

tidbits™

HOLIDAY '20 • COMPLIMENTARY

TIMELESS & TASTY
TRADITIONS

Classic Turkey
with Gravy
pg. 8

PLUS
HOLIDAY
GATHERINGS

SENSATIONAL
STEWES

AND MORE!

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a letter from Rick Roche

Being surrounded by loved ones during the holidays is incredibly meaningful this year. At Roche Bros.,

it means so much to us to help make your holidays memorable. In this edition of *Tidbits*, we share ways to make these times special. From comfort foods and traditional meals to innovative recipes, we're honored to help you create priceless memories.

While big holiday gatherings are unlikely this year, you don't have to skip the traditions altogether. Evoke nostalgia with our Classic Turkey with Gravy recipe. To spend less time in the kitchen and more time enjoying the festivities, visit rochebros.com/catering to browse our complete Thanksgiving and holiday dinner menus.

As the changing seasons bring chilly weather, warm up with sensational stews that are easy to make and nutrient-rich to help keep you healthy all season long. Try something creative this New Year! Incorporate kimchi, traditional Korean fermented vegetables, into fried cauliflower rice for a bright, nutritious dish. Then take seafood to the next level with our recipe for tender, flavorful prosciutto-wrapped scallops.

Lend a hand by shopping for a neighbor, creating a holiday care package for someone in need or sharing your favorite recipes with loved ones. We thank all of our customers and community members who inspire us to keep the good food coming and hope you enjoy celebrating with friends, family and great food.

From all of us at Roche Bros., we wish you a happy and healthy holiday season.

Rick Roche



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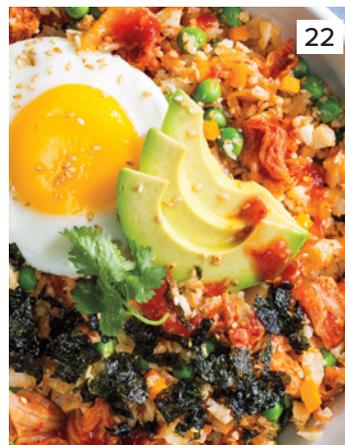
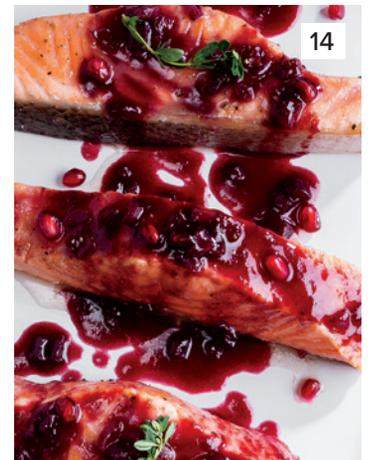
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SENSATIONAL STEWS



> **Facts. Finds. Flavors.**
Since cooking times may vary, if the meat is not tender after the specified cooking time, continue to cook the stew, checking the consistency of the meat every 15 minutes.

Whether simmering the day away or heating up a quick dinner, soups and stews are certain to satisfy. Cozy up with our stew recipes packed with vegetables, hearty proteins and comforting, cool-weather flavors. Or, leave the cooking to us and pick up a variety of scratch-made soups from *Our Kitchen!*

Beef & Butternut Squash Stew

Prep: 25 minutes

Cook: 2 hours 10 minutes • Serves: 10

- ¼ cup plus 1 tablespoon all-purpose flour
- 1 teaspoon kosher salt
- ¾ teaspoon ground black pepper
- 2½ pounds boneless beef chuck roast, fat trimmed, cut into 1½-inch pieces
- 3 tablespoons **Filippo Berio® Extra Virgin Olive Oil**
- 2 large carrots, diced
- 1 large yellow onion, diced
- 4 cups diced butternut squash
- 1 package (10 ounces) cremini mushrooms, quartered
- 3 garlic cloves, minced
- 1 container (32 ounces) beef stock
- 1 can (16 ounces) **Roche Bros. garbanzo beans**, drained and rinsed

- 1 can (14.5 ounces) diced tomatoes with basil, garlic & oregano
- 2 sprigs fresh rosemary
- 1 bay leaf

1. In large bowl, combine 3 tablespoons flour, ¾ teaspoon salt and ½ teaspoon pepper; add beef and toss to coat. In large saucepot, heat 2 tablespoons oil over medium-high heat. In 2 batches, shaking off excess flour, add beef to saucepot, and cook 4 minutes or until beef is browned, stirring occasionally. With slotted spoon, transfer beef to large bowl.

2. Add remaining 1 tablespoon oil, carrots, onion and squash to saucepot; reduce heat to medium and cook 5 minutes or until onion begins to soften, stirring occasionally. Add mushrooms; cook 5 minutes or until mushrooms have released their moisture, stirring occasionally. Add garlic, cook 1 minute, stirring occasionally.

