

“Super Simple” Tapenade Recipe

Drain all or part of a jar of LaBella Olives’ **Antipasto Olive Mix**. Remove stems from pepperoncinis or just remove and eat the peppers - we do! For a less salty version, rinse the jar contents in a colander with water and drain a second time. Place the contents in a food processor with the metal chopping blade. All the flavor ingredients are in the jar! Add some Extra Virgin Olive oil a little at a time while pulsing the mixture to get the texture you prefer. We sometimes add just a little white pepper and additional crushed garlic cloves, to taste. This refrigerates very well and keeps as long as opened olives do in the fridge, namely a long, long time.

This Tapenade makes a great DIP FOR CHIPS or SPREAD FOR CRACKERS. We really enjoy using this as a SUBSTITUTE FOR MAYONNAISE ON COLD CUT SANDWICHES, and it is much more healthful! ENJOY!

For a deliciously different focaccia bread, coarsely chop LaBella Olives’ Antipasto Olive Mix and knead into your dough!

Mediterranean Meatloaf

(Not your Mama’s Meatloaf!)

Ingredients (makes two small or one large meatloaf):

- 1 lb. each ground beef & pork (or 1 lb. ground turkey works too)
- 1 T. Worcestershire sauce
- 1 ½ t. garlic powder
- 1 egg, beaten
- ½ c. bread crumbs
- 1 small onion, chopped
- 1 c. chopped medium Antipasto Olive Mix (remove pepper stems!)

Mix all ingredients & form into two small or one large meatloaf. Place on ungreased baking sheet & bake at 350° for 1 to 1 ¼ hours. Remove from oven & let rest for 10 minutes before serving. ~ Wine tip: Syrah, Zinfandel, Sangiovese.

Have you tried LaBella Olives Bleu Cheese Stuffed Olives in your martini yet?

Easy Cheesy Meat Roll Ups

Spread whipped cream cheese on slices of your favorite deli meat. Line one long edge with two rows of our **Pickled Asparagus** or **Dilled Green Beans**, roll up, stick with toothpicks every inch & slice into delicious appetizer rings!

Tom’s Terrific Froggy Marys

Froggy Mary Mix Ingredients: (serves 2 to 4)

- 46 ounces very good tomato juice
- 1/2 of a 10 ounce can Campbell’s Beef Consommé
- Juice of one lime
- 2 T. liquid from **Atomic Frog Balls**
- 1 t. granulated garlic
- 1/4 t. ground black pepper
- Many shakes Louisiana style hot sauce to taste
- 6 or 8 shakes Worcestershire sauce
- Very nice Vodka – to be added later, see below.

(This recipe can easily be doubled or tripled!)

Mix together & chill all ingredients. Set aside in a closed container for at least an hour before serving. Shake before serving.

Skewer (Ka-Bob) Ingredients: -Use long (8”-10”) bamboo skewers, alternate the following items until the skewers are full within an inch of the top: Pre-cooked, peeled and chilled medium shrimp, **Atomic Mushrooms**, **Atomic Frog Balls**, 1” pieces of our Dilled Green Beans, fresh cherry tomatoes, our Jalapeño or Bleu Cheese Stuffed Olives (or both!) Fill tall cocktail glasses with a finished skewer and the desired amount of ice. Add your favorite Vodka, to taste. If you weren’t able to get enough stuff on one skewer, that’s OK, use two skewers per glass. Fill glass with Bloody Mary mix, stir with skewers and enjoy one darn fine appetizer!

Atomic Frog Balls are great with beer, red beer, in martinis & with full-bodied red wines! Toss ‘em in green salads! Forget the old pickle chips - spice up a sandwich with Frog Balls instead!



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LaBella Olives Gourmet Foods EASY RECIPES!

World’s Easiest Crock Pot Chicken or Roast!

Ingredients:

One jar **Atomic Mushrooms**

3 to 4 pound chicken or lean roast

Trim fat from chicken/roast & place in crock pot. Pour jar of Atomic Mushrooms over roast, add about ½ cup water to jar to rinse spices into crock pot, add 5 or six small potatoes on top, cover and cook on low until meat is nice and tender. Remove chicken/ roast, ‘Shrooms & spuds from pot to a platter. Pour remaining juices into saucepan & thicken with water & corn starch mixture for killer gravy! The leftover meat (if there is any!) makes great soft tacos! Wine tip: Syrah, Merlot, Sangiovese or a nice dry Rosé.

Add Atomic Mushrooms to your favorite Pasta Sauce! Enjoy ‘em on pizza, in omelets & green salads. Got leftover Atomic Mushroom liquid? Add extra virgin olive oil to make salad dressing or pickle hard boiled eggs in the juice!

Atomic Pasta Salad

Ingredients:

One jar **Atomic Mushrooms** drained; reserve liquid for dressing.

1/3 lb. each Italian ham & hard salami, sliced & cut into bite-size pieces

1/3 lb. provolone, Asiago or other firm Italian cheese, cut into bit-sized pieces

One large red bell pepper, julienned

One medium red onion, chopped

3 c. cooked pasta such as shells or spirals

Combine & chill above ingredients in large bowl. Toss with dressing of reserved Atomic Mushroom liquid blended with olive oil to taste. May be topped with grated parmesan or romano cheese. Add chilled, sliced chicken to serve as entrée.

Atomic Mushrooms make delicious dirty martinis! Use the Atomic Mushroom liquid instead of olive juice & put ‘shrooms on picks instead of olives!





World's Easiest Beef or Pork Ribs

Ingredients: (Serves 4-6)

5-6 pounds ribs, trimmed of fat, and cut into 2-4 rib sections.

