Make bite-size pies with refrigerated pie crust and leftover cranberry sauce. Serve with turkey sandwiches.

## TURKEY, SWEET POTATO & ARUGULA SALAD

Combine peppery arugula, crisp radishes, leftover roasted sweet potatoes and a generous amount of turkey with your favorite dressing.

## TURKEY, CHEDDAR & APPLE SANDWICH

Create a hearty sandwich with turkey, Cheddar slices, thin slices of a tart apple like Granny Smith and whole-grain bread. Dress with coarse ground mustard.

## TURKEY AVOCADO SALAD

Combine chopped romaine lettuce, sliced radishes, carrots, avocado, leftover squash or Brussels sprouts, and turkey. Top with ranch dressing.

## MASHED POTATO PATTIES

Form patties with leftover mashed potatoes, chopped onion, egg and parsley. Pan-fry in oil until golden.



## Turkey-Corn Chowder

**Prep: 20 minutes • Cook: 30 minutes**  
**Serves: 6**

- 1 tablespoon unsalted butter
  - 2 garlic cloves, minced
  - 2 medium celery ribs, finely chopped (about ½ cup)
  - 2 medium shallots, finely chopped (about ¼ cup)
  - 2 tablespoons all-purpose flour
  - 4 cups chicken broth
  - 1 bay leaf
  - 2 teaspoons dried thyme leaves
  - 2 large Idaho potatoes, peeled and cut into 1-inch pieces (about 5 cups)
  - 1 cup half and half
  - 4 cups cubed leftover or precooked turkey breast meat
  - 2 cups frozen corn
  - 1 teaspoon salt
- Fresh thyme sprigs for garnish (optional)

- 1.** In large saucepot, melt butter over medium-low heat. Add garlic, celery and shallots, and cook 4 minutes or until vegetables are almost soft, stirring occasionally. Increase heat to medium; stir in flour. Cook 1 minute, stirring constantly. Gradually stir in broth. Stir in bay leaf and thyme.
- 2.** Add potatoes and heat to simmering. Partially cover and simmer 15 minutes, stirring occasionally. Stir in half and half; simmer 6 minutes or until soup thickens slightly, stirring occasionally. Stir in turkey, corn and salt; simmer 2 minutes or until heated through. Remove bay leaf. Makes 8 cups.
- 3.** To serve, ladle soup into bowls and garnish with thyme sprigs, if desired.

*Approximate nutritional values per serving: 249 Calories, 6g Fat (3g Saturated), 70mg Cholesterol, 449mg Sodium, 21g Carbohydrates, 2g Fiber, 26g Protein*

# holiday WINE & CHEESE pairings



**Goat Cheese** – The acidic, tangy flavor of fresh cheese pairs well with Rosé since the delicate flavors don't compete with each other.



**Manchego** – Good matches for this nutty, hard sheep's milk cheese are reds such as a Spanish Rioja, a fruity Merlot or a sweet wine like sherry.

## ONLINE BONUS

Scan the QR code  
to find top tips for  
building a festive  
cheese board.



**Brie** – This buttery-soft French cheese is an ideal pairing for sparkling wine, a crisp white such as Sauvignon Blanc or a fruity Pinot Noir.



**Aged Gouda** – Choose a wine that stands up to the slightly intense flavor of the cheese, such as an off-dry Riesling, lighter-oaked Chardonnay or Cabernet Sauvignon.



# Happy Hanukkah!

Find traditional, nostalgic Hanukkah favorites at your local Roche Bros., from potato pancakes with applesauce and sour cream to chicken soup with matzo balls, brisket, noodle kugel and more.



## BONUS RECIPE

Get this recipe at:  
[rochebros.com](http://rochebros.com)

Chocolate Chip Challah  
Bread with Pumpkin-  
Maple Butter



### Looking to break from tradition this Hanukkah?

Pair your latkes with recipes that put tasty twists on traditional Jewish dishes! For a drool-worthy version of a childhood favorite, upgrade basic matzo ball soup with cheesy matzo balls served with basil-tomato soup that's deliciously creamy and soup-er easy to make. Then, end your festival of lights celebration with a sweet treat: beautifully braided chocolate chip challah bread paired with pumpkin-maple butter.