3. Add 1 cup stock; cook 1 minute, scraping browned bits from bottom of saucepot with wooden spoon. Stir in remaining 2 tablespoons flour and stock. Add beans, tomatoes with their juice, rosemary sprigs, bay leaf, remaining ¼ teaspoon each salt and pepper, and beef with any drippings in bowl; heat to boiling.

4. Reduce heat to medium-low; cover and cook 1 hour. Uncover; cook 45 minutes longer or until beef and vegetables are tender, stirring occasionally. Remove and discard rosemary sprigs and bay leaf before serving. Makes about 14 cups.

Approximate nutritional values per serving:
384 Calories, 17g Fat (6g Saturated), 104mg Cholesterol, 684mg Sodium, 25g Carbohydrates, 6g Fiber, 33g Protein



PORCINI-STUFFED BABY BELLO MUSHROOMS

Ingredients:

- ½ oz dried porcini mushrooms
- ¾ cup dry white wine
- 2 tbsp Filippo Berio Extra Virgin Olive Oil (approx.)
- 1 small onion, minced
- 2 large garlic cloves, minced
- 1 plum tomato, minced
- 1 tsp fresh rosemary, minced
- ¼ tsp salt (approx.)
- ¼ tsp freshly ground pepper (approx.)
- 2 cups soft bread crumbs
- 2 tbsp minced fresh parsley
- 36 baby Portobello mushrooms (medium to large in size)
- 2 tbsp grated Parmesan cheese

Directions:

In microwaveable glass cup, combine porcini and wine. Cover with plastic wrap, leave a vent. Microwave for 2 minutes or til bubbling. Let stand 10 minutes or til softened. Drain through fine sieve lined with coffee filter, save liquid. Rinse and chop porcini mushrooms.

Grease large baking sheet with olive oil. In small skillet, heat olive oil over medium heat; sauté onion and garlic for 5 minutes or til softened. Add tomato, rosemary, salt, pepper, and reserved porcini and porcini liquid. Increase heat to medium-high; cook for about 3 minutes or til mixture no longer smells of alcohol. Stir in bread crumbs and parsley. Bread crumbs should be about the size of small peas.

Preheat broiler. Remove stems and gills carefully from Portobello mushrooms. Season with salt, pepper and olive oil. Roast in oven for 10 minutes until slightly tender.

Spoon some of the porcini stuffing into each mushroom cap, pressing lightly to help stuffing adhere. Place on prepared pan, stuffing side up. Sprinkle mushrooms with Parmesan. Broil for 5 minutes or until hot and browned. Serve hot or at room temperature.

Recipe Provided by Chef Sharon Sanders



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Smoky Chicken & Red Lentil Stew

Prep: 15 minutes

Slow Cook: 2½ hours • Serves: 4

- 1 pound Roche Bros. antibiotic-free boneless, skinless chicken breasts, cut into 1-inch pieces
- 3 celery ribs, chopped
- 2 garlic cloves, minced
- 2 medium carrots, chopped
- 1 medium yellow onion, chopped

- 3 cups Full Circle Organic fat free, low sodium chicken broth
- ¾ cup dry red lentils
- ¼ cup fresh lemon juice
- 1 teaspoon smoked paprika
- 2 cups loosely packed baby kale
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- Daisy® light sour cream and chopped fresh dill for garnish (optional)

1. In 5- to 6-quart slow cooker, add chicken, celery, garlic, carrots, onion, broth, lentils,

lemon juice, paprika and 1 cup water; cover and cook on high 2½ hours or low 5 hours or until lentils are tender and internal temperature of chicken reaches 165°.

2. Stir kale, salt and pepper into stew. Makes about 9 cups.

3. Serve stew garnished with sour cream and dill, if desired.

Approximate nutritional values per serving:
299 Calories, 4g Fat (1g Saturated), 63mg Cholesterol,
742mg Sodium, 32g Carbohydrates, 6g Fiber, 34g Protein



> Facts. Finds. Flavors.

For an easy, make-ahead dish, divide the soup into freezer-safe containers and freeze up to 3 months. Thaw the containers of soup in the refrigerator overnight, then reheat on the stovetop (or in a microwave-safe dish in microwave oven on high) until the internal temperature reaches 165°.

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TIMELESS & TASTY TRADITIONS

Revel in Thanksgiving traditions with recipes that evoke nostalgia. Serve up a classic holiday bird with savory spices and a zesty glaze, and enhance the meal with an array of roasted root vegetables. Even better, leave the cooking to us! Check out page 11 for more information on Roche Bros. Catering and holiday menus featuring everything you need for a memorable Thanksgiving dinner.





