

SAVOR THE STATES

A rustic wooden table serves as the background for a large, weathered metal tray. On the tray, two tacos are nestled on a piece of parchment paper. The tacos are filled with a red sauce, shredded lettuce, jalapeños, and topped with crumbled cheese and fresh cilantro. A lime wedge sits to the left of the tacos. To the right, a small green bowl is filled with a mixture of white rice and beans, topped with crumbled cheese and a generous amount of crumbled brown meat. A few more lime wedges are scattered around the tray, and some crumbled meat is visible on the tray's surface.

JOIN AMERICA'S INGREDIENTS IN A CULINARY
JOURNEY AROUND THE WORLD

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SAVOR THE STATES

A CULINARY JOURNEY AROUND THE WORLD

From the chilled waters of Alaska to the rich soils of California, and the coastal prairies of Louisiana to the New England mountain tops, America's vast landscapes are packed with fertile land and natural resources as well as the climates to support and nourish agricultural harvests.

The United States is a major global supplier of a diverse array of food products. To this end, Savor the States is on a mission to showcase the quality, variety, diversity, and abundance of food and drink from the United States.

Farmers, fishermen, and producers provide high-quality, cost-competitive farm and food products to customers around the globe. Their work helps feed a growing global population as well as supporting rural communities, local economies, and millions of jobs in related industries.

From walnuts to almonds, grapefruit to cranberries, and dairy to distilleries, retailers and restaurants around the world are now promoting U.S. origin on packets and menus. No longer just a legal requirement, U.S. origin is proof of authentic provenance for consumers.

In recent times, we have seen the impact that climate change can have on our food systems and food security which in turn impacts the livelihoods of our agricultural producers. U.S. producers are making climate-smart solutions a priority to sustain their families, their businesses, and their communities, as well as those around the globe. Nearly 80 countries have joined the initiative AIM for Climate which has garnered investment in climate-smart agriculture and food systems innovation.

Against that backdrop, this book celebrates the success of U.S. food and drink and explores how it is savored in countries across the world. In partnership with the U.S. Department of Agriculture's Foreign Agricultural Service (FAS) offices as well as U.S. exporters and promoters, this book curates a selection of vibrant, easy-to-cook, and delicious recipes. Celebrating farmers, innovation, and local flavors – we hope you enjoy it.







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SAVOR THE STATES

IS A CULINARY JOURNEY AROUND THE WORLD,
A COLLECTION OF RECIPES SHOWCASING
U.S. PRODUCTS AND U.S. SUSTAINABLE
AGRICULTURAL PRACTICES.

To produce this book, we have worked with offices representing
USDA across five continents. They've sent recipes, images, and
ideas for inclusion. Such is the quality and creativity of these teams
there may even be Volume Two.

Thank you to all the industry partners
who have supported this project.

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THE AMERICAS



RESPONSES TO CLIMATE CHANGE IN FOOD PRODUCTION SYSTEMS

The effects of climate change on our food production systems are already a reality. Food production is changing, impacting some of the trends we are seeing from food producers, farmers, and fishermen, including:

Diversity of foods – There has been significant attention on the resilience of food supply across the planet. Consumers are looking for a greater diversity of foods to suit their tastes in a climate-friendly world. As an example, we are seeing this in fish counters across retail with the introduction of new seafood species. This trend reflects consumer preference to support the natural harvest flows of seafood and a willingness to try species that are normally overlooked, such as Alaska Rockfish.

Conscious meat production – Meat farming has been under the spotlight. Today, U.S. beef producers require fewer resources than the equivalent system in 1977, using 70 percent of animals, 81 percent of feedstuffs, 88 percent of the water, and only 67 percent of the land required to produce the same amount of beef. This reduces the waste output and carbon footprint of beef production by 16 percent from 1977 levels. Approximately 95 percent of water used in cattle production is for the irrigation of the crops used for feed.

A focus on immunity boosting foods – There is increasing evidence to suggest that a strong immune system helps to keep a person healthy with a strong uptick in demand for food and drink products that have natural health benefits. U.S. commodities such as California almonds, walnuts, and prunes have all been quick to bring the health credentials of their produce to consumers, reinforcing the benefits of their product to boost immunity as well as improve gut and heart health. U.S. black beans – known to be high in fiber and protein – are also a rich source of antioxidants and may provide health benefits like those of some common fruits, such as apples or grapes.

Food chain traceability – Transparency is increasingly important to today's consumers. Technological innovations to improve traceability continue with greater emphasis on connecting farmer to consumer, whether this be families producing Washington apples or wines from Oregon. Traceability is an important part of wine production where the use of blockchain allows producers and buyers to trace back the origin of wine to where the grape was grown. The pace of change over the last ten years has been fast, and is likely to accelerate even further over the next decade in response to the climate emergency and the impacts of food on our own health and well-being.



ROASTED CALIFORNIA WALNUT AND CAULIFLOWER TACOS

PREPARATION TIME: 40 MINUTES | COOKING TIME: 30-35 MINUTES | SERVES 6

INGREDIENTS

FOR THE FILLING

- 1 small cauliflower head, chopped
- 2 tbsp olive oil
- 1 cup California walnuts, chopped
- $\frac{3}{4}$ cup minced onion
- 2 tsp minced garlic
- 1 medium jalapeño, seeded and minced
- $\frac{1}{2}$ cup water
- $\frac{2}{4}$ tbsp tomato paste
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp salt, or to taste

FOR THE TACOS

- 12 corn tortillas, warmed
- 1 cup shredded green cabbage
- $\frac{3}{4}$ cup crumbled cotija cheese
- Fresh cilantro leaves
- Lime wedges

METHOD

Preheat the oven to 500°F. Coat the cauliflower with 1 tablespoon of olive oil, place on a baking sheet and roast for 25-30 minutes or until lightly browned. Reduce the oven temperature to 325°F and toast all the walnuts for 5 minutes or until lightly browned. Add half of these to the cauliflower.

Heat the remaining olive oil in a large skillet over medium-high heat. Add the onion and sauté for 5 minutes or until lightly browned. Add the garlic and jalapeño, cook for 2 more minutes, then stir in the remaining ingredients for the filling. Cook until the mixture is thick, and the excess water has cooked off. Combine the onion mixture with the roasted cauliflower and walnuts.

Spoon the cauliflower mixture into the warmed tortillas and top with the remaining toasted walnuts, cabbage, cheese, and cilantro. Serve with lime wedges for squeezing over the tacos.



The California Walnut community includes growers, handlers, customers, and consumers who are dedicated to sustainability now and for the future. They support education to pass on knowledge of sustainable practices to new generations.



CHIPOTLE VEGETARIAN THREE BEAN CHILI

PREPARATION TIME: 10 MINUTES | COOKING TIME: 30 MINUTES | SERVES 4

INGREDIENTS

2 tbsp olive oil
1 medium onion, diced
1 stick of celery, sliced
2 cloves of garlic, minced
1 tsp salt
1 tbsp chili powder
1 tsp ground cumin
½ tsp paprika
2 chipotle peppers in adobo sauce,
roughly chopped
1 x 14 oz can tomatoes, crushed
3 cups vegetable broth
1 x 15 oz can U.S. pinto beans, drained
and rinsed
1 x 15 oz can U.S. black beans, drained
and rinsed
1 x 15 oz can U.S. kidney beans,
drained and rinsed

OPTIONAL TOPPINGS

Red onions, chopped
Cilantro, chopped
Grated cheese
Sour cream

METHOD

Heat the oil in a large heavy-bottomed pot over medium-high heat. Add the onion and sauté for about 4 minutes. Add the celery, garlic, and half the salt. Sauté for another 3 minutes.

Add the chili powder, cumin, paprika, chipotle peppers, and remaining salt. Stir to combine the ingredients. Add the crushed tomatoes and broth, then cover the pot and bring it to a boil.

Remove the lid once boiling, add all the beans, and reduce the heat to medium. Let the chili simmer for 10 minutes, uncovered. Turn off the heat and let it sit for another 10 minutes so that the beans absorb more liquid.

Serve the chili in bowls with any or all of the optional toppings. Refrigerate any leftovers. This chili tastes even better the next day!



It is estimated that humans have been growing and eating dry beans for more than 11,000 years. In the Americas, beans have been grown sustainably for about 6,000 years. (U.S. Sustainability Alliance)



JERK CHICKEN WITH RICE

PREPARATION TIME: 10 MINUTES | COOKING TIME: 20 MINUTES | SERVES 4

INGREDIENTS

2 limes
2 scallions, chopped
½ cup barbecue sauce
⅔ cup warm water
1 tbsp dark soy sauce
1 tbsp dried thyme leaves
1 tsp allspice
3½ tbsp vegetable oil
2 large cooked U.S. chicken breasts, cut into bite-size pieces
1 cup canned U.S. kidney beans, drained
1 cup canned U.S. white beans, drained
1 tsp kosher salt, or to taste
1 tsp freshly ground black pepper, or to taste
1 stick of celery, finely diced
1 red bell pepper, finely diced
1 green bell pepper, finely diced
3 cups U.S.-grown long grain white rice, cooked

METHOD

In a blender, combine the juice of 1 lime with the scallions, barbecue sauce, warm water, soy sauce, thyme, and allspice. Blend until completely incorporated.

Heat half of the oil in a Dutch oven or large pot over medium-high heat. Add the chicken and sauté for about 2 minutes. Add the beans and your blended sauce, stirring to combine.

Cover with a lid and reduce the heat to a simmer for 15 minutes until the beans are tender. Season with salt and pepper to taste.

Meanwhile, heat the remaining oil in a large frying pan over medium heat. Add the diced celery and bell pepper. Season with salt and pepper.

Sauté the vegetables for about 2-4 minutes and then add the cooked rice. Continue to cook, stirring frequently, until the rice is heated through.

Serve the jerk chicken over the rice. Garnish with slices of the remaining lime and fresh parsley.



The U.S. rice industry provides jobs in rural areas throughout the United States and also cultivates its role as good stewards of the land to ensure that it is viable for future generations to produce food and fiber. (U.S. Sustainability Alliance)



MAC NO CHEESE BALLS

PREPARATION TIME: 30 MINUTES | COOKING TIME: 3 HOURS (INCLUDING FREEZING) | SERVES 4

INGREDIENTS

FOR THE NO CHEESE CREAM

1.1 lbs potatoes
6 oz carrots
4 oz onions
1 clove of garlic
2 cups water
1 cup vegetable stock
1 ¼ cup California almonds, soaked
2¼ tbsp mustard
1 ¼ tbsp lemon juice
2¼ tsp yeast flakes
2 tsp salt
1 ½ tsp paprika

FOR THE MAC NO CHEESE BALLS

1.1 lbs macaroni (e.g. De Cecco
Tubetti Rigatti no. 64)
¾ cup toasted California almond slivers
1 tbsp red bell pepper flakes

FOR THE COATING

Flour
Vegan egg replacement
Panko breadcrumbs

METHOD

FOR THE NO CHEESE CREAM

Peel and chop the potatoes, carrots, and onions. Cook in a pot of boiling water until the potatoes are soft, then drain and transfer to a high-powered blender. Add the remaining ingredients and blend to a smooth sauce.

FOR THE MAC NO CHEESE BALLS

Cook the pasta according to instructions and drain. Do not rinse with cold water. Mix 2 cups of the lukewarm mac no cheese sauce with the drained pasta.

Stir the almond slivers and red bell pepper flakes into the creamy pasta. Leave the mixture to cool with a steel ice cream scoop pressed against it. Weigh out 1¾ oz portions or cut with the ice cream scoop and form into even balls. Place on a baking sheet and freeze until solid.

FOR THE COATING

Coat the frozen mac no cheese balls with the flour, egg replacement, and then panko breadcrumbs. Freeze again until the coating is firm.

Deep fry the coated mac no cheese balls until golden yellow, then drain off the excess oil and serve.