## Basil-Tomato Soup with Cheesy Matzo Balls

Prep: 25 minutes plus chilling • Cook: 20 minutes • Serves: 8

- 4 large **Roche Bros. (cage-free, organic or free range) eggs**
- ¼ cup plus 1 tablespoon olive oil
- 1 box (5 ounces) matzo ball mix
- ¼ cup grated Parmesan cheese plus additional for garnish (optional)
- ¼ cup shredded mozzarella cheese
- 1 cup chopped carrots
- 1 cup chopped yellow onion
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon tomato paste
- 1 container (32 ounces) vegetable stock
- 2 cans (14.5 ounces each) diced fire roasted tomatoes
- 2 tablespoons chopped fresh basil

**1.** In large bowl, whisk eggs and ¼ cup oil; stir in both packets of matzo ball mix and cheeses. Refrigerate matzo mixture 15 minutes.

**2.** In large saucepot, heat 10 cups water to a boil over medium-high heat. With wet hands, shape matzo mixture into 24 (1-inch) balls. Add matzo balls to saucepot and reduce heat to medium; cover and cook 20 minutes or until cooked through. With slotted spoon, transfer to large plate.

**3.** In separate large saucepot, heat remaining 1 tablespoon oil over medium heat. Add carrots, onion, salt and pepper; cook 5 minutes or until vegetables are tender, stirring frequently. Add tomato paste; cook 2 minutes or until fragrant, stirring occasionally. Add stock and tomatoes with their juice, increase heat to medium-high and heat to a boil. Reduce heat to medium-low; cook 10 minutes, stirring occasionally. With blender or stick blender, purée soup until almost smooth; stir in basil. Makes about 8 cups.

**4.** Serve matzo balls in soup sprinkled with Parmesan cheese, if desired.

*Approximate nutritional values per serving (1 cup soup, 3 matzo balls):  
237 Calories, 13g Fat, (3g Saturated), 97mg Cholesterol, 1445mg Sodium,  
24g Carbohydrates, 3g Fiber, 7g Protein*

Watch how to make  
this recipe at:  
[rb.social/youtube](https://rb.social/youtube)



IT'S THE  
*Roast Wonderful Time*  
OF THE YEAR

From picking a roast to ordering the right size, roasting can seem ... well, complicated. But it doesn't have to be. Roast like a pro this holiday season with your meat team at Roche Bros. and Brothers Marketplace.



Use a paring knife to make small slits, about 1 inch wide and 1 inch deep, across the top of your roast. Insert a small garlic clove and sprig of rosemary in each cut, then rub the entire roast with the seasoning of your choice.

*Garlic and  
Rosemary  
Studded  
Strip Roast*

If it's not *Certified*, it's not the best.™



# WHICH ROAST ARE YOU TAKING HOME?

No matter the dish, cooking method or budget, find the ideal roast for your table.



Rib Roast



Top Sirloin Roast



Chuck Roast



Tenderloin Roast

Try one of these delicious options:



10 quality standards to ensure mouthwatering flavor, tenderness and juiciness in every bite



For the true beef aficionados so exclusive it must meet or exceed nine more specifications than USDA Prime



Simply natural and simply delicious, from cattle never given antibiotics or hormones