Classic Turkey with Gravy

Prep: 25 minutes plus standing

Roast: 4 hours • Serves: 12

- 1 fresh or frozen turkey, thawed if necessary (about 12 to 14 pounds)
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 green apple, quartered
- 1 small onion, quartered
- ½ cup Full Circle Organic unsalted butter (1 stick), melted
- 1½ teaspoons garlic powder
- 6 cups Full Circle Organic less-sodium chicken broth
- ¼ cup all-purpose flour
- 2 tablespoons apple cider vinegar
- 2 tablespoons chopped fresh parsley

1. Adjust oven rack to lowest position; preheat oven to 325°. Place roasting rack in large deep roasting pan; 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 and outside of turkey with salt and pepper. Stuff turkey with apple and onion, placing any excess in bottom of pan; 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 1½ hours.

2. In small bowl, stir butter and garlic powder; brush turkey with some butter mixture. Add 3 cups chicken broth to roasting pan; tent turkey with foil. Roast turkey 2½ 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 every 20 minutes with butter mixture and adding 1 cup broth if bottom of pan looks dry; remove foil during last 30 minutes of roasting to brown top, if necessary. Transfer turkey to carving board; loosely cover with foil and let stand 30 minutes. (Internal temperature will rise 5 to 10° upon standing.)

3. Remove rack from roasting pan; with spoon, skim excess fat from drippings. Place roasting pan with drippings across 2 burners over medium heat; whisk in flour. Add remaining 2 or 3 cups broth and vinegar; heat 5 minutes, scraping browned bits from bottom of pan with wooden spoon. Reduce heat to medium-low; simmer 5 minutes or until thickened, stirring occasionally. Strain gravy through fine-mesh strainer if smoother consistency is desired. Stir in parsley. Makes about 2¼ cups.

4. Carve turkey; serve with gravy.

Approximate nutritional values per serving (⅔ cup turkey, 3 tablespoons gravy): 537 Calories, 26g Fat (10g Saturated), 283mg Cholesterol, 865mg Sodium, 3g Carbohydrates, 0g Fiber, 69g Protein

Sheet-Pan Roasted Root Vegetables



Prep: 15 minutes

Roast: 25 minutes • Serves: 4

- Nonstick cooking spray
- 1 garlic clove, minced
- 2 tablespoons Brothers Marketplace extra virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon kosher salt
- 2 large carrots, cut into 1-inch pieces
- 2 medium Yukon Gold potatoes, cut into 1-inch pieces
- 1 large parsnip, cut into 1-inch pieces
- ½ medium red onion, cut into 1-inch pieces

1. Preheat oven to 400°. Spray rimmed baking pan with cooking spray.

2. In large bowl, whisk garlic, oil, rosemary and salt; add carrots, potatoes, parsnip and onion and toss to combine. Spread vegetables on prepared pan; roast 25 minutes or until vegetables are tender.

*Approximate nutritional values per serving:
200 Calories, 9g Fat (1g Saturated),
0mg Cholesterol, 523mg Sodium,
31g Carbohydrates, 5g Fiber, 3g Protein*



Immune-Boosting Root Veggies!

Root vegetables make a filling, flavorful side to fall and winter dinners. They also deliver essential nutrients that strengthen the immune system. To stay healthy during the coronavirus pandemic, nourish your body and delight your taste buds with these nutrient-rich root vegetables.

Parsnips: Packed with vitamins B6, C, E and K, plus potassium and fiber, parsnips deliver a nutritional punch. Resembling cream-colored carrots, they have a more complex, sweeter taste and can be served solo. Parsnips can be roasted, baked, broiled, mashed or puréed. Swap potatoes for grated parsnips in latkes, or slice parsnips into strips, toss with herbs and enjoy as thin, crispy fries.

Onions: Onions contain immune-boosting nutrients and add immense flavor to any dish. One of the kitchen's most versatile ingredients, onions have limitless culinary uses. Experiment with different onion varieties to

transform the taste of sandwiches, salads and casseroles, plus omelets, sautés and soups.

Carrots: Providing vitamins A, B6 and K as well as potassium, carrots infuse dishes with nutrients, sweet flavor and a satisfying crunch. Raw carrots are great accompaniments to hummus, guacamole or flavorful dips. Sneak carrots into mac and cheese for added nourishment, add them to soups and stews, spiralize into noodles or incorporate into baked goods.

Potatoes: Potatoes are incredibly versatile and supply vitamin C, potassium, fiber and magnesium. For more nourishment, keep the skin on potatoes, as it contains amino acids, proteins and phytochemicals. Potatoes are delicious when boiled, baked, roasted or mashed. Savor diced potatoes in a hash, load their centers with your favorite ingredients, bake them as wedges or feature in a gratin.





CATERING

2020

THANKSGIVING —AND— HOLIDAY MENUS



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to view our holiday catering menus!