Besides giving us healthy almonds to eat, almond trees are great for capturing greenhouse gases and generating coproducts such as hulls and shells that are used for livestock bedding and biomass for electricity generation, thereby creating a more sustainable production system. (CA Almonds)



ONE PAN BRUSSELS SPROUTS AND RED LENTIL PIE WITH A ROOT VEGETABLE CRUST

PREPARATION TIME: 30 MINUTES | COOKING TIME: 1 HOUR | SERVES 6

INGREDIENTS

3 tbsp coconut oil or ghee
2 tsp cumin seeds
2 tsp coriander seeds, preferably freshly ground
5 cardamom pods, green shells removed and seeds freshly ground
1 tbsp ground turmeric
1 large onion, chopped
2 small or medium carrots, diced
Pinch of red pepper flakes
Sea salt
1 tbsp finely chopped fresh ginger
1 lb mushrooms, sliced
Black pepper, freshly ground
3 cloves of garlic, sliced
1 tbsp tomato paste
1 lb brussels sprouts, shredded in a food processor or thinly sliced
1 cup U.S. red lentils, rinsed
½ cup pearl barley, rinsed (optional)
4 Yukon Gold potatoes, peeled and thinly sliced
1 large U.S. sweet potato, peeled and thinly sliced on a mandoline
2 small celeriac, peeled and thinly sliced
1 can Thai unsweetened coconut milk
1 ½ cups vegetable broth, or purified water

METHOD

Preheat the oven to 400°F. Warm 2 tablespoons of the oil or ghee in a deep 10-inch cast iron pan over medium heat. Add the cumin, coriander, cardamom, and turmeric. Stir the spices around for about 1 minute, until fragrant. Add the onion, carrots, red pepper flakes, and salt. Sauté for 7 minutes, until the onions are translucent. Add the ginger and sauté for 1 more minute.

Add the mushrooms and black pepper and sauté for 7-8 minutes, until all the liquid released by the mushrooms evaporates. Add the garlic and sauté for 30 seconds, until fragrant. Add the tomato paste, stir to incorporate, then remove the pan from the heat.

Combine the brussels sprouts, lentils, and barley (if using) in a large bowl. Add the mushroom mixture to the same bowl, salt well and toss to combine.

Arrange half of the potato, sweet potato, and celeriac slices on the bottom of the same cast iron pan used for cooking the onion mixture. Top this layer with the vegetable-lentil mixture, arranged in an even layer. Pour the coconut milk and veggie broth over the vegetable-lentil layer. Arrange the rest of the potato, sweet potato, and celeriac slices on top in a spiral. Brush the root vegetable layer with the remaining oil or ghee and sprinkle with salt and pepper.

Cover the pie, place in the oven, and bake for 30 minutes. Uncover and continue to bake for another 25-30 minutes, until all the vegetables and lentils are soft and cooked throughout. Enjoy right away, scooped out of the pan with a spoon or cut into slices. This dish also makes for great leftovers. Reheat it in portions in the oven or in a pan.



Did you know? Pulses, including lentils, are drought tolerant and frost hardened. Pulse crops can grow in the harshest of environments. (USA Pulses)



GREEN PEA POZOLE

PREPARATION TIME: 20 MINUTES | COOKING TIME: 45 MINUTES | SERVES 8

INGREDIENTS

2 cups mushrooms, quartered
1 tbsp olive oil
½ cup chopped onion
½ cup chopped poblano pepper
½ cup chopped parsnip
2 cups halved baby potatoes
2 cloves of garlic, minced
1 can hominy, rinsed and drained
1 cup chopped fresh cilantro
2 cups U.S. dry green peas, cooked
(follow instructions on packet)
¾ cup salsa verde
2 tsp kosher salt
6 cups warm water

OPTIONAL TOPPINGS

1 bunch of cilantro, chopped
1 cup sliced radishes
1 avocado, cubed
White U.S. rice, cooked
Sour cream or crema fresca
Cotija cheese

METHOD

In a pressure cooker or Dutch oven, sauté the mushrooms in the olive oil for about 2 minutes. Add the onion, poblano pepper, parsnip, potatoes, garlic, hominy, and half the cilantro.

Stir to blend everything together, then add the cooked green peas, salsa, and salt. Stir and allow to cook for about 2 minutes. Add the water, then add more salt if needed.

If using the pressure cooker, set the timer for 15 minutes on high pressure. If using a Dutch oven, cover and cook for 45 minutes at a medium-low temperature.

When the soup is done, mash the potatoes into the liquid. Stir in the remaining chopped cilantro. Serve in bowls and allow guests to top with their preferred toppings and garnishes.



Pulse crops, including peas, allow American farmers to do a rotation as opposed to a monoculture. This increases the microbial activity in the soil, making it healthier all the time, and is a key component of the health and management of the soil. (USA Pulses)



STICKY RED WINGS

PREPARATION TIME: 10 MINUTES | COOKING TIME: 1 HOUR 15 MINUTES | SERVES 3 AS A MAIN OR 6 AS A STARTER

INGREDIENTS

3 lbs U.S. chicken wings
½ tsp salad oil
2 tsp minced garlic
3 tbsp minced fresh jalapeño chiles
1 cup pomegranate juice
1 cup U.S. cranberry juice
⅓ cup sugar
2 tbsp cider vinegar
3 tbsp pomegranate seeds
Salt

METHOD

Rinse the wings, then drain and cut apart at the joints. Place in a single layer in a 10 by 15-inch non-stick pan. Bake in a 400°F oven until brown and crisp for about 1 hour, turning occasionally.

In a medium non-stick frying pan over high heat, stir the oil, garlic, and chiles for 2-3 minutes. Add the pomegranate juice, cranberry juice, sugar, vinegar, and pomegranate seeds. Stir until the sugar dissolves, then bring to a boil. Boil until reduced to ⅔ cup (this should take about 15 minutes) then add salt to taste.

Drain and discard the fat from the chicken wings. Pour the reduced pomegranate sauce over the wings and turn them over to coat. Bake for about 12 minutes until the sauce thickens and sticks to the wings, turning them often.

WATERMELON MOJITO

PREPARATION TIME: 5 MINUTES | SERVES 2

INGREDIENTS

30 fresh mint leaves
1 large lime, juiced (reserve some pulp)
2 tbsp sugar
2 cups ice
½ cup American white rum
½ cup liquefied fresh U.S. watermelon
½ cup club soda
Fresh U.S. watermelon, diced

METHOD

Place the mint leaves, lime juice and pulp, and the sugar in a medium pitcher. Use a muddler to crush the mint and blend the juice and sugar.

Add the ice, rum, watermelon juice, and club soda. Stir and add more sugar or lime to taste. Add a few diced watermelon pieces to the pitcher if desired.

Garnish each glass with a sprig of fresh mint and a thin slice of watermelon.

TO SERVE

Sprigs of fresh mint
Thin slices of U.S. watermelon



TEXAS GREEN CHILI JACK SMASH BURGER

PREPARATION TIME: 10 MINUTES | COOKING TIME: 10 MINUTES | SERVES 2

INGREDIENTS

FOR THE BURGER PATTIES

1 lb ground U.S. beef
4 tbsp finely minced red onion
1 tsp finely minced garlic
1 tsp chipotle chili powder
2 tsp ancho chili powder
2 tsp salt
8 oz U.S. black-eyed peas, cooked and well drained
4 oz Jack cheese, sliced

FOR THE CARAMELIZED ONIONS

8 oz red onions, thinly sliced
2 tbsp water
1 tbsp butter
Pinch of salt

FOR THE CHARRED GREEN CHILI AIOLI

2-3 jalapeño chiles or ¼ cup canned green chilis (use less to make it milder)
⅔ cup mayonnaise
2 green onions, finely sliced
1 clove of garlic, crushed to a paste with a pinch of salt
¼ cup fresh shredded cilantro leaves
1 tbsp lime juice

TO ASSEMBLE

4 buns, pretzel or plain
1 avocado, sliced
½ head lettuce

METHOD

FOR THE BURGER PATTIES

Gently mix the ground beef, red onion, garlic, chili powders and salt in a large bowl. Add the black-eyed peas and mix again. Form into 4 loosely packed balls of equal size (not patties) and refrigerate for 30 minutes or more.

FOR THE CARAMELIZED ONIONS

In a large sauté pan, cook the onions, water, butter, and a pinch of salt over high heat. Toss regularly until the onions are nicely caramelized and all the liquid has evaporated.

TO COOK THE BURGER PATTIES

Heat a cast iron skillet or non-stick griddle pan over medium-high heat. Place the beef balls on the hot skillet, flattening them evenly with a heavy metal spatula. Season with salt and pepper, then top with half the caramelized onions and press them into the patty with a spatula. To brown the meat, cook for approximately 3 minutes. Flip the patties, season, add the remaining onions and brown the opposite side for 2-3 more minutes. Top with the Jack cheese and keep in a warm oven (150°F).

FOR THE CHARRED GREEN CHILI AIOLI

Place the jalapeños or green chilies in a dry, hot, cast-iron skillet, pressing down and turning them now and then, until they are blackened on all sides and quite soft. Remove from the pan and scrape off most of the char with a knife. Split open and remove the seeds. Chop roughly. Don't worry if there are some remaining black bits. Mix with the mayo and then add all the remaining ingredients. Refrigerate until ready to use.

TO ASSEMBLE

Lightly toast the buns, then slather each one with the green chili aioli. Top with the burger patties, avocado slices, and lettuce leaves.



THE PERFECT U.S. BEEF POKE BOWL

PREPARATION TIME: 15 MINUTES, PLUS MARINATING | COOKING TIME: 5 MINUTES | SERVES 4

INGREDIENTS

1 lb U.S. beef fillet steak
Cooked U.S. rice
Salad leaves
1 avocado, sliced
Radishes, sliced
Edamame
½ cucumber, sliced
Scallions, sliced
Sesame seeds

FOR THE MARINADE

1 clove of garlic, peeled and minced
1 tsp minced ginger
2 tbsp soy sauce
1 tbsp sesame oil
1 ½ tsp shichimi togarashi (Japanese spice mix)

METHOD

Take your steak out of the fridge and place it in a shallow bowl. In a separate bowl, mix all the marinade ingredients together. Pour half the marinade over the steak and reserve the rest to use as a dressing. Leave the steak to marinate at room temperature for 1 hour. You can marinate for longer (up to overnight) but if so, you'll need to refrigerate it.

If you have refrigerated it, take the steak out of the fridge an hour before cooking to allow it to come up to room temperature.

Heat up a griddle or frying pan on high heat. Once very hot, place the steak in the pan and cook for 2-3 minutes on each side. Remove from the pan and place on a board to rest for a few minutes.

Put the rice and salad leaves in the bowls and top with avocado slices, radish slices, edamame, and cucumber. Go back to your steak and slice into small cubes. Place the steak on top of the bowls.

Sprinkle over the scallions, sesame seeds, and an extra pinch of togarashi if you like. Just before serving the poke bowls, drizzle over the reserved dressing.



U.S. beef production is the most sustainable production system in the world, a fact long understood by America's cattle producers, who between the 1960s and 2018 reduced the carbon footprint of the industry by 40 percent while producing 66 percent more beef. (U.S. Sustainability Alliance)



WILD ALASKA SOCKEYE SALMON CEVICHE WITH MANGO, CHILI, AND CILANTRO

PREPARATION TIME: 15 MINUTES | SERVES 6

INGREDIENTS

1 side of wild Alaska Sockeye salmon
Flaky salt
3 limes, juiced
1 orange, juiced
1 tsp sugar
2 red chilies, finely chopped
1 tbsp roughly chopped fresh cilantro
(or micro cilantro)
1 mango, finely diced

METHOD

Defrost the salmon to the point that it is still quite firm. Place the salmon skin side down and slice thinly at an angle, place the slices on a serving dish and season with flaky salt. Leave for 5 minutes.

Combine the lime juice, orange juice, sugar and chopped chili in a bowl. When ready to serve, add the chopped cilantro and mango to the chili-citrus dressing, then spoon it over the salmon.

If using micro cilantro, do not add this to the dressing but place it on top of the dressed salmon instead. Serve the ceviche immediately.