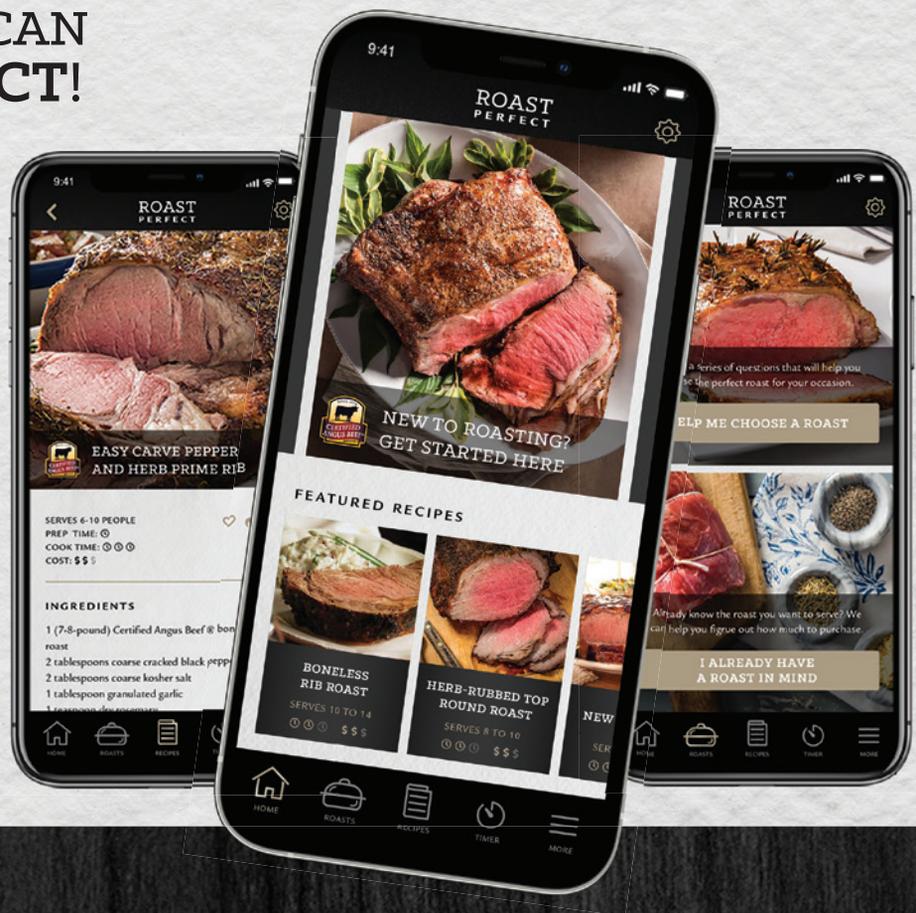
\*CertifiedAngusBeef.com

## EVEN ROOKIES CAN ROAST PERFECT!

1. Download the free Roast Perfect app.
2. Follow directions.
3. Bask in roasting glory.



Scan to get the app.



# Holiday Helpings



Fill your holiday menu with flavorful comforts, from Certified Angus Beef® rib roast infused with apple cider and sage to salads and sides packed with nutritious ingredients and seasonal flavors. Need a break from cooking? No problem! Check out page 6 for Roche Bros. Holiday Catering menus with plenty of mouthwatering options for a memorable feast!

## Apple Cider-Sage Beef Roast

**Prep: 25 minutes plus standing**

**Roast: 1 hour 50 minutes • Serves: 6**

- 2 large garlic cloves, minced
- ¼ cup **Roche Bros. olive oil**
- 3 tablespoons plus 2 teaspoons chopped fresh sage plus additional for garnish (optional)
- 1½ teaspoons salt
- 1½ teaspoons pepper
- 1 **Certified Angus Beef® semi-boneless rib roast** (about 5 pounds)
- 6 carrots, cut into ¾-inch pieces
- 3 parsnips, cut into ¾-inch pieces
- 3 shallots, coarsely chopped
- 2 cups beef stock
- 2 cups **Carlson Orchards apple cider**

**1.** Adjust oven rack to lowest position; preheat oven to 450°. In small bowl, stir garlic, oil, 3 tablespoons sage, and 1 teaspoon each salt and pepper; rub over rib roast.

**2.** In roasting pan, toss carrots, parsnips, shallots, stock, cider and remaining ½ teaspoon each salt and pepper; place rib roast, bone side down, on top of vegetables and roast 20 minutes or until outside is golden brown. Reduce oven temperature to 350°; roast 1½ hours or until internal temperature of rib roast reaches 135° for medium-rare. Transfer rib roast to cutting board; tent with aluminum foil and let stand 20 minutes. (Internal temperature will rise to 145° upon standing.)

**3.** With slotted spoon, transfer vegetables to serving platter; sprinkle with remaining

2 teaspoons sage and tent with aluminum foil. Makes about 4½ cups.

**4.** Skim off and discard fat from juices in roasting pan; strain juices through fine-mesh strainer into serving dish. Makes about 1¼ cups.

**5.** Remove ribs from rib roast; carve rib roast lengthwise into 6 (¾-inch-thick) slices. Serve rib roast over vegetables drizzled with some sauce and sprinkled with sage, if desired, along with remaining sauce.

*Approximate nutritional values per serving (1 slice rib roast, ¾ cup vegetables, about 3 tablespoons sauce): 695 Calories, 39g Fat, (13g Saturated), 166mg Cholesterol, 928mg Sodium, 31g Carbohydrates, 5g Fiber, 58g Protein*

Scan the QR code to find more inspiration for your holiday feast.