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HAPPY HANUKKAH

Oil is the main element in the Hanukkah celebration and plays a starring role in many traditional foods. Salmon, with its heart-healthy oils, makes a light, tasty centerpiece for your Hanukkah table. Pair this oily fish with pomegranates, a symbol of fruitfulness in Judaism, in a vibrantly sweet pomegranate-red wine sauce. Then, finish off the festive feast with a warm Brussels sprouts salad.



Pomegranate & Red Wine Roasted Salmon

Prep: 20 minutes

Roast: 15 minutes • Serves: 4

- 1 cup dry red wine (such as Pinot Noir)
- $\frac{3}{4}$ cup pomegranate arils
- 1 shallot, chopped
- 2 tablespoons Roche Bros. honey
- 2 tablespoons Full Circle Organic unsalted butter
- 4 Foley salmon boneless fillets (about $1\frac{1}{4}$ pounds)

- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon fresh ground black pepper
- 4 thyme sprigs for garnish (optional)

1. Preheat oven to 400°. In blender, blend wine and $\frac{1}{2}$ cup pomegranate arils; strain through fine-mesh strainer into small bowl and discard pulp.

2. In small saucepan, heat shallot, honey and pomegranate-wine mixture to a boil over high heat; reduce heat to medium and simmer

8 minutes or until reduced by $\frac{1}{2}$. Remove from heat; stir in butter. Makes about $\frac{1}{2}$ cup.

3. Place salmon, skin side down, in 8-inch square baking dish; sprinkle with salt and pepper. Pour wine mixture over salmon. Roast salmon 15 minutes or until internal temperature reaches 145°. Serve salmon drizzled with pomegranate-wine sauce and sprinkled with remaining $\frac{1}{4}$ cup pomegranate arils. Garnish with thyme sprigs, if desired.

Approximate nutritional values per serving:
393 Calories, 16g Fat (5g Saturated), 105mg Cholesterol, 655mg Sodium, 18g Carbohydrates, 2g Fiber, 33g Protein



 Watch how to make this recipe at: bit.ly/RocheBrosYT

Warm Brussels Sprouts and Farro Salad

Prep: 10 minutes

Cook: 20 minutes • Serves: 4

- 1 cup pearly farro, rinsed and drained
- ¼ cup **Brothers Marketplace** extra virgin olive oil
- 1 package (12 ounces) Brussels sprouts, trimmed and quartered
- 1 small red onion, chopped
- 1 Anjou or Bartlett pear, chopped
- ½ cup chopped **Roche Bros.** organic pecans
- 1 tablespoon lemon juice
- 2 teaspoons lemon zest
- 1 teaspoon chopped fresh thyme leaves
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon salt
- ½ teaspoon ground black pepper

1. Prepare farro as label directs; cool and transfer to large bowl.



2. In large skillet, heat 2 tablespoons oil over medium heat. Add Brussels sprouts; cook 8 minutes or until browned, stirring occasionally. Add red onion; cook 3 minutes, stirring frequently.

3. Add remaining ingredients, remaining 2 tablespoons oil and Brussels sprouts to farro; toss. Makes about 6 cups.

*Approximate nutritional values per serving:
209 Calories, 12g Fat (1g Saturated), 0mg Cholesterol,
167mg Sodium, 23g Carbohydrates, 4g Fiber, 5g Protein*

A PASSION FOR POMEGRANATES



Pomegranates, a delightful jewel-like winter fruit, have hues varying from light red to deep maroon. When purchased, they should feel heavy for their size and the skin should be brightly colored and blemish-free. Pomegranates keep well at room temperature for several days and can be stored in the refrigerator for up to two months.

The abundant, edible seeds (arils) with sweet-tart juice are clustered inside a white membrane and are where all the nutrients lie. Pomegranates boast powerful polyphenols, vitamin C, potassium and antioxidants. They are believed to protect against heart disease, cancer and cognitive impairment, making them a popular fruit among health-conscious consumers.

Pomegranate juice is quickly gaining popularity for its great taste and health benefits, rivaling green tea and red wine for its cell-protecting, antioxidant power. The juice is excellent on its own or when blended with sparkling water, fruit juice or green and herbal teas. Come holiday time, it makes an ideal substitute for red wine, providing many of the same health benefits without the alcohol.

Pomegranate arils add versatility to many meals and bring bursts of sweetness to dishes like salads, smoothies, seafood and creative beverages. They also taste great as a garnish for appetizers, soups, roasted meats and desserts.



HOLIDAY GATHERINGS



Eating an extraordinary meal surrounded by those you love most is sure to make this year's gathering unforgettable! Kick up your holiday ham with a sweet and spicy jalapeño-mustard glaze, and enjoy it alongside a simple, satisfying salad. Make your celebration hands-on with mouthwatering crab legs paired with next-level dipping sauces.