Evening Land, Summum Chardonnay, Willamette Valley, Eola-Amity Hills, Oregon, 2019. This wine has notes of lemon and apple, with a touch of sweet spice that will beautifully cut through the succulent salmon. **Oregon Wine Board**



WILD RICE SALAD WITH GREEN GODDESS TAHINI DRESSING

RECIPE BY GAL OF SOMETHING NUTRITIOUS IN PARTNERSHIP WITH USA RICE

PREPARATION TIME: 20 MINUTES | COOKING TIME: 45 MINUTES | SERVES 6

INGREDIENTS

FOR THE ROASTED SWEET POTATOES

2 medium U.S. sweet potatoes
2 tbsp olive oil
½ tsp salt
½ tsp garlic powder
¼ tsp ground cinnamon

FOR THE RICE

1 cup uncooked U.S. wild rice blend
½ tsp salt

FOR THE GREEN GODDESS TAHINI DRESSING

½ cup tahini (sesame paste)
½ cup + 2 tbsp water
2 tbsp olive oil
2 cloves of garlic
⅓ cup fresh parsley
⅓ cup fresh basil
¼ cup fresh mint leaves
½ lemon, juiced (about 2 tbsp)
1 tsp honey
Salt, to taste

FOR THE SALAD TOPPINGS

2-3 cups arugula
⅓ red onion, thinly sliced
½ cup crumbled feta or goat cheese
⅓ cup California walnuts, finely chopped
½ cup pomegranate seeds

METHOD

Preheat your oven to 375°F. Rinse the sweet potatoes and cut them into cubes. Toss them together with the olive oil, salt, garlic powder and cinnamon. Bake for 45 minutes, flipping halfway through.

Prepare your rice as instructed on the package. Once ready, set aside. While the rice and sweet potatoes cook, prepare your green tahini dressing by blending all the ingredients together in a blender until smooth. Add more water by the tablespoon if needed to thin it out.

Once the rice is ready, season it with salt and transfer to a large shallow serving dish. Start layering your toppings over the rice, starting with the arugula, then the roasted sweet potato, sliced red onion, feta cheese, walnuts, and pomegranate seeds.

When ready to serve, drizzle your green goddess tahini dressing over the top, and serve the dish cold or at room temperature.



All segments of the U.S. rice industry are invested in sustainable production and milling practices because it is personal; rice farmers often live on the land they work, and rice mills are important economic drivers in their communities. (U.S. Sustainability Alliance)



U.S. TART CHERRY PIE WITH SPICED PIE CRUST

PREPARATION TIME: 1 HOUR | COOKING TIME: 1 HOUR 30 MINUTES | SERVES 8

INGREDIENTS

FOR THE SPICED PIE DOUGH

3¾ cups all-purpose flour
1 tbsp sugar
Pinch of salt
3 tsp five spice powder
1 tsp ground cinnamon
1 ½ cups cold unsalted butter, cubed
1 cup ice
1 cup water
¼ cup apple cider vinegar

FOR THE TART CHERRY FILLING

2.2 lbs frozen U.S. Montmorency tart cherries, thawed (juices reserved)
1 tsp vanilla bean paste or vanilla extract
¾ cup + 2 tbsp sugar
3 tbsp + 1 tsp corn starch
½ tsp salt

TO ASSEMBLE THE PIE

1 egg, beaten with 1 tbsp water
Turbinado sugar, to finish (optional)

METHOD

FOR THE SPICED PIE DOUGH

Combine the flour, sugar, salt, five spice, and cinnamon in a large bowl. Add the cubed butter and toss lightly to coat. Working quickly with a pastry blender or your fingers, rub the butter into the flour mixture until there are only pea-sized chunks left.

Combine the ice, water and cider vinegar in another bowl. Sprinkle a few tablespoons of this mixture into the flour and butter, using a spatula or your hands to mix well. Continue adding the water, one tablespoon at a time (up to about ¾-1 cup) until the dough holds together well when squeezed, but is not too wet.

Cut off one third of the dough and shape into a disc, then shape the larger piece into a rectangle. Rest in the fridge for at least 2 hours, preferably overnight.

FOR THE TART CHERRY FILLING

Place the thawed tart cherries and their juices in a medium saucepan over medium heat with the vanilla. In a small bowl, whisk the sugar, corn starch, and salt together.

Add the dry ingredients to the saucepan and stir to combine using a rubber spatula. Cook for 3-4 minutes, stirring frequently, until the mixture thickens and the juices turn from cloudy to clear. Transfer to an airtight container and allow to cool completely in the fridge.

TO ASSEMBLE THE PIE

On a lightly floured surface, roll the disc of pie dough into a circle slightly larger than your pie dish and approximately ⅛-inch thick. Line a 9-inch pie dish, leaving about 1 inch overhanging the edge. Spoon the cooled filling into the crust and smooth down, then place in the fridge.

Roll out the rectangle of dough until approximately ⅛-inch thick, then cut into strips with a pastry cutter. Arrange the strips of pie dough on the top of the filling, weaving them into your desired lattice, then decorate or crimp as desired. Rest the pie in the fridge for at least 30 minutes. Meanwhile, preheat the oven to 425°F and place a baking sheet on the bottom rack of the oven.

Brush the chilled pie with egg wash and sprinkle liberally with turbinado sugar. Bake for 20 minutes, or until the pastry is set and beginning to turn golden. Reduce the temperature to 375°F and bake until the pastry is deeply golden and the filling is bubbling slightly (50-60 minutes).



SWEET POTATO BROWNIES

PREPARATION TIME: 30 MINUTES, PLUS COOLING TIME | COOKING TIME: 40 MINUTES | MAKES 16

INGREDIENTS

2 large U.S. sweet potatoes (about 8-10 oz each)
2 tbsp melted coconut oil or butter
¾ cup pure U.S. maple syrup
1 ½ tsp pure vanilla extract
2 large eggs
1 cup white or whole wheat flour
⅓ cup unsweetened cocoa powder
1 ½ tsp ground nutmeg
1 tsp baking powder (aluminum-free if available)
¼ tsp kosher salt
½ cup semi-sweet chocolate chips or chopped dark chocolate

METHOD

Preheat the oven to 350°F. Line an 8 by 8-inch pan with parchment paper so that you have some overhanging the sides, then lightly coat with baking spray. Set aside.

Place the sweet potatoes in the microwave and cook on high for 7-10 minutes or until completely softened. Once cool enough to handle, scoop out 2 cups of the flesh and discard the skin. Place in a large mixing bowl and beat until mashed and fairly smooth. Beat in the melted coconut oil or butter until combined, then beat in the maple syrup and vanilla extract. Beat in the eggs one at a time, stopping to scrape down the bowl as needed.

In a separate bowl, stir together the flour, cocoa powder, nutmeg, baking powder, and salt. Add the dry ingredients to the wet ingredients and mix gently, just until the dry ingredients are incorporated. Fold in the chocolate chips.

Scrape the batter into the prepared baking pan and smooth the top. Bake for 25-30 minutes, just until a toothpick inserted in the center comes out clean. Place the pan on a wire rack and let cool completely. These brownies taste better the longer they sit.

Once cool, gently lift the brownies out of the pan onto a wire rack. Slice and serve. Store leftover brownies in an airtight container in the refrigerator for up to 4 days or freeze for 2 months.



Did you know? Sweet potato is a low-calorie, fat-free, nutrient-dense source of healthy carbohydrates, fiber, and many vitamins and minerals including vitamin A, potassium, and vitamin C.



MAPLE SYRUP AND BOURBON ICE CREAM WITH SALTED CANDIED PECANS

PREPARATION TIME: 10 MINUTES, PLUS 18 HOURS CHILLING | COOKING TIME: 15 MINUTES | SERVES 6-8

INGREDIENTS

FOR THE ICE CREAM

2 cups heavy cream
1 cup whole milk
1 tbsp sugar
6 egg yolks
1 cup U.S. maple syrup
¼ cup American bourbon
¼ tsp kosher salt

FOR THE CANDIED PECANS

2 cups U.S. pecans
2 tsp coarse sea salt
½ cup water
½ cup white sugar
½ cup brown sugar

METHOD

FOR THE ICE CREAM

In a medium pot, combine 1 cup of the heavy cream with the whole milk and sugar over low heat until scalded, but do not let it boil. Turn off the heat.

Place the egg yolks in a large bowl, and whisk. Slowly stream in the heated cream mixture, whisking constantly until combined. Pour the mixture back into the pot and place over medium-low heat. Cook for about 5 minutes, stirring often, until thick and creamy. Do not let it boil.

Once the mixture has thickened enough to coat the back of a wooden spoon, remove from the heat, and pour into a large bowl with the remaining heavy cream, maple syrup, bourbon and salt. Stir together until well combined. Cover the bowl with plastic wrap and refrigerate until thoroughly chilled, about 6 hours.

When the mixture is completely chilled, pour into an ice cream machine and follow the manufacturer's instructions. Freeze the ice cream until firm for several hours or overnight.

FOR THE CANDIED PECANS

Stir the pecans with the salt in a sauté pan over high heat until fragrant and toasted, about 2 minutes. In a separate large sauté pan or pot, heat the water and both sugars over medium-high heat, stirring until the sugar dissolves and is just beginning to turn golden. Add the pecans, reduce the heat to low and continue to stir until thoroughly coated and golden.

Pour the candied pecans onto a large piece of parchment paper and spread flat. Once completely cooled, roughly chop. Store in an airtight container.

TO SERVE

When the ice cream is frozen, spoon into bowls and top with the salted candied pecans.



NO-BAKE MONTMORENCY TART CHERRY CHEESECAKE

RECIPE COURTESY OF EMILY CARUSO, JELLYTOASTBLOG.COM

PREPARATION TIME: 25 MINUTES, PLUS AT LEAST 4 HOURS CHILLING | SERVES 12

INGREDIENTS

2 cups fine graham cracker crumbs
(about 15 whole graham crackers)
2 tbsp granulated sugar
1 stick of unsalted butter, melted and
cooled
16 oz cream cheese, at room
temperature
 $\frac{2}{3}$ cup powdered sugar
 $\frac{3}{4}$ cup full-fat sour cream
 $\frac{1}{4}$ cup U.S. Montmorency Tart Cherry
Concentrate
1 tsp pure vanilla extract
Pinch of salt
1 cup heavy whipping cream, whipped
to stiff peaks
1 can Montmorency Tart Cherry Pie
Filling

METHOD

In a large bowl, stir together the graham cracker crumbs, granulated sugar, and melted butter until evenly moistened. Pour into the bottom of a lightly greased spring form pan. Press the crumbs firmly with your fingers or the bottom of a dry measuring cup evenly along the bottom and 1 inch up the sides of the pan. Chill while preparing the filling.

Beat the cream cheese with an electric mixer on high speed until soft and creamy. Add the powdered sugar, sour cream, Montmorency Tart Cherry Concentrate, vanilla, and salt. Beat until the mixture is smooth and no lumps remain. Using a rubber spatula, gently fold in the whipped cream until evenly incorporated.

Spread the filling into the prepared crust, smoothing the top with a spatula. Cover and chill for at least 4 hours or overnight.

Top the chilled cheesecake with the Montmorency Tart Cherry Pie filling before slicing and serving.



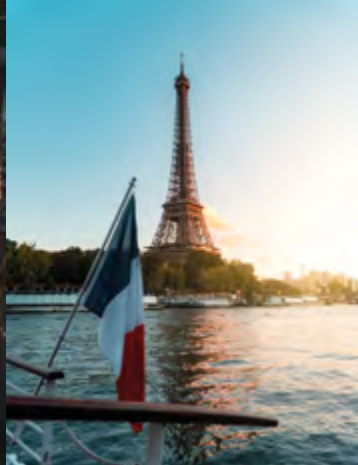
A fruited American sour, to cut through the high fat content of the ingredients and balance the sweetness. **Brewers Association**







EUROPE



SAVING SOIL AT THE HEART OF SUSTAINABLE AGRICULTURE

Conserving and increasing the fertility of our soils is a tremendous challenge for today's agricultural practices in the face of an increasing population and intense pressure on land use from urbanization and climate change.