## Warm Spinach & Roasted Vegetable Salad with Bacon Vinaigrette

**Prep: 15 minutes**

**Roast/Cook: 10 minutes • Serves: 8**

- 2 tablespoons **Roche Bros. olive oil**
- 1 bunch fresh asparagus (about 1 pound), cut crosswise into 1½-inch pieces
- 1 package (10 ounces) sliced baby bella mushrooms
- 1 medium red onion, cut in half and sliced
- 12 slices smoked bacon (about ¾ pound), cut crosswise into 1-inch pieces
- 2 garlic cloves, thinly sliced
- ½ cup balsamic vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 jar (12 ounces) roasted red peppers, drained and chopped (about 1 cup)
- 2 packages (5 ounces each) baby spinach

**1.** Preheat oven to 400°. In large bowl, toss oil, asparagus, mushrooms and onion until evenly coated. Arrange vegetables in single layer on large rimmed baking pan. Roast 10 minutes or until vegetables are tender-crisp.

**2.** Meanwhile, in large nonstick skillet, cook bacon over medium-high heat 8 minutes or until crisp, stirring frequently. With slotted spoon, transfer bacon to bowl. Drain and reserve ⅓ cup bacon drippings from skillet; discard remaining bacon drippings.

**3.** To same skillet, add garlic and cook over medium heat 1 minute, stirring occasionally. Add vinegar, mustard, salt, pepper and roasted red peppers; cook 2 minutes or until mixture simmers, stirring with wooden spoon to loosen browned bits from bottom of skillet. Stir in reserved ⅓ cup bacon drippings; remove skillet from heat and stir in bacon.

**4.** In large bowl, add spinach and vegetable mixture; pour warm vinaigrette over spinach mixture and with tongs, toss to combine. Serve immediately.

*Approximate nutritional values per serving:  
152 Calories, 9g Fat (2g Saturated), 14mg Cholesterol,  
504mg Sodium, 11g Carbohydrates, 3g Fiber, 7g Protein*



## Know Your Beef!

With beef qualities encompassing numerous factors, choosing the right cut of beef can be a challenge. Quality grading is assigned through a rigorous process that accounts for everything from texture to the distribution of marbling.

Check out our quick guide to different beef grades and get even more guidance in-store from our knowledgeable butchers. They can help you choose the perfect cuts and provide tips that help you prepare your beef to perfection.

			
<b>Grade</b>	• Highest Grade	• Second Highest Grade	• Lowest Grade
<b>Marbling Amount</b>	• Superior Marbling • Richest & Beefiest Flavor	• Moderate Marbling • Tender, Juicy & Flavorful	• Slight Marbling • Leanest & Densest Cut • Less Juiciness & Flavor
<b>Suggested Cooking Methods</b>	• Roasting • Broiling • Grilling	• Grilling • Simmering • Braising	• Marinating • Braising

Due to Roche Bros.' high standards, you will only find Prime or Choice in our meat selection. We do not carry Select.



## Shaved Brussels Sprouts Caesar Salad

Prep: 20 minutes • Serves: 8

- 1 pound Brussels sprouts, trimmed and thinly sliced (about 4½ cups)
- 3 refrigerated hard-cooked eggs, chopped
- ½ cup drained and rinsed low sodium chickpeas
- ½ cup **Roche Bros. Caesar dressing**
- ¼ cup thinly sliced red onion
- ¼ teaspoon fresh ground black pepper
- 3 tablespoons grated Parmesan cheese
- 1 cup whole-grain croutons
- 6 lemon wedges

**1.** In large bowl, toss Brussels sprouts, eggs, chickpeas, dressing, onion and pepper. Makes about 8 cups.

**2.** Serve salad topped with cheese, croutons and lemon wedges.

*Approximate nutritional values per serving (1 cup): 140 Calories, 8g Fat (1g Saturated), 79mg Cholesterol, 285mg Sodium, 12g Carbohydrates, 4g Fiber, 7g Protein*