Jalapeño-Mustard Glazed Ham

Prep: 10 minutes plus standing

Cook/Bake: 1 hour 45 minutes

Serves: 12

- 1 spiral-sliced ham (7 to 8 pounds)
- 2 cups Roche Bros. orange juice
- 1½ cups packed brown sugar
- 1 cup Dijon or spicy brown mustard
- 4 small jalapeño chile peppers, seeded if desired, finely chopped plus additional for garnish
- 3 garlic cloves, crushed with press
- Orange wedges and fresh bay leaves for garnish (optional)

1. Place roasting rack in large roasting pan. Place ham, cut side down, on rack in pan; let stand at room temperature 30 minutes.

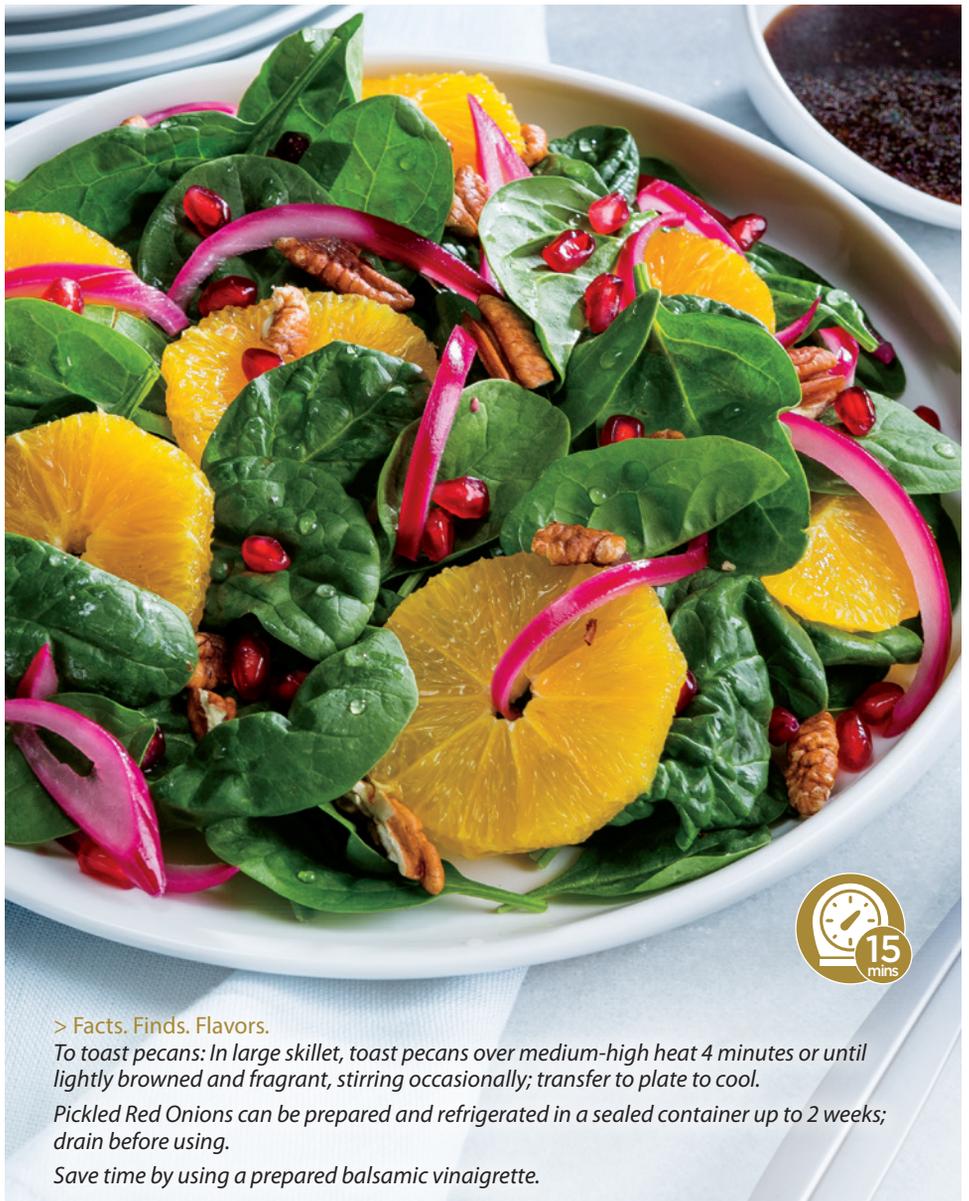
2. Meanwhile, preheat oven to 300°. In small saucepan, heat orange juice, brown sugar, mustard, jalapeño and garlic to boiling over medium-high heat. Cook 30 minutes or until glaze is reduced to about 2½ cups, stirring occasionally; remove from heat.

3. Cover ham loosely with aluminum foil. Bake ham 1 hour 30 minutes. Remove ham from oven; increase oven temperature to 400°.