In the 1930s, the Dust Bowl resulted from long drought, strong winds, and poor crop and soil management. This 'perfect storm' resulted in clouds of soil, sometimes 300 meters high, blowing across the country, leaving behind ruined farms, destroyed livelihoods and over two million people homeless.

The profound impact of this calamity led to the 1935 establishment of the Soil Conservation Service by the USDA. By 1938, this initiative had helped to reduce 'blowing soil' by 65 percent. It also led to American farmers introducing a more scientific approach to crop production with the adoption of agri-science and the promotion of scientific practices.

Today, many of the initiatives introduced in the 1930s for conservation and land management are still in place and have evolved to meet environmental demands.

Today's challenges mean that, across the world, the layer of fertile topsoil is thinning, making it more difficult to grow crops for food. Farming operations such as ploughing or tilling to bury and kill weeds have been practiced for millennia. Crop yields may have improved, but tilling leads to the loss of vital soil bacteria. U.S. soil experts agree that the key success for soil fertility is to build and maintain the level of humus (decomposed organic matter) content.

To do this requires a wide variety of methods including manure; nitrogen-fixing plants; reduced tillage; crop rotation, and cover crops. Organic matter improves soil structure, which means better root penetration, improved water absorption, and increased water-holding capacity, reducing water usage. As an example, pulse crops produce a number of different compounds that feed soil microbes and benefit soil health. After pulse crops are harvested, they leave behind nitrogen-rich crop residues that provide extra nutrients for the next crop that is grown. Growing pulse crops in rotation with other crops enables the soil to support larger, more diverse populations of soil organisms that help maintain and increase soil fertility.

Farmers across the United States are changing cropping practices to improve their soil by reducing tillage, increasing organic matter, and minimizing chemical inputs.

A popular gardener's idiom "it's all in the soil" is more relevant than ever today. In recent times, the UN's Food & Agricultural Organization launched World Soil Day. Held on December 5th each year, the event raises awareness of the importance of soil quality for human well-being, food security and ecosystems. Long may it continue.



MARBELLA STYLE ONE-PAN CHICKEN

PREPARATION TIME: 10 MINUTES, PLUS OVERNIGHT CHILLING | COOKING TIME: 35 MINUTES | SERVES 6

INGREDIENTS

¼ cup olive oil
¼ cup red wine vinegar
¾ cup large pitted California prunes, halved
½ cup large pitted California green olives, halved
¼ cup capers with the brine
3 bay leaves
6 cloves of garlic, minced
2 tbsp dried oregano
2 tsp black pepper
½ tbsp coarse kosher salt
6 boneless and skinless U.S. chicken thighs
1 tbsp dark brown sugar
½ cup U.S. dry white wine
6 slices of prosciutto

METHOD

Combine the olive oil, vinegar, prunes, olives, capers, bay leaves, garlic, oregano, black pepper, and kosher salt in a large bowl or large plastic storage bag. Add the chicken to this marinade. Refrigerate for at least an hour or up to overnight, turning occasionally so the marinade coats everything evenly.

Place an oven rack in the center position and heat the oven to 425°F. Transfer the chicken and all of the marinade to a sheet pan. Sprinkle the chicken thighs with the dark brown sugar and pour the white wine around the pan. Bake for 20 minutes.

Carefully, add the prosciutto slices to the pan around the chicken and bake for an additional 10-15 minutes, or until the chicken has reached an internal temperature of 165°F and is browned and crisp, then serve immediately.



A hazy and juicy IPA, citrus and/or tropical flavor-forward hop notes and a soft mouthfeel will contrast with the umami richness of this dish. Classic American IPA also pairs well. **Brewers Association.**



CALIFORNIA CLING PEACH AND PROSCIUTTO ‘PIZZA’

PREPARATION TIME: 10 MINUTES | COOKING TIME: 10 MINUTES | MAKES 4

INGREDIENTS

4 small flatbreads (such as naan)
1 can California Cling Peach halves,
drained
4 tbsp extra virgin olive oil
3 oz prosciutto
 $\frac{3}{4}$ oz arugula, rinsed and dried
 $\frac{1}{4}$ red onion, thinly sliced
1 small wedge of parmesan cheese,
shaved
2-3 tbsp balsamic glaze
Salt and pepper, to taste

METHOD

Place the flatbreads face down on a hot grill for 2-3 minutes, then remove from the heat. Sear the peach halves on the grill for 2-3 minutes on each side, then remove from the heat and cut into 1-inch pieces.

Brush the grilled side of the flatbreads with 2 tablespoons of the olive oil. Evenly place the prosciutto, grilled peaches, arugula, red onion, and parmesan cheese on each of the pizzas.

Drizzle with remaining olive oil and the balsamic glaze. Season with salt and pepper to taste.

SPARKLING FLORIDA OJ APEROL SPRITZ

PREPARATION TIME: 5 MINUTES | COOKING TIME: 10 MINUTES | SERVES 4

INGREDIENTS

4 Florida orange twists, for garnish
4 cups Florida orange juice
4 cups Prosecco
2 cups Aperol
 $\frac{1}{2}$ cup seltzer
Ice

METHOD

Make the Florida orange twists and place the Florida orange juice in a saucepan over medium heat. Reduce the amount to 2 cups and then leave to cool.

Combine the reduced Florida orange juice, Prosecco, and Aperol in a cocktail shaker. Pour into 4 glasses and add a splash of seltzer to each glass with some ice.

Garnish with the Florida orange twists and serve immediately.



ALASKA SOLE SCHNITZEL WITH BROWNED BUTTER

PREPARATION TIME: 15 MINUTES | COOKING TIME: 40 MINUTES | SERVES 4

INGREDIENTS

1 ½ cups oyster mushrooms
1 ½ cups cherry tomatoes
3 cloves of garlic, sliced
1 ½ tbsp capers, drained
¼ cup extra virgin olive oil
¾ tsp salt
Black pepper, freshly ground
4 tbsp unsalted butter
1 sprig of fresh rosemary or sage
2 tbsp demi-glace or chicken glace (optional)
1 tbsp lemon juice
¼ tsp salt
1 cup all-purpose flour
2 eggs
2 tbsp water
3 cups breadcrumbs (not panko)
4 Alaska sole fillets (6 oz each)
1 cup rice bran oil

TO SERVE

¼ cup chopped parsley or chives
4 lemon wedges

METHOD

Cut any extra-large mushrooms in half and trim off the woody ends. Toss the mushrooms in a mixing bowl with the cherry tomatoes, sliced garlic, capers, olive oil, salt, and pepper. Transfer the seasoned vegetables to a casserole dish or hotel pan. Place the pan in a preheated oven at 400°F for 30 minutes, or until the mushrooms are caramelized and the tomatoes have burst open. Keep warm.

Preheat a small pan over medium heat and add the butter. Swirl the butter constantly as it melts for 1-2 minutes. Add the sprig of rosemary or sage and watch the butter closely until it turns golden brown and produces a nutty aroma. Stir in the demi-glace (if using), lemon juice and salt. Keep the browned butter sauce warm until ready to serve.

Set up a breading station with the flour on a plate, the eggs whisked with the water in a shallow bowl, and the breadcrumbs on another plate. Lay out the fish on a sheet pan and season both sides with salt and pepper. Working with one piece at a time, dredge the sole in flour, shake off the excess, dip into the egg wash, then coat with breadcrumbs.

Preheat a large skillet with the rice bran oil filled to a ½-inch depth. Bring the temperature of the oil to about 350°F and lay the breaded fish in the oil. Cook for about 2 minutes or until golden brown, then flip and cook for 2 more minutes, or until the second side is golden brown and fish is cooked through. Transfer the fried fish to a tray lined with paper towels and season both sides lightly with salt.

TO SERVE

Arrange a piece of fried sole in the center of four plates. Spoon a heaping cup of roasted vegetables over each fish. Drizzle a tablespoon of browned butter around each plate. Garnish each plate with chopped parsley or chives and a lemon wedge.



Many of Alaska's fisheries are also certified by both the Marine Stewardship Council (MSC) and the Alaska Responsible Fisheries Management (RFM) Program. These certifications show that fisheries meet the criteria of the United Nations Food and Agriculture Organization (FAO) Code of Conduct for Responsible Fisheries. (Wild Alaska Seafood)



U.S. BEEF WITH COUSCOUS

PREPARATION TIME: 10 MINUTES | COOKING TIME: 10 MINUTES | SERVES 4

INGREDIENTS

1.1 lbs U.S. beef top sirloin steak, cut
2.5cm thick
1 can beef broth
1 cup dry couscous
1 tbsp olive oil
1 medium red bell pepper, cut into 0.6
cm strips
½ cup coarsely chopped U.S. Vidalia or
other sweet onion
½ cup prepared honey-Dijon barbecue
sauce
1 tbsp chopped fresh parsley

METHOD

Trim the fat from the top sirloin steak. Cut the steak lengthwise in half and then crosswise into 0.6 cm thick strips.

In a medium saucepan, bring the beef broth to a boil. Stir in the couscous, cover the pan, and remove from the heat.

In a large non-stick skillet, heat the oil over medium-high heat. When hot, add the beef in two batches and stir-fry for 1-2 minutes or until the surface is no longer pink. Remove from the skillet with a slotted spoon and keep warm.

In the same skillet, stir-fry the bell pepper strips and chopped onion for 2-3 minutes or until tender. Return the beef to the skillet and stir in the barbecue sauce. Cook while stirring for 1-2 minutes or until heated through.

Arrange the beef mixture on the couscous, sprinkle with the chopped parsley and garnish with a few sprigs of parsley if you like.



Bow and Arrow, Air Guitar 2018. This is an aromatic and soulful wine with aromas of cherry, sandalwood and herbs and a complex, savory finish, leaving you wanting more. **Oregon Wine Board**



CALIFORNIA PRUNE SWEDISH MEATBALLS

PREPARATION TIME: 20 MINUTES | COOKING TIME: 25 MINUTES | SERVES 5

INGREDIENTS

1 slice of white sandwich bread
2 tbsp milk
1 tsp kosher salt
 $\frac{1}{8}$ tsp ground allspice
 $\frac{1}{8}$ tsp ground nutmeg
 $\frac{1}{8}$ tsp ground cardamom
 $\frac{1}{8}$ tsp white pepper
1 tbsp olive oil
1 $\frac{1}{3}$ tbsp finely chopped onion
 $\frac{1}{2}$ lb ground U.S. pork
 $\frac{1}{2}$ lb ground U.S. beef
1 egg yolk
 $\frac{1}{4}$ cup California prune purée
2 tbsp butter
2 tbsp all-purpose flour
2 cups beef broth
 $\frac{1}{4}$ cup sour cream
1 $\frac{1}{2}$ tbsp chopped fresh dill

METHOD

Tear the bread into pieces and whisk the milk with the salt, allspice, nutmeg, cardamom, and white pepper. Soak the bread in the spiced milk.

Meanwhile, heat half the oil in a sauté pan. Add the onion and sauté for about 5 minutes or until soft and translucent, then leave to cool.

In a large bowl, mix the ground pork and beef with the egg yolk, milk and bread mixture, cooked onion, and prune purée. Chill for 30 minutes to make it easier to form into balls.

Preheat the oven to 325°F. Divide the chilled meatball mixture into 20 portions. Moisten your fingers with water and gently roll the mixture into balls. Place on a rimmed baking sheet and bake the meatballs for about 15 minutes or until cooked through.

While the meatballs are cooking, heat the remaining oil and butter in a sauté pan. Add the flour and whisk for about 2 minutes, then add the broth and sour cream. Simmer, whisking constantly, until lightly thickened. Season the sauce with salt and pepper to taste, add the dill, stir in the meatballs and bring to a simmer before serving.



