



*a producer of botanically infused complements for foods & beverages*

## **Petals & Prosecco**

### **Ingredients:**

1 bottle of well chilled **Prosecco** (a gentle Italian sparkling wine)  
2 teaspoons (or to taste) of **TB Rose Petal Darjeeling Botanical Syrup** (tastemaker tip below)

### **What You'll Need to Rim:**

Champagne flutes  
Two saucers  
Water  
2 Tablespoons Terre Botanicals Rose Petal & Darjeeling Sugar

### **Method:**

Place 2 tablespoons water in the first saucer. In second saucer, place 2 Tablespoons **Rose Petal Darjeeling Sugar**. Holding the glass by its stem, carefully tip it toward the first saucer at about a 45-degree angle dipping into the water, rotating the glass through the water so that only the outer edge of the rim becomes moist. Be sure to moisten about a quarter inch of the rim. Repeat this process with the glass in the second saucer, coating the outer lip of the glass in the sugar. At this point, you can slightly moisten a bar napkin or paper towel and tidy up the rim a bit. Be sure to get any flakes that might have fallen into the glass.

**To Assemble the Beverage:** Pour two teaspoons or so of the **Rose Petal Darjeeling Botanical Syrup** into a prepared flute. Pour the bubbles slowly into the flute, just below the sugar rim & repeat...

**TB TidBits:** *Prepping the glass in advance is helpful because it gives the sugar time to dry onto the glass, helping it adhere when you pour in the syrup and add the bubbly. To make ½ cup of the Rose Petal Darjeeling Botanical Syrup, simply heat ¼ cup water and ¼ cup **Terre Botanicals Rose Petal Darjeeling Sugar** in a small saucepan until the sugar dissolves. Chill before using.*

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## **Aromatic Cured Olives**

### **Ingredients:**

2 6-ounce cans of green pitted **Olives** at room temperature  
¼ cup good quality organic **Olive Oil**  
2 teaspoons whole **Cumin Seed**  
2 teaspoons whole **Coriander Seed**  
2 teaspoons **Fennel Seed**  
½ teaspoon ground **Cardamom**  
a pinch each of: ground **Cinnamon**, ground **Nutmeg**, & crushed **Red Pepper Flakes**  
2 Tablespoons **Orange Zest**  
2 Tablespoons fresh squeezed **Orange Juice**  
2 Tablespoons fresh squeezed **Lemon Juice**  
2 teaspoons **Vanilla Extract**  
6 **Garlic Cloves** sliced into thin strips  
a few grates of **Lemon & Orange Zest**, to finish

### **Method:**

Warm the olive oil in a skillet over medium heat. Add the cumin, coriander, fennel, cardamom, cinnamon, nutmeg and red pepper flakes. Cook & stir until fragrant about two minutes. Remove the skillet from the heat add the olives, tossing to coat. Add the orange and lemon juices, vanilla and the garlic tossing again. Finish with the orange and lemon zest.

**TB TidBits:** *Serve these aromatic olives in a favorite bowl, paired with a St. André cheese, drizzled with a local honey and add some nuts if you like.*

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## **Jasmine Dusted Seared Scallops**

{ Recipe adapted from Alton Brown }

### **Ingredients:**

1 to 1¼ pounds dry **Sea Scallops**, approximately 16  
2 teaspoons unsalted pasture raised **Butter**  
2 teaspoons good quality **Olive Oil**  
A few pinches of **Jasmine Long Pepper Botanical Savory Blend**

### **Method:**

Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry.

Add the butter and oil to a 12 to 14-inch sauté pan on medium high heat. Gently dust the **Jasmine Long Pepper BSB** on both sides of the scallops. Once the pan is very hot, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1½ minutes on each side. The scallops should have a ¼-inch golden crust on each side while still being translucent in the center.

Serve immediately.

