



## APPLE POMEGRANATE BALSAMIC VINEGAR RECIPES

### **Arugula with Baby Green's, Avocado and Orange Salad**

Serves 2-4

Wash, pat dry and chop into salad pieces:

- 1 bunch of Arugula, washed, dried and cut into pieces
  - 1 bunch baby greens or spinach, washed, dried and cut into pieces
  - 1-2 ripe Avocado's, cut into small bite-size pieces
  - 2 Oranges, cut into small pieces
- Toss all together.

1/8 cup extra virgin olive oil

1/4 cup **Hare Hollow Apple Pomegranate Balsamic Vinegar**

1 tsp Dijon mustard

Whisk oil, vinegar and mustard. Drizzle over greens. Top with your favorite crumbled cheese such as Feta or Gorgonzola.

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### **Coffee Marinated Grilled Flank Steak**

Serves 4-6

This recipe comes from Gordon Hamersley at the 'Hamersley Bistro in Boston'. It was prepared at a demo in San Francisco at the Farmers Market.

3 Tbsp grainy mustard

1 Tbsp chopped garlic

1 Tbsp chopped shallots

4 Tbsp **Hare Hollow Apple Pomegranate Balsamic Vinegar**

4 Tbsp olive oil

2 cups strong espresso

1/4 cup dark brown sugar

1/2 tsp black pepper

2 lbs. Flank steak, trimmed of fat

Salt to taste

1 cup beef broth

2 Tbsp butter

Combine the mustard, garlic, shallots, balsamic vinegar, 2 tablespoons oil, espresso, brown sugar and black pepper in a large pan. Reserve 1 cup of marinade to make the sauce. Add the flank steak and marinate for 2 hours turning the meat every 30 minutes.

Prepare the grill method of your choice. Sprinkle the meat with salt and add to the grill. Cook the meat for about 3-5 minutes per side, frequently basting with the coffee marinade that the meat was marinating in. The sugar in the marinade will caramelize nicely making the meat wonderfully charred. Remove the flank steak from the grill and allow to rest before slicing.

While the beef is resting, combine the reserved marinade and the beef broth. Bring to a boil and then lower the heat to medium. Reduce the sauce by 1/2. Add 2 tablespoons of butter.

Whisk to incorporate. Adjust seasoning to taste.

Cut the beef into 2-inch slices and arrange on plates. Spoon the sauce over and around the beef and serve immediately.

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### **Classic Greek Salad**

3lbs Ripe Fresh Tomatoes, cut into small wedges  
2 Med Cucumbers, peeled, halved lengthwise and cut into 1 inch slices  
1/2 Large Red Onion, thinly sliced  
1/4lb Kalamata Olives, pitted - (Trader Joe's are excellent)  
1/2lb Feta Cheese, Crumbled  
1/3 cup European Style Extra-Virgin Olive Oil  
1/2 cup **Hare Hollow Apple Pomegranate Balsamic Vinegar**  
1 Tbsp Fresh Oregano, and Basil  
Cracked Black Pepper

In a large bowl, combine tomatoes, cucumber, onion, olives, and most of the feta cheese. Drizzle with olive oil and **Hare Hollow Apple Pomegranate Balsamic Vinegar**. Add herbs and pepper, toss gently. Scatter more feta and some sliced onions on top. Served immediately and at room temp.

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### **Tossed Green Salad**

Serves 4-6

Start with a bowl of mixed salad greens.

Dress with **Hare Hollow Apple Pomegranate Balsamic Vinegar** and 1 tsp olive oil.

Then add any or all of the following:

Artichoke Hearts, Hearts of Palm, Mandarin Oranges (Small canned ones are the sweetest), Chopped Veggies, Scallions or Red Onions, Roasted Pumpkin Seeds, Pecans, Goat Cheese or Blue Cheese. Enjoy as a small salad or a main course.

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### **Citrus Garlic Marinade for Chicken Breasts, Halibut, or Salmon**

Serves 4-6

2 Tbsp Finely Minced Orange Zest  
3/4 cup Freshly Squeezed Orange Juice  
1/2 cup **Hare Hollow Apple Pomegranate Balsamic Vinegar**  
1/4 cup Honey  
1 Tbsp Dijon Mustard  
6 Cloves Garlic, Finely Minced  
1/2 cup Green Onions, Minced (White and Green Parts)  
1/4 tsp Freshly Ground Pepper  
1/4 tsp Red Hot Pepper Flakes  
1 tsp Salt  
4 Chicken Breasts with Skin, or 4 Salmon or Halibut Fillets

Combine orange zest and juice, vinegar, honey, mustard, garlic, green onions, pepper, red pepper flakes, and salt. Add chicken or fish. Coat well and cover and refrigerate 2-4 hours.

Note: If you want to marinate overnight, wait to add salt just before cooking.

Grill chicken directly over medium hot coals, covering grill and turning often until cooked through about 30-35 minutes (Cooking times vary with size). For fish fillets, grill about 6 min. on each side or until opaque.

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### **Simple Glaze for Salmon**

Serves 4

Use either wild Pacific salmon or a nice Atlantic cut of salmon. This is a sweet, tangy soy glaze that will delight most people. Steam some swiss chard or bok choy and fragrant jasmine rice to add to the meal along with thinly sliced cucumbers with seasoned rice vinegar.

1 cup reduced sodium soy sauce  
1/4 cup honey  
1/2 tsp finely minced garlic  
1/2 cup or more **Hare Hollow Apple Pomegranate Balsamic Vinegar**  
1 Tbsp fresh ginger  
1/4 cup chopped fine cilantro  
2 Tbsp sesame seeds  
4 pieces (about 6 oz each) salmon fillet

In a 1 to 2 quart pan, mix soy sauce, honey, and garlic, balsamic and ginger. Stir often over medium high heat until glaze is reduced by about a third, 7 to 10 minutes. Pour 3 Tbsp glaze into a small bowl and reserve. Pour remainder into a shallow 2 to 3 quart-baking dish. Set salmon in and marinate 30 minutes or longer. Turn once during this latter process..

If baking, set oven to 450°F and cook until salmon has turned opaque at the edges but is still translucent in the center about 15-20 minutes. Remove from oven. Brush salmon evenly with about half the reserved glaze and sprinkle sesame seeds and cilantro. Broil 6 inches from heat until seeds are toasted and salmon is opaque but still moist looking in center of thickest part 2-3 minutes. Drizzle salmon with remaining reserved glaze and transfer on dish topping greens.

If barbecuing, cook about 5-7 minutes on each side, keep testing center. Toast sesame seeds in a skillet in some oil or butter until brown and baste with remaining glaze after pieces are cooked on the BBQ.