Beef cattle generate three times more protein than they eat because their unique digestive system allows them to convert human-inedible plants into high-quality sustainable proteins. (U.S. Sustainability Alliance)



JAMBALAYA ARANCINI

PREPARATION TIME: 10 MINUTES | COOKING TIME: 40 MINUTES | SERVES 4-6

INGREDIENTS

FOR THE ARANCINI

¼ cup canola oil
1 lb U.S. chicken thighs
5 oz smoked andouille sausage
¼ cup yellow onion, finely chopped
¼ cup green bell pepper, diced
2 tbsp celery, peeled and diced
1 tbsp minced garlic
1 tbsp minced jalapeño
2 tsp Cajun seasoning blend
½ tsp thyme
¾ cup white U.S. long grain rice
1 ¼ cup chicken stock
1 can diced tomato
2 tsp salt
1 tsp black pepper
Flour, beaten egg and breadcrumbs

FOR THE REMOULADE

1 cup mayonnaise
2 tbsp dill pickle relish
2 tbsp capers
1 tbsp lemon juice
1 tsp lemon zest
1 tsp Worcestershire sauce
2 tsp Cajun seasoning
½ tsp smoked paprika

METHOD

FOR THE ARANCINI

Pour the canola oil into a medium pot over high heat. Add the chicken thighs and andouille sausage and sauté over high heat until browned. Remove from the pot and set aside.

Add the onion, bell pepper and celery to the same pot and sauté over medium heat until the onion turns translucent. Add the garlic, jalapeño, Cajun seasoning, thyme, and browned meats to the pot and continue to cook over medium heat for 30-45 seconds.

Add the rice, chicken stock, and canned tomato to the pot and bring to a low simmer. Simmer over a low heat for 20-30 minutes or until the rice is tender.

Season the jambalaya with salt and pepper, then spread onto a sheet pan to cool in the refrigerator.

Scoop and roll the cooled jambalaya into 1 ½-2 oz balls. Roll each ball in flour, followed by beaten egg, then breadcrumbs. Make sure they are fully coated. Store in the refrigerator until ready to fry.

Deep fry the arancini at 350°F for 60-90 seconds or until golden brown. Serve with a side of grilled lemon and the remoulade sauce for dipping.

FOR THE REMOULADE

In a medium mixing bowl, fold all the ingredients together until fully combined. Cover the bowl and store in the refrigerator until ready to use.



In partnership with USDA, U.S. farmers contribute 100,000 tons of rice for international food aid each year.
(U.S. Sustainability Alliance)



PAELLA

PREPARATION TIME: 10 MINUTES | COOKING TIME: 25 MINUTES | SERVES 6

INGREDIENTS

½ lb hot or sweet U.S. Italian-style sausage links
½ lb boneless and skinless U.S. chicken breast
1 tbsp olive oil
1 clove of garlic, minced
1 cup chopped onion
1 cup uncooked U.S. white rice
1 ½ cups chicken broth
1 x 8 oz can stewed tomatoes, chopped (juices reserved)
½ tsp paprika
⅛-¼ tsp ground red pepper
⅛ tsp ground saffron
½ lb medium U.S. shrimp, peeled and deveined
½ cup red bell pepper, sliced
½ cup green bell pepper, sliced
½ cup U.S. frozen peas

METHOD

Remove the sausage meat from the casings and cut the chicken into 1-inch pieces. Heat the oil and garlic in a large skillet or paella pan over medium-high heat.

Add the meat to the oil and stir until browned. Spoon off all but 1 tablespoon of the drippings, then add the onion and rice to the skillet.

Cook while stirring until the onion is transparent and the rice is lightly browned. Add the broth, tomatoes and tomato juice, paprika, red pepper and saffron.

Bring to a boil and then reduce the heat, cover and simmer for 10 minutes. Add the shrimp, sliced peppers, and frozen peas. Cover and simmer for another 10 minutes, or until the rice is tender and the liquid has been absorbed, then your paella is ready to serve.



Every year, U.S. farmers grow rice more efficiently with significantly fewer natural resources, continually expanding their knowledge and expertise. Conserving natural resources and focusing on sustainable practices is essential to preserve rice farming traditions and pass them on to the next generation. (USA Rice)



PUMPKIN, GORGONZOLA, AND CALIFORNIA PRUNE BAKED RISOTTO

PREPARATION TIME: 25 MINUTES | COOKING TIME: 22-23 MINUTES | SERVES 4

INGREDIENTS

10½ oz pumpkin pulp
4 California prunes, plus extra to garnish
1 onion
Extra virgin olive oil
1½ cups carnaroli risotto rice
Vegetable broth as needed
5¼ oz Gorgonzola cheese
Salt to taste

METHOD

Peel and cut the pumpkin into pieces. Chop the California prunes into pieces. Chop the onion and brown it in a pan with some extra virgin olive oil. Add the pumpkin and cook for approximately 10 minutes until beginning to soften.

Add the rice, mix everything together, and then slowly add enough vegetable broth to cover the rice. Cook until all the vegetable broth has been absorbed. It will take around 10 minutes and the rice should still be al dente. If you cook the rice for a long time, it will be overcooked.

Add the Gorgonzola cheese and chopped California prunes to the risotto and mix well, then season to taste. Place pastry rings lined with baking paper onto a baking sheet also lined with baking paper. Fill the pastry rings with risotto and level the surface. Bake in a hot oven at 400°F for about 20 minutes, switching the oven to grill for the last 2-3 minutes.

To serve, top the baked risotto rings with chopped California prunes and a drizzle of melted Gorgonzola.



Napa Cellars Pinot Noir. Beautiful aromas of black cherry, cola, earth, spice and dark caramel. Well-structured with a balanced acidity leading to a long and lingering finish. **California Wines**



SMOKED TROUT & PECAN SPREAD

PREPARATION TIME: 30 MINUTES | COOKING TIME: 20 MINUTES | SERVES 4

INGREDIENTS

1 trout
Salt and sugar
2 cups whole unshelled U.S. pecans
2 tbsp U.S. pecan meal
¼ cup mascarpone
1 tbsp lemon zest
1 tbsp fresh chopped tarragon
1 tbsp minced shallot
1 tsp freshly ground black pepper
6 dashes Tabasco or other hot sauce

METHOD

Clean, descale, and fillet the trout. Generously season the fillets with equal amounts of salt and sugar, then leave the fish to cure for 30 minutes.

Meanwhile, soak the whole pecans thoroughly in water and then drain.

Rinse the salt and sugar mixture off the trout fillets and then place them on a grill over a hot smoke fire, using the soaked pecans as the smoke source. Once cooked, let the trout cool.

Combine all the remaining ingredients in a large bowl, then flake in the smoked trout and mix gently until incorporated. Chill the spread before serving on crostini with an herb salad.



Fjord Vineyards Albarino, Hudson Valley. Peachy tropical notes and racy acidity from this classic seaside variety is a sure winner with seafood. Its weight on the palate will marry well with the smoky notes.
New York Wine



LENTIL BORSCHT

PREPARATION TIME: 20 MINUTES | COOKING TIME: 15 MINUTES | SERVES 4

INGREDIENTS

¼ cup U.S. red lentils
2 cups water
3 small beets, peeled and cubed
1 tbsp olive oil
1 small onion, diced
2 cloves of garlic, diced
2 carrots, diced
2 tbsp tomato paste
1 tbsp lemon juice
2 cups vegetable broth
½ cup coconut or U.S. almond milk
1 tbsp coconut sugar
¼ tsp sea salt
¼ tsp black pepper
¼ cup fresh dill, to serve
¼ cup vegan sour cream, to serve
Croutons, to garnish (optional)

METHOD

Put the lentils and water into a medium pot. Bring to a boil, reduce the heat, cover, and cook for 15-20 minutes, or until the water has been absorbed and lentils are cooked and slightly broken down. Remove from the heat, drain off any excess water, and let the lentils sit at room temperature.

Meanwhile, steam the beets for 10-12 minutes or until fork tender. Add the olive oil to a large saucepan over medium heat. Stir in the onion, garlic and carrots and sauté for 5-7 minutes or until the carrots are tender.

Transfer the carrot mixture to a high-speed blender. Add the cooked red lentils, steamed beets, tomato paste, lemon juice, vegetable broth, coconut or almond milk, coconut sugar, sea salt, and black pepper. Blend the soup for 2-3 minutes, or until completely smooth.

Serve the borscht with fresh dill, sour cream, and croutons (if using) on top. Enjoy!



This delicious looking dish is highly visual, and because of the vivid color and the savory lentils, we recommend a red wine with really good balance and fresh acidity. Gramercy Cellars Lagniappe Syrah fits the bill here, because of its savory restraint and lovely freshness. **Washington Wine**



FRESH ANJOU PEAR TART

PREPARATION TIME: 20 MINUTES | COOKING TIME: 35-40 MINUTES | SERVES 10

INGREDIENTS

½ cup U.S. almond paste
⅓ cup granulated sugar
½ cup butter, softened to room temperature
2 eggs
¾ cup U.S. hazelnuts, roasted and ground
1 tsp vanilla
1 prepared 9-inch tart shell
½ cup chocolate, melted
4 firm but ripe U.S. Anjou pears
1 lemon, juiced
½ cup apricot preserve, melted and strained

METHOD

Preheat the oven to 350°F. Cream together the almond paste and sugar. Add the softened butter and mix until smooth. Add the eggs one at a time, mixing well after each addition. Finally, stir in the ground hazelnuts and vanilla.

Brush the base of the prepared tart shell with melted chocolate and then pour in the filling. Bake for 35-40 minutes, until lightly browned and set in the center. Cool the tart on a wire rack.

When the tart is cool, peel and core the pears, then cut into slices about a ¼-inch thick. Toss the pear slices gently with the lemon juice to keep them from turning brown. Arrange the pear in concentric circles on top of the tart, then brush with the strained apricot preserve to finish.



Pear tart calls for a white wine that's fruity and pure but also has plenty of sweetness. We recommend the Columbia Crest Reserve Ice Riesling, with its fruit-focus and nice tension between the sweetness and acidity. **Washington State Wine Commission**



TREACLE AND LEMON TART WITH USA MEDIUM GRAIN RICE

PREPARATION TIME: 35 MINUTES | COOKING TIME: 50-55 MINUTES | SERVES 6-8

INGREDIENTS

FOR THE PASTRY

2¼ cups all-purpose flour

½ cup butter

¾ tbsp cold water

FOR THE FILLING

3¼ cups golden syrup

4 medium eggs

2 lemons, zested and juiced

½ tsp ground ginger

2 cups wholemeal breadcrumbs

1 cup cooked medium grain U.S. rice

METHOD

First, make the pastry. Place the flour and butter into a mixing bowl and rub them together using your fingertips to create a breadcrumb-like texture. Pour in a little cold water and use a metal spoon to stir until a dough forms. Wrap the pastry in plastic wrap and chill for 20 minutes.

Warm the golden syrup a little in the microwave (you don't want it boiling hot, just warm so it's a little runny). Whisk the eggs, lemon juice, and ground ginger into the syrup, then stir in the breadcrumbs and rice. Leave the mixture to stand while you prepare the base.

Remove the pastry from the fridge and carefully roll out to approximately 0.5 cm thick. Line the base of your tart pan with baking parchment, then lay the pastry into the pan and push into the corners.

Place the pastry back into the fridge to allow it to firm up and avoid shrinkage when baking. Trim off any excess that is overhanging the edge of the pan, then prick lots of tiny holes in the base.

Place the tart pan in a preheated oven for 15 minutes at 400°F and then remove, turning the oven down to 350°F.

Stir the filling before pouring it into the part-baked pastry base. Bake for 35-40 minutes until the center of the treacle tart is firm to the touch.



Over a 36-year period, improved U.S. rice sustainability practices led to increased production and crop yields while at the same time reducing water use by 52 percent, energy use by 34 percent, greenhouse gas emissions by 41 percent, soil loss by 28 percent, and increasing land use efficiency by 39 percent. (USA Rice)



TURKISH KUNEFE

PREPARATION TIME: 5 MINUTES | COOKING TIME: 20-25 MINUTES | SERVES 6

INGREDIENTS

FOR THE SYRUP

1 cup caster or superfine sugar
¾ cup water
¾ tbsp lemon juice

FOR THE KUNEFE

4½ cups raw kadayif noodles (finely shredded phyllo dough)
¾ cup butter, melted
1 cup U.S. mozzarella cheese
1 tsp ground American pistachios

TO SERVE

U.S. watermelon wedges
Ice cream (optional)

METHOD

FOR THE SYRUP

Put the sugar and water into a pan, bring to a boil and leave on low heat until the sugar has completely dissolved, which should take 4-5 minutes. Take the pan off the heat and stir in the lemon juice, then set aside.