## Roasted Acorn Squash & Shallots with Feta and Cranberries

Prep: 15 minutes

Roast: 25 minutes • Serves: 8

- Nonstick cooking spray
- 3 medium shallots, thinly sliced
- 1 large acorn squash (about 2 pounds), halved and sliced ½-inch thick crosswise
- 1 tablespoon **Roche Bros. orange juice**
- 1 tablespoon **Roche Bros. olive oil**
- 1 teaspoon chopped fresh rosemary
- ½ teaspoon ground cinnamon
- ½ teaspoon kosher salt
- ⅓ cup sweetened dried cranberries
- ⅓ cup crumbled feta cheese

**1.** Preheat oven to 400°. Line rimmed baking pan with aluminum foil; spray with cooking spray.

**2.** In large bowl, toss shallots, squash, orange juice, oil, rosemary, cinnamon and salt; spread on prepared pan. Roast vegetables 20 minutes; stir in cranberries. Roast vegetables 5 minutes or until vegetables are tender; serve sprinkled with cheese. Makes about 8 cups.

*Approximate nutritional values per serving (1 cup): 103 Calories, 3g Fat (1g Saturated), 6mg Cholesterol, 182mg Sodium, 19g Carbohydrates, 4g Fiber, 2g Protein*



# 4 Ways to Lighten Up Holiday Sides

Though we believe in indulging from time to time during the holidays, small choices can make a big difference in your health throughout the season. Lighten up your favorite seasonal sides with these simple swaps that are guilt-free but not flavor-free.



## 1. Ramp up Nutrients with Roasted Root Vegetables

Add nutrients and heartiness to your spread with tender, caramelized root vegetables packed with health benefits and incredible flavors. Combine whatever you have on hand – carrots, sweet potatoes, Brussels sprouts, squash or rutabaga – and cut them into roughly the same size pieces to ensure even cooking. Toss with olive oil, salt and pepper, then add some rosemary or other fresh herbs halfway through cooking for added brightness.

## 2. Satisfying Swaps for Stuffing

Sweet or savory, crunchy or moist, stuffing is always a crowd favorite! Give it a fiber boost by using whole wheat bread or replacing the bread altogether with rice. Another way to cut down carbs in your favorite stuffing recipe is to switch out a portion of the bread with chopped onions or vegetables.



## 3. Mashed Potato Makeover

Rich, fluffy mashed potatoes steal the side dish spotlight but they're not always the healthiest. Cut fat from mashed potatoes without sacrificing flavor by switching from whole milk to skim or using equal amounts of each. Consider using fat-free sour cream or plain yogurt in place of butter for a velvety yet healthy mash. To really lighten up this sensational side, try mashed sweet potatoes or a combination of mashed cauliflower, parsnips, celery root or rutabaga for a similar taste and texture with more nutrients.

## 4. Give Green Bean Casserole a Healthy Upgrade

Green bean casserole is a holiday classic. Give it a healthy makeover by using low-sodium vegetable broth, milk and fresh mushrooms instead of cream of mushroom soup. Inject more flavor with additional vegetables like sautéed peppers or carrots, then top it off with baked, chopped onions for a low-fat, crispy topping.



# Cheese + Jam:

Your new favorite combo.

Our new specialty jams were created to pair perfectly with your favorite cheeses, which will take your holiday cheese board to another level. Try all four recommended flavor combinations!

Local.



### Carrot Cake:

Pairs well with a rich, creamy goat cheese.



### Chocolate Raspberry:

Pairs well with a ripe Brie or Camembert.



limited edition!

### Holiday Jam:

Pairs well with a ripe Brie or blue cheese.



### Piña Colada:

Pairs well with smoky Cheddars.



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## Classic Cocktails Made Easy!



Our Brothers Marketplace drink mixes make it easy to indulge in your favorite drink anytime. Just pour, mix and enjoy!

# To New Beginnings!



Ginger-Thyme  
Paloma



Fizzy Orange  
Whiskey Sour



Pomegranate-  
Blackberry  
Sparkler



New Year's  
Champagne  
Punch

## Ginger-Thyme Paloma

Prep: 10 minutes plus chilling • Serves: 4

- 2 cups fresh grapefruit juice
- 1½ cups silver tequila
- ¼ cup light agave syrup
- 3 tablespoons fresh lime juice
- 1½ teaspoons finely chopped fresh thyme leaves plus sprigs for garnish (optional)
- 1½ teaspoons minced fresh ginger
- 1 tablespoon granulated sugar
- ¼ teaspoon ground cinnamon
- 5 lime wheels
- Ice
- ¾ cup sparkling water

**1.** In pitcher, stir grapefruit juice, tequila, agave and lime juice until agave dissolves; stir in thyme and ginger. Cover and refrigerate 45 minutes or until cold. Makes about 3¾ cups.