One bottle of Black Sheep's **Pa Buck's Spicy & Smoky Best Dang BBQ Sauce Ever!** or **Black Pearl "Beyond Teriyaki!"** or **Chipotle-Lime Grilling & Dipping Sauce.**

Preheat oven to 500 degrees. Lay out double thickness of Heavy duty foil large enough to make an envelope to close around a double layer of your ribs. Slather ribs completely with sauce of your choice. Put ribs in foil on a baking sheet, add more sauce and fold foil together to close tightly.

Bake 30 minutes @ 500°, lower heat to 300° and bake 2-2 ½ hours more. Check for tenderness, cook longer if needed. Serve with more sauce for dipping! Wine suggestions: Syrah, a BIG Zinfandel, Petite Syrah or a dry Rosé.

Slather Salmon or Chicken with Chipotle-Lime Grilling & Dipping Sauce before baking for a delicious treat!

Black Pearl Easy Asian-Style Cole Slaw

Ingredients: (adjust quantities to suit your taste)

½ head firm green cabbage, slivered

¼ red onion, julienned

¼ c. or more to taste, chopped cilantro

½ c. roasted peanuts or cashews

¼ c. shredded or grated carrot

Dressing:

1/3 c. **Black Pearl "Beyond Teriyaki"**

2 to 4 T. mayo or sour cream or mixture of both, to taste. Mix these two well & set aside.

Toss all ingredients but dressing in a large bowl.

Fold in sufficient dressing to coat slaw & place coated slaw in 'fridge to chill. Serve on chilled plated or in decorative bowls as a refreshing entrée, or as a side salad or vegetable course. Garnish with some slivered tomatoes if desired. Also excellent with chilled slices of chicken breast. ~ *Wine tip: Gewürztraminer, Sauvignon Blanc, Pinot Grigio, Riesling, Dry Rosé.*

Shrimp or Crab Cocktail is spicy and delicious with our Chipotle-Lime Sauce instead of ordinary cocktail sauce!

Baked Asparagus with Black Pearl Sauce

Preheat oven to 400°. Arrange 1 bunch of asparagus on a baking sheet & lightly coat spears with cooking spray. Bake asparagus for 12 minutes or until tender. Drizzle Black Pearl over spears, turning spears with tongs to coat evenly with sauce.

Toss steamed broccoli or snow peas in a few tablespoons of Black Pearl for an easy, delicious side dish!

Black Pearl Bok Choy Salad

Ingredients:

6 baby bok choy cut in half lengthwise

½ c. julienned snow peas

½ c. julienned red bell pepper

1 c. sliced mushrooms

½ c. bean sprouts

½ c. scallions cut on diagonal

¼ to 1/3 c. Black Pearl "Beyond Teriyaki!"

Blanch bok choy for 2 minutes in boiling, lightly salted water; rinse in cold water & drain well. Combine & chill snow peas, red bell pepper, mushrooms, sprouts & scallions; toss with Black Pearl. Arrange 3 bok choy halves on each of 4 plates. Top each bok choy arrangement with ¼ of tossed vegetables. Top with toasted cashews, almond slices or sesame seeds.

Another easy way to prepare ribs or a roast – place meat in your crock pot, then douse generously with one of our delicious sauces – Pa Buck's Spicy & Smoky, Chipotle-Lime or Black Pearl "Beyond Teriyaki!" Cook the meat according to crock pot maker's recommendation. During the summer months, we put the crock pot on our patio to keep the heat outside!

Super Easy Sloppy Joes

Brown ground beef or turkey in a little extra virgin olive oil till done. Drain any excess fat from pan.

Pour enough **Pa Buck's Best Dang BBQ Sauce Ever** to coat meat completely. Spoon meat & sauce mixture onto whole wheat buns or onion rolls.

Roast Duck with Spicy Peach Sauce

Ingredients (feeds four):

Whole large duck, trimmed of all fat, skin pierced 12-15 times at an angle to allow fat to drain, salt lightly

Celery stalk, ¼ onion, med carrot

1 ½ jars **Spicy Peach-Chardonnay Preserves**

2 T. balsamic vinegar

1 T. brown sugar

¼ c. water

Combine sauce ingredients in small pan & heat until sauce is smooth & even. Cook duck 30 minutes at 500°, drain off fat, reduce oven to 325°, stuff duck with veggies, add ½ c. white wine & 1 c. chicken broth to pan, cover tightly with foil, cook additional 1½ hours, until pink & succulent. Check for doneness, portion duck, sauce each portion &, as Tom says, go nuts! Serve with your favorite vegetables, rice or roasted potatoes.

~Wine tip: Pinot Noir, Gewürztraminer, Viognier or Sauvignon Blanc.

Blackberry-Zinfandel Preserves are great served with cream cheese and crackers, or over ripe Brie. They make nice complements to lamb, pork, salmon, and poultry!

******Blend Spicy Raspberry-Syrah Preserves with whipped cream cheese or goat cheese log, spread on bagels and top with smoked salmon!***

Ice Cream ala Black Sheep

Chill glass dessert/coupe dishes. Alternate layers of high quality vanilla ice cream with **Blueberry-Merlot Preserves with Honey**. Top with freshly whipped cream & drizzle a bit of the preserves over the whipped cream; top with a blueberry.

Beautiful & delicious!

******Speaking of Ice Cream...***

Unusual, unforgettable & undeniably delicious! Spoon Spicy Raspberry-Syrah Preserves over your favorite chocolate ice cream or gelato!