4. Reserve 1½ cups glaze. Brush ham with about ½ cup remaining glaze; add ½ inch of water to bottom of roasting pan. Bake ham, uncovered, 15 minutes longer or until internal temperature reaches 120°, brushing every 5 minutes with remaining glaze.

5. Transfer ham to serving platter; cover loosely with aluminum foil. Let ham stand 15 minutes before serving. Internal temperature will rise to 140° upon standing. Garnish ham with orange wedges, bay leaves and jalapeños, if desired, along with reserved glaze.

Approximate nutritional values per serving:
529 Calories, 14g Fat (3g Saturated),
181mg Cholesterol, 3101mg Sodium,
36g Carbohydrates, 0g Fiber, 67g Protein



> Facts. Finds. Flavors.

To toast pecans: In large skillet, toast pecans over medium-high heat 4 minutes or until lightly browned and fragrant, stirring occasionally; transfer to plate to cool.

Pickled Red Onions can be prepared and refrigerated in a sealed container up to 2 weeks; drain before using.

Save time by using a prepared balsamic vinaigrette.

Spinach, Pomegranate & Orange Salad with Quick-Pickled Red Onions

Prep: 15 minutes plus standing

Serves: 4

- ½ cup apple cider vinegar
- 1 tablespoon granulated sugar
- 2½ teaspoons kosher salt
- ½ cup thinly sliced red onion
- ¼ cup Brothers Marketplace aged balsamic vinegar
- 2 tablespoons fresh orange juice
- 1 tablespoon orange marmalade
- ¼ teaspoon ground black pepper
- ⅓ cup Roche Bros. olive oil
- 1 container (5 ounces) baby spinach
- 1 medium navel orange, peeled and cut crosswise into ¼-inch-thick slices

- ½ cup pomegranate arils
- ⅓ cup chopped and toasted Roche Bros. organic pecans

1. In medium bowl, whisk apple cider vinegar, sugar, 2 teaspoons salt and 1 cup water until sugar dissolves; stir in onion. Cover and let stand 1 hour; drain.

2. In large bowl, whisk balsamic vinegar, orange juice, marmalade, pepper and remaining ½ teaspoon salt; whisking constantly, slowly drizzle in oil until emulsified. Add spinach; toss to combine.

3. Serve spinach mixture topped with orange, pomegranate arils, pecans and onion.

Approximate nutritional values per serving:
300 Calories, 25g Fat (3g Saturated), 0mg Cholesterol,
341mg Sodium, 19g Carbohydrates, 4g Fiber, 3g Protein

Crab Legs with Dipping Sauces

Don't let crab legs intimidate you; they're very easy to prepare. Frozen crab legs are precooked and essentially just need to be reheated in the oven or boiled. Depending on the size and type of crab legs, adjust the cooking time as necessary. Plan for about 1 to 1½ pounds of frozen precooked crab legs to serve 2.

Bake: Preheat oven to 350°. In a large baking dish or pan, add 3 minced **garlic cloves**, 1 **sliced lemon**, several **parsley sprigs** and 1 **bay leaf**. Add the **crab legs** and pour 3 cups **beer** or **water** over the legs. Bake 10 minutes or until heated through.

Boil: Heat a large, covered saucepot of salted water to a boil over high heat. Submerge the crab legs in the water, cover and cook 5 minutes or until heated through.

Transfer the hot crab legs to a large bowl, cover with a clean dish towel to keep warm and serve.

Removing crabmeat from the shells can be a bit tricky. Breaking the crab legs at the joints loosens crabmeat free from the cartilage, helping to remove the meat in whole pieces. Follow these simple steps to enjoy every last morsel.

1. Break crab legs apart at their joints.
2. Use scissors to cut through the shells lengthwise to expose the crabmeat.
3. Extract the crabmeat from the shells with a seafood fork.

Enjoy the succulent crabmeat dipped in **Clarified Butter**, **Warm Dill Mayo** or **Lemon-Butter Sauce** (recipes follow). Use crabmeat in soup, chowder or gumbo; to create appetizers such as dips, crab cakes or spring rolls; tossed into pasta or risotto.

Crabmeat is also delicious served chilled. Simply thaw crab legs in the refrigerator overnight, or place the unopened plastic bag in a large bowl of cold water for about 30 minutes or until the crabmeat is thawed. Use to make crab salad, top a Cobb salad or in sushi; serve in a martini glass with lettuce, chopped celery and cocktail sauce.

Clarified Butter

In small saucepot, heat 1 cup **Full Circle Organic unsalted butter** (2 sticks), cut into small pieces, over low heat 2 minutes or until

melted. (Or, heat butter in small microwave-safe bowl in microwave oven on high 1½ minutes or until melted.) With large spoon, skim off and discard foam from top of melted butter. Makes about 1 cup.