**2.** In small bowl, stir sugar and cinnamon; spread on plate. Run 1 lime wheel around rims of 4 (12-ounce) glasses to dampen; dip rims of glasses into sugar mixture to coat. Add ice to glasses.

**3.** Pour grapefruit mixture into prepared glasses; top each with sparkling water and garnish with remaining lime wheels and thyme sprigs, if desired.

*Approximate nutritional values per serving (1 paloma): 305 Calories, 0g Fat, (0g Saturated), 0mg Cholesterol, 19mg Sodium, 29g Carbohydrates, 0g Fiber, 1g Protein*

## Fizzy Orange Whiskey Sour

Prep: 10 minutes • Serves: 4

- 1 cup whiskey
- ½ cup **Roche Bros. orange juice**
- ¼ cup fresh lemon juice
- 2 tablespoons granulated sugar
- Ice
- 1 bottle (187mL) Champagne or sparkling wine, chilled
- 4 maraschino cherries
- 4 orange wheels

**1.** In cocktail shaker, vigorously shake whiskey, juices, sugar and ½ cup ice until very cold. Makes about 2 cups.

**2.** Fill 4 (10-ounce) glasses halfway with ice; strain whiskey mixture into glasses and top with Champagne or sparkling wine. Garnish whiskey sours with cherries and orange wheels.

*Approximate nutritional values per serving (1 whiskey sour): 232 Calories, 0g Fat, (0g Saturated), 0mg Cholesterol, 4mg Sodium, 17g Carbohydrates, 1g Fiber, 1g Protein*

**What's a New Year's Eve party without a signature drink?** Cheers to the New Year and toast to new beginnings with our selection of fruity cocktails filled with fresh fruit juices, herbs and, of course, Champagne. Make one of these your 2022 signature, or try all four!

## Pomegranate-Blackberry Sparkler

Prep: 10 minutes • Serves: 6

- 6 large blackberries
- 6 tablespoons pomegranate juice
- 6 sprigs fresh thyme
- 1 bottle (750mL) Champagne

Add blackberries, juice and thyme to 6 (7-ounce) flutes; top with Champagne.

*Approximate nutritional values per serving (1 sparkler): 113 Calories, 0g Fat, (0g Saturated), 0mg Cholesterol, 7mg Sodium, 6g Carbohydrates, 1g Fiber, 0g Protein*

## New Year's Champagne Punch

Prep: 10 minutes • Serves: 8

- 1 cup orange-flavored liqueur such as triple sec, chilled
- ¾ cup raspberry-flavored liqueur such as Chambord®, chilled
- ½ cup **Roche Bros. orange juice**, chilled
- ½ cup pomegranate juice, chilled
- 1 bottle (750mL) Champagne or sparkling wine, chilled
- 2 cups ginger ale, chilled
- 1 cup fresh cranberries
- Lime peel twists for garnish

In large punch bowl, stir orange liqueur, raspberry liqueur and juices. Just before serving, stir in Champagne and ginger ale; garnish punch with cranberries and lime peel twists. Makes about 8 cups.

*Approximate nutritional values per serving (1 cup): 240 Calories, 0g Fat, (0g Saturated), 0mg Cholesterol, 16mg Sodium, 27g Carbohydrates, 0g Fiber, 0g Protein*

# Tips & Tricks for Simple Seafood Solutions



Looking to eat healthier in the new year while still enjoying delicious foods? Experts recommend consuming at least two servings of fish and shellfish per week. Seafood supplies essential omega-3 fatty acids, protein, vitamin D, selenium, plus a range of nutrients and heart benefits. Increase your seafood consumption and confidently cook more flavor-packed seafood with these easy tips.



## SEAFOOD SWAPS

Make these simple seafood swaps in everyday dishes.

- Use white fish, salmon, shrimp, lobster or scallops as the protein for Taco Tuesday.
- Salmon and eggs are a tasty combination that's perfect for breakfast, lunch or dinner.
- Add shrimp, scallops, mussels or clams to your favorite pasta dishes.
- Trade chicken for tuna in salads, stir-fries or casseroles.
- Replace pizza's traditional meat toppings with seafood. Shrimp and pesto, clams and garlic, or tilapia and Cajun spices make tasty toppers.