FOR THE KUNEFE

Cut the kadayif into 1 cm pieces and mix well with the melted butter. It's important that all the kadayif is buttered so spend a couple of minutes on this to make sure it's completely coated.

Grease a medium frying pan with plenty of butter. Add half of the buttered kadayif to the pan, pressing it down until even and firm. Spread the mozzarella cheese evenly across the kadayif, leaving 1 cm around the perimeter. Distribute the remaining kadayif on top, little by little. Press down again until the top is also fairly firm. Use your fingers to make sure you have nicely rounded edges.

Set the frying pan over medium heat, and then turn down to low as soon as it is warm. Fry for 3-5 minutes until golden on the bottom. Flip and fry until golden on the other side, another 2-4 minutes. You can do this by placing a large plate on top of the kadayif, then flipping quickly so the kadayif comes onto the plate, cooked side up. Then slide the kadayif back into the frying pan.

Take the pan off the heat and add around three quarters of the sugar syrup, or as much as you like. Garnish with chopped pistachios and serve immediately with the remaining sugar syrup on the side, some wedges of watermelon and optional ice cream, in case someone likes it extra sweet!



In 2020, U.S. Dairy set aggressive new environmental sustainability goals to achieve carbon neutrality or better, optimize water usage and improve water quality by 2050. (U.S. Dairy Sustainability Report)



RUGELACH

THIS RECIPE WAS DEVELOPED BY OLGA FROM OLGA'S CONFECTIONS & CAKEOLICIOUS

PREPARATION TIME: 2 HOURS 30 MINUTES, PLUS OVERNIGHT | COOKING TIME: 15-20 MINUTES | SERVES 9-10

INGREDIENTS

FOR THE DOUGH

½ cup + 2 tbsp lukewarm milk
1 egg, at room temperature
¼ cup sugar
½ tsp salt
½ cup butter, melted
2¼ cups all-purpose flour, sifted
2 tsp instant yeast

FOR THE FILLING

1 ¼ cups pitted U.S. Medjool dates
1 cup California prunes
¾ cup California almonds
2 tsp U.S. maple syrup or honey
(optional)

TO ASSEMBLE

1 egg yolk, whisked with a splash of milk
Powdered sugar, for dusting

METHOD

FOR THE DOUGH

Pour the milk into the bowl of an electric mixer with the whisk attachment. Add the egg, sugar, and salt and whisk until fully incorporated. Add the melted butter (make sure it's not hot) followed by the sifted flour and yeast. With an electric mixer set on low speed, knead the dough with a hook attachment for about 12-15 minutes. It should be very elastic and smooth.

When the dough is ready, transfer it back to the bowl, cover with plastic wrap and let it rest in the fridge for at least 5 hours or better yet overnight. The dough will rise slightly, becoming porous and even more elastic with time. Bring the dough to room temperature once rested.

Roll out and divide the dough into 9-10 equal pieces. If needed, slightly grease your work surface to prevent it sticking. Roll each piece into a ball, cover with plastic wrap and rest for 20-25 minutes.

FOR THE FILLING

Using a food processor, blend the dates, prunes, and almonds together until sticky. If desired, add maple syrup or honey to make it softer and more pliable.

TO ASSEMBLE

Working with one ball of dough at a time, roll it into a long oval shape and place about 1 teaspoon of filling on the edge. Without reaching the other edge, cover the filling with the dough, pressing tightly, so it won't leak during baking. The uncovered edge of the dough should be scored into 5-6 strips without cutting the dough through. Roll the filled dough into a sausage shape, leaving the seam at the bottom. Bend the edges slightly to create a crescent shape. Place the rugelach on a lined baking sheet and repeat, leaving enough space between them to expand during baking.

Let the unbaked rugelach rest in a warm place for 15-20 minutes. Preheat the oven to 360°F on a convection setting. Bake for about 5 minutes longer if there is no convection setting in your oven. Brush the rugelach with the egg yolk and milk mixture, then rest for another 10 minutes so the egg wash dries out, which will result in a beautiful glossy finish.

Bake the rugelach for 12-14 minutes until golden brown. Cool on a rack and then sprinkle with powdered sugar before serving if desired. Enjoy!



BELGIAN WAFFLES WITH BOOZY CHERRY AND CRANBERRY COMPOTE

PREPARATION TIME: 30 MINUTES | COOKING TIME: 45 MINUTES | SERVES 4

INGREDIENTS

FOR THE WAFFLES

1 cup all-purpose flour
1 tsp baking powder
1 tbsp caster or superfine sugar
Pinch of salt
 $\frac{2}{3}$ cup whole milk
2 eggs, separated
3 tbsp unsalted butter, melted
1 tsp vanilla extract

FOR THE COMPOTE

$4\frac{1}{2}$ cups frozen or fresh U.S. cranberries
2 cups frozen dark sweet U.S. cherries
 $\frac{1}{4}$ cups brown sugar
 $\frac{1}{2}$ cup apple cider
 $\frac{1}{2}$ tsp freshly ground black pepper
 $\frac{1}{2}$ cup American bourbon

METHOD

FOR THE WAFFLES

Preheat a Belgian waffle iron over a medium heat (if using an electric waffle maker, heat according to the manufacturer's instructions). You can make these waffles with a standard waffle iron, but the mixture will make thinner waffles and more of them.

Sift the flour, baking powder, caster or superfine sugar, and a pinch of salt into a large mixing bowl and make a well in the middle. In a pourable measuring cup, whisk the milk, egg yolks, melted butter and vanilla together until smooth. Pour the milk mixture into the dry ingredients and whisk until smooth and thoroughly combined. In a clean bowl, whisk the egg whites with a pinch of salt until they hold firm, but not stiff, peaks. Using a large spoon, fold the egg whites into the batter mixture until just combined.

Spoon the batter into the waffle iron – how much you need will depend on the size of your iron or machine – and cook for 2–3 minutes on each side until golden and well risen, or according to the manufacturer's instructions. Keep the waffles warm while you cook the remaining batter.

FOR THE COMPOTE

Bring the cranberries, cherries, brown sugar, cider, and pepper to a boil over high heat in a medium saucepan. Cook for 2 minutes, stirring occasionally, then stir in the bourbon. Reduce the heat and bring to a simmer. Cook for about 25 minutes until thick and syrupy, stirring often and pushing the fruit against the side of the pan with the back of a wooden spoon to break it up slightly.

Let the compote cool completely before serving it with the warm waffles.



Wisconsin is the top cranberry producing U.S. state (4.6 million barrels in 2020). Producers prioritize responsible water use to ensure vines receive nutrients at the right time, in the right amount for berry growth and protection of water resources. Nearby land is dedicated as a wildlife habitat to support essential pollinators.







AFRICA MIDDLE EAST



SUSTAINABILITY IN U.S. AGRICULTURE THROUGH THE CENTURIES

The United States has long been ahead of the curve in protecting the environment with more than a century of environmental sustainability regulations.

In the early 1900s, President Theodore Roosevelt created the U.S. Forest Service, which established 51 federal bird reservations; four national game reserves; 150 national forests, and five national parks. The National Park Service was created, covering 401 national parks, and protecting 400 endangered species.

Soon after, in the 1930s, the Soil Conservation Service was established.

In the 1940s, the Federal Water Pollution Control Act was created to conserve and protect interstate waters.

In the 1950s, the U.S. Congress passed the first federal legislation addressing air pollution: The Air Pollution Control Act.

Sustainability initiatives in the 1960s included the National Wilderness Preservation System and the Solid Waste Disposal Act.

The U.S. Environmental Protection Agency (EPA) implemented numerous standards and regulations related to conservation and environmental sustainability in the 1970s, when the first Earth Day was celebrated by 20 million Americans.

By the 1980s, farmers had begun to voluntarily enroll in the Conservation Reserve Program, which provided financial incentives for environmental protection.

In the 1990s, the Wetlands Reserve Program restored and protected 405,000 hectares of wetlands and uplands, and the Sustainable Fisheries Act was expanded.

Milestones in the 2000s: the U.S. Forest Service has set aside 23.5 million hectares of wilderness to remain undeveloped for future generations, and the EPA has established standards for the use of renewable biofuels.

Since 2000, USDA's Agricultural Marketing Service has promulgated standards for organic foods in response to a mandate from Congress.

In 2021, the United States launched the Agricultural Innovation Mission for Climate, a joint initiative with the United Arab Emirates, to address climate change and global hunger by uniting participants to invest in climate-smart agriculture and food systems innovation. In the same year, the U.S. government convened a Sustainable Productivity Growth Coalition to accelerate sustainable productivity growth to optimize outcomes across social, economic, and environmental dimensions. USDA implemented a climate adaptation plan, describing how USDA will integrate climate adaptation into its mission, programs, and operations. It also announced a new initiative to finance the deployment of climate-smart farming and forestry practices to aid in the marketing of climate-smart agricultural commodities.

Today, the United States continues its commitment to global sustainability through agricultural innovation.



CAULIFLOWER AND CHICKPEA STEW

PREPARATION TIME: 5 MINUTES | COOKING TIME: 25 MINUTES | SERVES 4

INGREDIENTS

2 tbsp extra virgin olive oil
1 small onion, coarsely chopped
1 clove of garlic, minced
1 tsp coriander seeds
1 tsp sugar
1 can U.S. chickpeas, drained (15½ oz)
½ cauliflower, trimmed into small florets
2 tsp Moroccan seasoning
1 tsp kosher salt
1 tsp freshly ground black pepper
3½ cups vegetable broth
1 can diced tomatoes (13½ oz)
1 tbsp lemon juice
1 handful of fresh parsley, roughly chopped, plus a few leaves for garnish
Flatbreads, to serve

METHOD

Heat the oil in a large pot or Dutch oven with a tight-fitting lid over medium-high heat. Add the onion and sauté for 2-3 minutes until softened. Add the garlic, coriander seeds, and sugar and cook for another 2-3 minutes. Add the chickpeas, cauliflower florets, Moroccan seasoning, salt, and pepper. Stir well to combine.

Pour in the vegetable broth and canned tomatoes, bring to a boil, reduce heat to low and then simmer the stew, covered, for about 20 minutes until the cauliflower is tender.

Stir in the lemon juice and chopped parsley, then let it simmer another 5 minutes. Meanwhile, toast the flatbreads in the oven, directly on the rack at 350°F for approximately 5 minutes. Spoon the stew into bowls and garnish with fresh parsley leaves. Serve with the toasted flatbread.



A pale ale or a citrus, resiny or piney classic American hop character will marry well with the earthy nuttiness of the chickpeas and play off the cauliflower. **Brewers Association**



CHICKEN TAGINE WITH TOMATOES, PRESERVED LEMONS & CALIFORNIA WALNUT CHERMOULA

PREPARATION TIME: 40 MINUTES, PLUS 1 HOUR MARINATING AND OPTIONAL 1 MONTH PRESERVING |
COOKING TIME: 40 MINUTES | SERVES 6

INGREDIENTS

FOR THE PRESERVED LEMONS

8 thick-skinned lemons, washed
Kosher salt
2 cinnamon sticks
4 bay leaves
Freshly squeezed lemon juice

FOR THE WALNUT CHERMOULA

2 cloves of garlic, minced
½ cup each chopped fresh cilantro and flat leaf parsley
¼ cup each extra virgin olive oil and lemon juice
1 ½ tsp ground cumin
1 tsp paprika
½ tsp ground turmeric
½ tsp kosher salt
¼ tsp cayenne
¼ tsp freshly ground black pepper
¾ cup California walnuts, roasted and chopped

FOR THE CHICKEN

2 lbs skinless boneless U.S. chicken breasts
Large pinch of crushed red pepper flakes
1 tbsp ground cumin
1 ¼ tsp kosher salt
¼ tsp freshly ground black pepper
2 tbsp lemon juice
2 tbsp extra virgin olive oil
½ cup chopped fresh cilantro leaves and stems
1 clove of garlic, minced
2½ cups diced canned tomatoes
1 green or red bell pepper, seeded and thinly sliced
1 ½ preserved lemons (see above)

METHOD

FOR THE PRESERVED LEMONS

Cut each lemon into quarters from the top to within a ½-inch of the bottom, taking care to leave the four pieces joined at the stem end. Sprinkle the insides of the lemon with salt. Place 1 tablespoon of salt on the bottom of a 1-quart canning jar and pack the lemons into the jar, pushing them down while adding additional salt and the cinnamon sticks and bay leaves between the lemons. Add enough freshly squeezed lemon juice to almost reach the top of the jar. Leave some airspace before closing the jar.