Warm Dill Mayo

Prep: 5 minutes
Cook: 2 minutes • Serves: 8



- 1 cup mayonnaise
- 2 tablespoons chopped fresh dill
- 2 tablespoons fresh lemon juice
- ½ teaspoon granulated sugar
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

In small saucepot, heat mayonnaise over low heat 2 minutes or until warm, whisking constantly; do not let mayonnaise boil. Stir in dill, lemon juice, sugar, Worcestershire, salt and pepper; remove from heat and transfer to serving bowl. Makes about 1 cup.

Approximate nutritional values per serving (about 2 tablespoons): 190 Calories, 21g Fat (3g Saturated), 12mg Cholesterol, 324mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Protein

Lemon-Butter Sauce

Prep: 15 minutes • Serves: 8



- 4 garlic cloves
- ¼ cup fresh lemon juice
- 1 teaspoon fresh thyme leaves
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup **Full Circle Organic unsalted butter** (2 sticks), cut into small pieces

1. In blender, purée garlic, lemon juice, thyme, salt and pepper 1 minute or until well combined, occasionally scraping sides of blender with rubber spatula.

2. In small microwave-safe bowl, heat butter in microwave oven on high 1½ minutes or until melted. With blender running, slowly pour in melted butter and purée 30 seconds or until mixture is smooth; transfer to serving bowl. Makes about 1 cup.

Approximate nutritional values per serving (about 2 tablespoons): 208 Calories, 23g Fat (14g Saturated), 61mg Cholesterol, 149mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Protein



> **Facts. Finds. Flavors.**
Sauce can be prepared and refrigerated up to 1 day in advance. Reheat in microwave oven before serving.



DESSERTS DONE RIGHT



Sharpen your baking skills by whipping up desserts you'll devour! Try Amaretto Tiramisu, a traditional Italian treat with luscious layers that pair beautifully with a warm cup of coffee. Or go extra festive and serve up holiday cheer on a spoon with gingerbread mousse!

Amaretto Tiramisu

Prep: 20 minutes plus chilling
Serves: 12

- 1½ cups HP Hood® heavy cream
- ½ cup powdered sugar
- 1 package (8 ounces) cream cheese, softened
- 1½ cups brewed and cooled **Lavazza Caffè Espresso coffee**
- ⅓ cup almond-flavored liqueur such as amaretto
- 18 ladyfingers
- 2 tablespoons unsweetened cocoa powder
- ¼ cup sliced almonds

1. In large bowl, with mixer on medium speed, beat cream and sugar 2 minutes or until soft peaks form; add cheese and beat 1 minute or until incorporated. Makes about 4 cups.

2. In wide, shallow dish, whisk coffee and liqueur. Dip half the ladyfingers, 1 at a time, in coffee mixture and place in 8-inch square baking dish, cutting to fit if necessary; top with half the cream mixture. Dip remaining half of the ladyfingers, 1 at a time, in coffee mixture and place over cheese mixture; drizzle with any remaining coffee mixture and top with remaining cream mixture. Cover and refrigerate at least 3 hours or up to overnight.

3. Dust tiramisu with cocoa powder and sprinkle with almonds; cut into 12 pieces.

Approximate nutritional values per serving (1 piece): 260 Calories, 19g Fat (11g Saturated), 62mg Cholesterol, 82mg Sodium, 19g Carbohydrates, 1g Fiber, 4g Protein



Gingerbread Mousse with Whipped Cream

Prep: 15 minutes plus chilling • Serves: 4

- ½ cup Full Circle Organic creamy almond butter
- 3 tablespoons strained canned unsweetened coconut milk
- 2 tablespoons Roche Bros. pure maple syrup
- 2 teaspoons pumpkin pie spice
- 1½ teaspoons molasses
- ½ teaspoon vanilla extract
- ½ cup garbanzo beans liquid (from 15.5-ounce can low sodium garbanzo beans)
- ¼ teaspoon cream of tartar
- ⅓ cup frozen whipped topping, thawed
- 1 tablespoon Full Circle Organic graham crackers, crushed

1. In medium bowl, whisk almond butter, coconut milk, syrup, pumpkin pie spice, molasses and vanilla extract until smooth.

2. In separate medium bowl, with mixer on high speed, whip bean liquid and cream of tartar 5 minutes or until stiff peaks form; gently fold into coconut milk mixture. Divide mousse into four (4-ounce) glasses; refrigerate 1 hour.

3. Top mousse with whipped topping; sprinkle with graham crackers.

Approximate nutritional values per serving:

238 Calories, 19g Fat (5g Saturated), 0mg Cholesterol, 112mg Sodium, 21g Carbohydrates, 3g Fiber, 7g Protein



TASTEFUL CHOICES FOR HOWEVER YOU BREW.

MANUFACTURER'S COUPON EXPIRES 12/31/2020

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ASPIRATIONS FOR THE NEW YEAR

While trying new things in the New Year, add these innovative recipes to your list! Kimchi, a mixture of fermented vegetables, makes a savory, aromatic addition to a vibrant, veggie-filled cauliflower fried rice. Then, spice things up with a fiery romesco sauce as the base for tender, succulent prosciutto-wrapped scallops.