## MOUTHWATERING COOKING METHODS

- The thicker the fish, the better for baking. Try large fillets or fish steaks such as tilapia, haddock, cod or snapper.
- Sauté, broil or pan-fry delicate white fish and shellfish.
- Firm fish that retain their structure such as halibut, mahi-mahi, swordfish, salmon and tuna are great grilled. Delicate fish like tilapia, cod or shellfish are best grilled wrapped in foil.

## THAWING TIPS

Frozen at the peak of freshness, frozen seafood retains its quality, nutrition and flavor. Thawing frozen fish at room temperature or in warm water encourages bacteria growth. To safely thaw frozen fish, place it in the refrigerator 10 to 12 hours before cooking, or thaw it (in its packaging or plastic bag) in a bowl of cold water, changing the water every 20 minutes until fully thawed. Keep the fish submerged so that it defrosts evenly.

If you don't have time for thawing, cook from frozen. Remove ice from the surface, then pat dry with a paper towel. Increase the cooking time to ensure the seafood cooks all the way through, checking frequently to prevent overcooking. Fish is done when it reaches 145°, flakes easily with a fork and loses its translucent appearance.



## BEST SEAFOOD SEASONINGS

- Smoked Paprika: Impart a smoky, sweet and cool undertone to seafood with smoked paprika.
- Cajun Seasoning: Give seafood Southern spice pizzazz for a popular pairing with shrimp that can spice up any seafood.
- Rosemary: Sweet and highly aromatic with hints of lemon and pine, this fragrant herb is best with firm-fleshed white fish, but it complements any citrus-flavored seafood.
- Dill: Use dill to impart aromatic flavors and a subtle sweetness to mahi-mahi, salmon, tilapia and shrimp.
- Thyme: Add a slight lemon aroma to shrimp, scallops, mussels, oysters, snapper, trout and tuna. Thyme intensifies as it cooks, so a little goes a long way!



After enjoying all the satisfyingly rich holiday foods, start the new year off on a lighter note with healthy and delicious meals. Make our heart-healthy halibut roasted with winter root vegetables topped with a spicy-smoky green chile cream sauce that delivers the bold flavors you crave *and* the nutrients you need.



## Sheet-Pan Halibut with Roasted Parsnips, Radishes & Green Chile Cream

**Prep: 20 minutes**

**Bake/Broil: 30 minutes • Serves: 4**

- Nonstick cooking spray
- 2 large parsnips, cut into 1-inch pieces
- 2 cups quartered radishes
- 2 tablespoons **Roche Bros. olive oil**
- 1 tablespoon salt-free taco seasoning mix
- ½ teaspoon salt
- 4 halibut fillets (about 1¼ pounds)
- ¼ teaspoon ground black pepper
- 1 can (4 ounces) diced mild green chiles, undrained
- 1 garlic clove, minced
- 1 tablespoon fresh lime juice
- ½ cup plain nonfat Greek yogurt
- 2 teaspoons chopped fresh chives plus additional for garnish (optional)

- 1.** Preheat oven to 400°. Spray rimmed baking pan with cooking spray. In large bowl, toss parsnips, radishes, 1 tablespoon oil, seasoning and ¼ teaspoon salt; spread in single layer on prepared pan and bake 15 minutes.
- 2.** Push vegetable mixture to 1 side of pan; place halibut on opposite side. Brush halibut with remaining 1 tablespoon oil; sprinkle with pepper and remaining ¼ teaspoon salt. Bake halibut 10 minutes. Set broiler to high; broil 5 minutes or until internal temperature of halibut reaches 145° and vegetables are golden brown.
- 3.** In small skillet, cook green chiles, garlic and lime juice over medium-high heat 4 minutes or until most liquid is absorbed, stirring occasionally; reduce heat to medium. Add yogurt and chives; cook 1 minute or until heated through, stirring occasionally.
- 4.** Serve halibut topped with yogurt mixture along with vegetables; garnish with chives, if desired.

*Approximate nutritional values per serving:*  
455 Calories, 28g Fat (5g Saturated), 72mg Cholesterol,  
548mg Sodium, 23g Carbohydrates, 5g Fiber, 27g Protein

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this recipe at:  
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