Let the lemons sit in a warm place for 1 month, turning the jar upside down periodically to distribute the salt and juices. Some white crystals will form on the top of the lemons in the jar, which is normal. They can be stored at room temperature or refrigerated and will keep for 1 year.

To make a quicker version, combine 4 quartered lemons with 2 cups of water and 4 tablespoons of kosher salt in a small saucepan. Boil for about 20 minutes until the lemon rinds are tender. Cool to room temperature in the salt brine, then drain and use as needed.

To use the preserved lemons, remove from the brine and discard the pulp and wash the peel. It should then be thinly sliced for this recipe.

FOR THE WALNUT CHERMOULA

In a blender or food processor, purée the garlic, cilantro, parsley, olive oil, lemon juice, spices, salt and pepper until smooth. Stir in the walnuts and set aside.

FOR THE CHICKEN

Cut the chicken breasts in half diagonally. In a small bowl, mix the red pepper flakes, cumin, ¾ teaspoon of salt, the pepper, lemon juice, olive oil, cilantro, and garlic together. Rub the chicken with this mixture, then cover and leave to marinate in the refrigerator for 1 hour.

Combine the tomatoes with the remaining salt and place half of them on the bottom of a tagine or heavy stewing pot with half of the bell pepper and half of the sliced preserved lemon peel. Place the marinated chicken on top, then cover with the remaining bell peppers, preserved lemon and tomatoes. Bring to a boil over high heat, reduce the heat to medium low, cover and simmer for 20 minutes.

TO SERVE

Spoon the chicken, vegetables and sauce into soup bowls and place a spoonful of the walnut chermoula on top.



CRISPY BLACK LENTIL FALAFEL BITES

PREPARATION TIME: 10 MINUTES | COOKING TIME: 20 MINUTES | SERVES 4

INGREDIENTS

2½ cups U.S. black lentils, cooked and cooled

2 tbsp avocado oil (or your preferred oil)

1 clove of garlic, peeled

1 tbsp coconut flour

½ tsp ground cumin

METHOD

Preheat the oven to 375°F and line a baking sheet with parchment paper.

Combine all the ingredients in food processor (make sure the lentils are steaming) and pulse until well combined. You want there to be some chunks of lentils but not too many!

Using a spoon or your hands, form the lentil mixture into small patties and place them on the baking sheet. Bake in the oven for about 20 minutes, flipping halfway through.

Enjoy with your favorite salad or make a falafel sandwich!



Red Newt Cellars Dry Riesling, Finger Lakes. Intriguing smoky notes on the nose will excite your palate while the acidity and citrus will cut through the moreish earthiness of the fried lentils.

New York Wine & Grape Foundation



DORO WAT (ETHIOPIAN CHICKEN STEW)

PREPARATION TIME: 20 MINUTES | COOKING TIME: 2 HOURS | SERVES 4-6

INGREDIENTS

2 lbs U.S. chicken thighs and drumsticks
1 small lemon, juiced
6 tbsp vegetable oil, clarified butter or ghee
6 large red onions, chopped
2 tbsp berbere spice mix
1-inch fresh ginger, peeled and finely chopped
2-3 cloves of garlic, finely chopped
2 cups water or chicken stock
1 tsp salt
1 tbsp garam masala
6 hard-boiled eggs

METHOD

Marinate the chicken pieces in the lemon juice, cover and refrigerate, while you cook the onions.

Heat 2 tablespoons of the oil or butter in a heavy-duty pot over medium-low heat, add the onions and cook gently for 1 hour until reduced to a sweet paste.

Add the remaining oil or butter, berbere spice, ginger, and garlic to the onion paste and fry until fragrant. Add the marinated chicken pieces to the pot along with the stock (you may not need the full amount) and salt.

Simmer on low heat for 40 minutes until the chicken is cooked halfway through. Add the garam masala and continue cooking, stirring occasionally.

Once the chicken is cooked through, add the boiled eggs and stir to coat completely. Adjust the seasoning with extra salt as needed.

Serve the doro wat on top of injera (an Ethiopian flatbread) to eat it the traditional way. Alternatively, this can be enjoyed with Indian flatbreads or rice.



The U.S. chicken industry has made meaningful strides in minimizing environmental impacts with the help of technological advancements and improved chicken welfare practices over the past decade.



MIDDLE EASTERN LAMB AND LENTIL MEATBALLS WITH SALTED TAHINI YOGURT SAUCE AND PICKLED VEGETABLES

PREPARATION TIME: 40 MINUTES | COOKING TIME: 10 MINUTES | SERVES 4

INGREDIENTS

FOR THE SPICE PASTE

4 tbsp diced onion
2 tbsp extra virgin olive oil
2 cloves of garlic, minced
1 tbsp chopped red chili
1 lemon, zested
1 tsp each chili powder and smoked paprika
½ tsp each ground turmeric, cumin, and cinnamon
½ tsp salt
¼ cup lemon juice

FOR THE MEATBALLS

4 oz each ground U.S. beef and lamb (or double up on one if preferred)
1 slice of whole wheat bread, torn into crumbs
1 egg, beaten
1 ½ cups U.S. brown lentils, cooked
¼ cup olive oil

FOR THE PICKLED VEGETABLES

½ cup each water and white wine vinegar
1 tsp ground turmeric
1 clove of garlic
1 tbsp sugar
1 tsp salt
½ red onion, thinly sliced
1 red chili, seeded and thinly sliced
½ cucumber, thinly sliced

FOR THE YOGURT SAUCE AND HERB SALAD

1 cup full fat yogurt
2 tbsp tahini
1 tsp salt
¼ cup lemon juice
½ cup each mint, cilantro and flat leaf parsley leaves

METHOD

FOR THE SPICE PASTE

Heat a small pan and sauté the onion in olive oil until golden brown. Add the garlic, chili, and lemon zest and sauté until fragrant, about 2 minutes. Add the spices and salt and sauté for another minute. Stir in the lemon juice and then transfer the mixture to a large bowl to cool.

FOR THE MEATBALLS

Add the ground meat to the cooled spice paste and mix well with your hands to combine. Add the whole wheat breadcrumbs and beaten egg, mix again until thoroughly combined, then carefully fold in the lentils without crushing them.

Cook a tablespoon-sized patty and taste to check the seasoning, adjusting with salt if necessary. Form the mixture into 2 oz patties and if you have time, refrigerate for 30 minutes before cooking.

In a non-stick pan, heat the remaining olive oil and pan fry the patties for 3-4 minutes per side until they register 155°F on an instant read thermometer.

FOR THE PICKLED VEGETABLES

In a small non-reactive saucepan, bring the water, vinegar, turmeric, garlic, sugar, and salt to a full rolling boil. Pour this liquid over the vegetables, pressing down to submerge them. Allow to cool to room temperature, then refrigerate. These quick pickles will last for up to 1 week in the fridge.

FOR THE YOGURT SAUCE AND HERB SALAD

In a small bowl, whisk the yogurt, tahini, salt and lemon juice together. Adjust the seasoning if needed, as this sauce should be quite salty and lemony. In a separate bowl, toss the fresh herbs with a drizzle of olive oil and a pinch of salt.

TO SERVE

Spoon the salted tahini yogurt sauce onto 4 plates. Top with the patties, dress with the herb salad and serve the pickles on the side. Alternatively, serve all the components in a pocket bread or pita as a sandwich.



GHANAIAN KYINKYINGA (BEEF KEBABS WITH SPICY PEANUT SAUCE)

PREPARATION TIME: 30 MINUTES, PLUS 1 HOUR MARINATING | COOKING TIME: 10 MINUTES | SERVES 4-6

INGREDIENTS

2 cloves of garlic
1 cup unsalted U.S. peanuts
2 tsp cayenne pepper
1 tsp sweet paprika
1 tsp ground ginger
½ tsp smoked paprika
¼ tsp freshly grated nutmeg
¼ tsp ground cinnamon
¼ tsp ground allspice
1 tsp kosher salt
2 tbsp peanut oil
2 lbs U.S. beef sirloin, cut into ½-inch cubes
20 bamboo skewers, soaked in water for at least 30 minutes
1 yellow bell pepper, cut into 1-inch pieces
1 green bell pepper, cut into 1-inch pieces
1 red bell pepper, cut into 1-inch pieces
2 red onions, cut into 1-inch pieces
1 handful of fresh cilantro, for garnish
1 lemon, thinly sliced

METHOD

In a food processor, combine the garlic, peanuts, spices, and salt. Pulse until the peanuts are finely chopped. While the food processor is still running, drizzle in the peanut oil. Keep the processor running until the oil is completely blended.

In a large bowl, mix the beef with the peanut sauce until well coated. Cover and refrigerate for 1 hour. Thread the marinated beef onto the prepared skewers, alternating it with the pieces of bell pepper and onion.

Grill the skewers over medium-high heat for about 6-8 minutes. Turn over and grill for an additional 4-5 minutes. Transfer to a plate and garnish with the fresh cilantro and lemon slices. Serve immediately.



ISRAELI SWEET POTATO AND LENTIL FRITTERS WITH GARLIC YOGURT SAUCE

PREPARATION TIME: 15 MINUTES | COOKING TIME: 30 MINUTES | SERVES 4

INGREDIENTS

4 North Carolina sweet potatoes, peeled and cubed
1 cup split U.S. red lentils, rinsed
5 tbsp olive oil
3 scallions, sliced
1 tsp ground coriander
1 tsp ground cumin
½ tsp ground fennel seeds
¼ tsp ground cinnamon
2 tbsp cornmeal, plus extra for dusting
1 handful of fresh cilantro, chopped
½ lemon, juiced
¼ tsp kosher salt
¼ tsp freshly ground black pepper
¾ cup plain Greek yogurt
1 clove of garlic, minced
1 tbsp extra virgin olive oil

METHOD

Add the sweet potatoes to a large pot of salted boiling water. Simmer until they are just tender and can be easily pierced with the tip of a knife, about 15 minutes.

Meanwhile, add the lentils and 2½ cups of water to another large pot. Bring to a boil and then reduce the heat to low and cook until tender, about 12-15 minutes.

Drain the sweet potatoes and lentils when ready. Set aside to briefly cool. Meanwhile, heat 1 tablespoon of the olive oil in a large pan over medium heat. Add the scallions and a pinch of kosher salt, then sauté for about 5 minutes until softened. Remove the pan from the heat and stir in the coriander, cumin, fennel, and cinnamon.

In a large mixing bowl, combine the sweet potatoes, lentils, spiced scallions, cornmeal, cilantro, lemon juice, salt, and pepper. Mash together until the potatoes and lentils are mostly smooth and the mixture is completely incorporated.

Prepare a baking sheet or platter with a dusting of cornmeal. Shape the sweet potato and lentil mixture into 8 patties and place them on the tray. Dust the tops lightly with additional cornmeal.

Heat 2 tablespoons of the olive oil in a large non-stick skillet over medium heat. Working in two batches, cook the patties until golden brown on both sides, turning once, about 3 minutes per side. Repeat for the second batch, using the remaining olive oil.

In a small bowl, stir the yogurt, garlic and extra virgin olive oil together with a pinch of kosher salt and freshly ground black pepper. Serve this dipping sauce with the fritters and enjoy.