Kimchi Cauliflower Fried Rice

Prep: 10 minutes

Cook: 15 minutes • Serves: 4

- 2 tablespoons avocado oil
- 1½ cups chopped drained kimchi
- 1 garlic clove, minced
- 1 package (12 ounces) frozen riced veggies cauliflower medley
- 4 Roche Bros. large eggs
- 1 avocado, peeled, pitted and sliced
- ½ cup crumbled sesame roasted seaweed snacks
- 2 tablespoons chili garlic sauce
- 2 tablespoons fresh cilantro leaves
- 2 tablespoons toasted sesame seeds

1. In large skillet, heat 1 tablespoon oil over medium-high heat. Add kimchi; cook 3 minutes, stirring occasionally. Add garlic; cook 30 seconds, stirring frequently. Add cauliflower medley; cook 7 minutes or until heated through, stirring occasionally.

2. In second large skillet, heat remaining 1 tablespoon oil over medium heat. Add eggs; cook, undisturbed, 4 minutes or to desired doneness.

3. Divide cauliflower mixture into 4 bowls; top with eggs, avocado, seaweed snacks, chili garlic sauce, cilantro and sesame seeds.

Approximate nutritional values per serving:
 310 Calories, 23g Fat (4g Saturated),
 187mg Cholesterol, 534mg Sodium,
 15g Carbohydrates, 7g Fiber, 12g Protein

Seared Prosciutto-Wrapped Scallops with Romesco Sauce

Prep: 15 minutes

Cook: 5 minutes • Serves: 4

- 2 (½-inch-thick) slices baguette
- 1 garlic clove
- ½ cup canned fire roasted tomatoes
- ¼ cup drained roasted red peppers
- 2 tablespoons chopped fresh parsley
- 2 tablespoons Roche Bros. olive oil
- 2 tablespoons sherry vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon sliced almonds
- ½ teaspoon smoked paprika
- ¼ teaspoon chili powder
- 12 Roche Bros. frozen sea scallops, thawed

- 6 slices prosciutto, halved lengthwise
- ¼ teaspoon ground black pepper

1. In food processor, purée baguette, garlic, tomatoes with their juice, red peppers, 1 tablespoon parsley, 1 tablespoon oil, vinegar, lemon juice, almonds, paprika and chili powder on high until smooth. Makes about 1 cup.

2. Wrap each scallop with 1 prosciutto slice, securing with toothpicks; sprinkle with black pepper.

3. In large skillet, heat remaining 1 tablespoon oil over medium-high heat; add scallops and cook 5 minutes or until scallops turn opaque throughout and internal temperature reaches 145°, turning once.

4. Remove toothpicks from scallops; serve over romesco sauce sprinkled with remaining 1 tablespoon parsley.

Approximate nutritional values per serving (3 scallops, ¼ cup sauce): 336 Calories, 10g Fat (1g Saturated), 103mg Cholesterol, 1051mg Sodium, 15g Carbohydrates, 1g Fiber, 44g Protein



Watch how to make this scallops recipe at: bit.ly/RocheBrosYT



Always the Life of the Party



Cherry Cordial Snowman Cheese Ball Servings 12-16 (about 5 cups)

Ingredients

- 3 packages (8 ounces each) Wisconsin cream cheese, softened
- 2 containers (8 ounces each) Wisconsin mascarpone cheese
- 1 1/2 cups confectioners' sugar
- 3 tablespoons bourbon
- 6 ounces bittersweet chocolate, finely chopped
- 1/2 cup chopped maraschino cherries
- 1 bag (14 ounces) sweetened flaked coconut
- Chocolate-covered cherries
- Gumdrop
- Brown milk chocolate M&M's
- Peppermint candies
- Red licorice
- Assorted cookies

Instructions

- Beat the cream cheese, mascarpone, confectioners' sugar and bourbon in a large bowl until blended. Fold in chocolate and cherries. Cover and refrigerate for at least 1 hour.
- Spoon a third of the mascarpone mixture into a plastic wrap-lined, small bowl, about 5 1/2-inches diameter x 2-inches deep. Wrap with plastic wrap. Spoon the remaining mixture into a plastic wrap-lined, large bowl, about 7-inches diameter x 2-inches deep. Wrap with plastic wrap. Freeze for 20 minutes.
- Unwrap each cheese ball. Transfer to a serving platter. Press coconut on balls to coat. Place chocolate-covered cherries for eyes, a gumdrop for nose and M&M's for mouth. Arrange peppermint candies for buttons and licorice for scarf. Cover and refrigerate for at least 1 hour or until serving.

Serve with cookies.



WisconsinCheese.com

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