**TB TidBITS:** *Pair with our Coconut Brown Jasmine Rice.*

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## **Coconut Brown Jasmine Rice**

### **Ingredients:**

1 13.5-ounce can organic **Coconut Milk**  
¼ cup **Water**  
1 teaspoon **Coconut Oil**  
1 teaspoon **Jasmine Oolong Sugar Aromatic Finishing Sugar**  
2 pinches of **Jasmine Long Pepper Botanical Savory Blend**  
1 cup Organic California **Brown Jasmine Rice**

### **Method:**

#### **Rinse, Toast, and Rest for Better Brown Rice**

Rinse and drain the rice before adding it to a pan with a little coconut oil, sauté over medium heat until the rice smells fragrant (a bit like popcorn) and look for speckles of golden color. Lower the heat to low, add the coconut milk, water, sugar, and salt, mixing it together until well incorporated. Cover the saucepan, simmer until the brown rice is tender and the liquid is absorbed, about 40 minutes.

And finally, after cooking, let your rice rest off the heat with the lid on for about 10 minutes.

When ready to serve, fluff the rice with fork & adjust the seasoning to your liking.

Serves 2-4.

**TB TidBITS:** *The rinsing, toasting, and resting steps have become standard in my kitchen.*

*Rinsing your rice before cooking it washes away any grit or dust that may have gotten mixed in during production. I also find that rinsing helps improve the texture of the rice, it helps to make each grain distinct.*

*Toasting the rice is optional and won't change its texture, but it gives the rice a more deeply nutty flavor.*

*The resting step before serving helps the rice absorb the last of the moisture in the pot. If you skip it, the rice can be a little sticky when serving instead of the desired light and fluffy.*

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## **Ginger Ghee Sautéed Spinach**

### **Ingredients:**

2 teaspoons Pasture Raised **Ghee**  
1 drop of **Ginger Culinary Essential Oil**  
1 10-ounce package organic baby **Spinach**  
2 pinches of **Allspice Pepper Mélange Botanical Savory Blend** or Sea Salt

### **Method:**

Melt the ghee in a large skillet over medium-high heat and stir in the **Ginger CEO**. Add the spinach by the handful and cook, stirring, until the spinach wilts, 3 to 5 minutes. Sprinkle the spinach with the **Allspice Pepper Mélange BSB** and toss gently to finish. Adjust the seasoning if you like and serve warm.

Enjoy this simple & delicate yet slightly zingy side dish...

Serves 2.

**TB TidBits:** *For a vegetarian meal, add 1 cup of chickpeas and an additional drop of the Ginger CEO.*

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## **Toasted Vanilla Chocolate Truffles**

### **Ingredients:**

8 ounces of good quality **Milk Chocolate** (at least 30% cacao)  
6 ounces of good quality **Dark Chocolate** (at least 60% cacao)  
1 Tablespoon grassfed **Butter**  
 $\frac{3}{4}$  cup organic, pasture raised **Cream**  
a pinch of fine **Sea Salt**  
 $\frac{1}{4}$  teaspoon finely ground **Espresso**, optional  
 $\frac{1}{4}$  cup **Toasted Vanilla Cocoa Aromatic Finishing Sugar**, for dusting

### **Method:**

Chop the chocolate into small pieces, and place in a heat-proof glass bowl along with the butter. In a small saucepan, heat the cream until it just boils. Pour the cream through a fine-mesh sieve into the bowl with chocolate and butter. With a whisk, slowly stir until the chocolate is completely melted. Whisk in the sea salt and espresso, if using, and set aside at room temperature for an hour, then refrigerate for 30 minutes.

With a teaspoon or melon baller, spoon rounded dollops of the chocolate mixture onto a baking sheet lined with parchment paper. Roll each dollop of chocolate in your hands to form round ball, then toss them in a small bowl with the **Toasted Vanilla Cocoa** one at a time until completely coated.

These will keep in the refrigerator or freezer for several weeks. Serve at room temperature.

**TB TidBits:** *As you melt the chocolate, stir in a drop or two of your favorite **Culinary Essential Oil** like **Nutmeg**, **Ginger**, or **Bay Laurel** for even greater aromatics. Also note that this recipe is very versatile, and any of our Cocoa Varietals would work wonderfully for dusting.*

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