The largest producer of sweet potatoes in the United States is North Carolina, which harvested 725,000 tons in 2015 and has been responsible for most of the gains in recent years. (Sweet Potato Council)



MEDJOOOL DATE HONEY GLAZED SHRIMP

COURTESY OF NATURAL DELIGHTS MEDJOOOL DATES

PREPARATION TIME: 10 MINUTES, PLUS 1 HOUR MARINATING | COOKING TIME: 5 MINUTES | SERVES 8

INGREDIENTS

4 U.S. Medjool dates, pitted and chopped
1-2 tbsp water
2 tbsp mango purée (you can also use frozen mango here – simply purée 3-4 chunks in a blender)
2 tbsp finely grated fresh peeled ginger
2 tbsp lemon juice
1 tbsp honey
2 tsp garlic powder
2 lbs large U.S. shrimp, peeled and deveined (16 to 20 shrimp)
2 tbsp vegetable oil
Salt and pepper, to taste

METHOD

In a food processor, purée the Medjool dates with enough water to form a paste-like consistency. Transfer this into a large bowl and stir in the mango purée, ginger, lemon juice, honey, and garlic powder. Add the shrimp and stir to coat. Marinate, refrigerated, for 1 hour.

Heat the oil in a large frying pan set over medium heat. Add the marinated shrimp and cook until pink, about 2 minutes per side. Season with salt and pepper. Serve immediately.

WATERMELON GRAPE FIZZ

PREPARATION TIME: 5 MINUTES | MAKES 1

INGREDIENTS

Pop Rocks (optional)
Agave or honey (optional)
1 cup U.S. watermelon juice, strained
¼ cup grape juice
¾ cup sparkling water
Crushed ice

METHOD

If using Pop Rocks, place them in a plastic bag, seal the top and crush the candy, then spread on a shallow saucer. Dip the rim of a tall glass in agave or honey and then in the crushed candy until coated. Mix the watermelon purée and grape juice in the glass. Add the sparkling water and then the ice, which causes a fun fizz!



SEAFOOD POTJIE

PREPARATION TIME: 10 MINUTES | COOKING TIME: 1 HOUR | SERVES 6

INGREDIENTS

3 tbsp canola oil
2 onions, chopped
1 bulb of fennel, chopped (reserve fronds)
3 cloves of garlic, sliced
3 cm fresh ginger, peeled and grated
1 red or green chili, seeded and chopped
2 tsp smoked or regular paprika
1 cup U.S. white wine (optional)
1 can (14 oz) tomato purée
1 tbsp sugar
4 cups fish stock
3 bell peppers, seeded and roughly chopped
1 packet (17½ oz) orzo or basmati rice
3 fillets (about 3½ oz each) hake, skinned and cut into large chunks
10-12 U.S. shrimp, defrosted and deveined
15-16 oz fresh mussels, cleaned
Salt and freshly ground black pepper
4 tbsp lemon juice
1 lemon, zested
3 tbsp chopped fresh parsley

METHOD

Heat the oil in a large cast iron pot over hot coals (or another heat source). Fry the onions, fennel, garlic, ginger and chili for 3 minutes, then add the paprika and fry for another minute.

Add the wine to the pot, if using, and simmer for 3-5 minutes. Stir in the tomato purée, sugar, and fish stock. Adjust the coals so that the potjie is simmering over low heat, cover with the lid and simmer for 20-30 minutes (don't be tempted to stir during this time).

Now add the peppers, cover again and simmer for 8 minutes. Add the orzo, hake, shrimp and mussels. Cover and simmer for 10-12 minutes.

Remove from the heat, season to taste and stir in the lemon juice, lemon zest, and fresh parsley. Serve immediately.



All U.S. seafood is managed for protection against overfishing, habitat damage and pollution. At the end of 2020, 47 U.S. federally managed fish stocks have been declared rebuilt. (U.S. Sustainability Alliance)



NORTH AFRICAN MEATBALLS WITH CALIFORNIA PRUNES AND PINE NUTS

PREPARATION TIME: 15 MINUTES | COOKING TIME: 25 MINUTES | MAKES 12 MEATBALLS

INGREDIENTS

8 oz lean minced U.S. beef
8 oz lean minced U.S. pork
1 egg, beaten
1 cup seasoned Italian breadcrumbs
1 tbsp Italian seasoning
4 cloves of garlic, minced
1 onion, chopped
2 tbsp avocado oil or olive oil
½ cup U.S. dry white wine
2 cups chicken stock
1 lemon, juiced
10 California prunes, quartered
Salt and pepper
⅓ cup pine nuts
1 handful of chopped fresh parsley

TO SERVE (OPTIONAL)

Plain Greek yogurt
Lemon wedges

METHOD

Combine the beef, pork, egg, breadcrumbs, Italian seasoning, 1 clove of garlic, and half the onion in a large bowl. Use your hands to mix everything together, taking care not to overwork the meat. Divide into 12 meatballs.

Heat the oil in a large skillet over medium-high heat. Add the meatballs and cook for 3 minutes on each side, or until browned. Transfer to a plate.

Add the remaining onion and garlic to the skillet and cook for 2-3 minutes, or until softened. Stir in the wine, if using, and cook until nearly all evaporated, scraping up any browned bits from the bottom of the pan. Whisk in the chicken stock and lemon juice. Add the meatballs and California prunes, bring to a simmer, and cook for 20 minutes, or until the meatballs are cooked through and the sauce has reduced.

Season to taste with salt and pepper. Stir in the pine nuts and sprinkle with fresh parsley. If desired, serve with yogurt and lemon wedges.

NOTES

If you prefer, you can use 16 oz of beef instead of half beef and half pork. For a gluten-free version, use gluten-free breadcrumbs and serve over rice.



Did you know? California Prune growers practice sound scientific orchard techniques and ecosystem-based strategies to produce a healthy, safe food that conserves natural resources and sustains the future of the prune industry for generations to come. (California Prunes)



PEANUT SOUP WITH RICE

PREPARATION TIME: 5 MINUTES | COOKING TIME: 25 MINUTES | SERVES 4

INGREDIENTS

4 tbsp unsalted butter
1 medium onion, diced
2 tbsp flour
2½ cups vegetable stock
1 cup smooth U.S. peanut butter
1 tbsp lemon juice
Kosher salt, to taste
Freshly ground black pepper, to taste
1½ cups long grain U.S. rice, cooked
1 cup heavy cream

TO SERVE

2 tbsp chopped U.S. peanuts
1 tsp finely chopped fresh parsley

METHOD

Melt the butter in a large pot over medium-high heat. Add the onion and sauté until translucent, about 4 minutes.

Sprinkle in the flour and sauté for another 1-2 minutes until the flour is well absorbed. Slowly pour in the vegetable stock, stirring constantly until the butter and flour have completely dissolved. This should take about 4-5 minutes.

Mix in the peanut butter, add the lemon juice and season with salt and pepper. Reduce the heat to low and simmer for about 10 minutes.

Add the cooked rice and cream, then let the soup simmer for about 5 more minutes. Spoon into serving bowls and sprinkle with the chopped peanuts and fresh parsley to serve.



The key food matching component here is the nuttiness of the peanuts, and we think this would pair nicely with De Lille's Chaleur White, which is a sophisticated barrel-fermented blend of Sauvignon Blanc and Semillon, with refined, complex fruit notes and well-integrated oak. **Washington Wine**



STUFFED WASHINGTON APPLES

PREPARATION TIME: 20 MINUTES | COOKING TIME: 45 MINUTES | SERVES 8

INGREDIENTS

FOR THE GINGER MASHED POTATOES

1.9 lbs potatoes, washed and peeled
¾ oz piece of fresh ginger
⅔ cup butter
1 ¼ cups Half and Half
Salt, to taste

FOR THE STUFFED APPLES

2 large onions, finely chopped
3 tbsp canola oil
Black pepper, to taste
2 cloves of garlic, crushed
1 tbsp ground coriander
1 tbsp sumac
1 tsp seven spices powder
½ tsp paprika
1.1 lbs ground U.S. beef
2 tbsp soy sauce
4 tbsp white California raisins
4 tbsp red California raisins
8 Washington Royal Gala apples, widely cored

FOR THE GRAVY

2.2 lbs U.S. turkey, chicken or beef bones (leftovers)
2 large onions, skin on and roughly chopped
1 large potato, skin on and roughly chopped
1 large carrot, skin on and roughly chopped
4 cloves of garlic, skin on
3 tbsp olive oil
3 tbsp butter

METHOD

FOR THE GINGER MASHED POTATOES

Add the potatoes and ginger to a pot of boiling water and cook for 30-35 minutes until soft. Remove the ginger, drain the potatoes, then mash while still hot until smooth in texture. Transfer the mashed potatoes into a non-stick pan. On low heat, stir while adding the butter and cream, folding until well incorporated. Season with salt. Once the mixture is smooth and shiny, turn off the heat.

FOR THE STUFFED APPLES

In a non-stick frying pan, cook the onions in the canola oil on medium heat for 10 minutes until translucent. Season with salt and black pepper, then add the garlic, coriander, sumac, seven spices and paprika. Cook for 1 minute.

Add the ground beef to the pan and cook for 5-6 minutes on high heat. Finish the stuffing by adding the soy sauce and raisins, then cook for 1 more minute. Allow it to cool at room temperature.

Preheat the oven to 400°F while you stuff the Washington apples with the ground beef filling. Place the stuffed apples in a non-stick baking pan and bake for 20-25 minutes. You know the apples are ready when they are soft from the outside and slightly resistant from the inside.

FOR THE GRAVY

In a large pot, brown all the ingredients in the olive oil and butter on a high heat. Add enough water to cover the bones and vegetables, then bring it to a boil. Season with salt and black pepper to taste. Once the water is boiling, reduce the heat to low and let it simmer for 30-40 minutes or until the liquid has reduced by half. Strain the gravy into a saucepan and keep it warm on low heat.

Serve the stuffed apples with your ginger mashed potatoes, the rich gravy, and some fresh steamed greens.



SWEET MEDJOOOL DATE RAVIOLI

COURTESY OF NATURAL DELIGHTS MEDJOOOL DATES

PREPARATION TIME: 50 MINUTES | COOKING TIME: 45-50 MINUTES | MAKES 30

INGREDIENTS

FOR THE MEDJOOOL DATE FILLING

1 cup U.S. red wine (a bold and fruity wine is best)

¼ cup sugar

2 tbsp honey

1 cinnamon stick

10-12 U.S. Medjool dates, pitted and quartered

FOR THE PASTRY

Pinch of salt

1⅔ cups all-purpose flour

¾ cup cold unsalted butter, cut into chunks

FOR THE RAVIOLI

1 egg, beaten

Powdered, white or brown sugar, for dusting

METHOD

FOR THE MEDJOOOL DATE FILLING

Combine the wine, sugar, and honey in a small pan and simmer over medium heat until the sugar dissolves. Add the cinnamon stick and dates, reduce the heat to low and cook for 30 minutes, stirring occasionally. Let the mixture cool and remove the cinnamon stick. Strain to remove any excess liquid, then transfer to a food processor and blend for about 10-15 seconds to a fine consistency.

FOR THE PASTRY

In a food processor fitted with a metal blade, pulse the salt and flour together for a few seconds until blended. Add the cold butter and process until the mixture has the texture of coarse crumbs. Add a splash of iced water and pulse a few more times. Turn the mixture into a bowl and bring together with your hands. It should leave the bowl clean. Wrap in plastic and chill for 30 minutes.

FOR THE RAVIOLI

Preheat the oven to 400°F and line a baking sheet with parchment paper. Lightly flour a clean surface and a rolling pin, then divide the chilled dough into two pieces, one slightly larger than the other. Roll out the smaller piece into a 10 x 12-inch rectangle. Brush this with the beaten egg.

Starting 1-inch from a corner, place 1 teaspoon of the date filling on the egg washed pastry every 2 inches. You should have 30 dollops in total. Roll out the larger piece of pastry into an 11 x 13-inch rectangle. Carefully place this larger sheet over the bottom one and gently press the pastry to seal the pockets around each dollop of filling.

Using a pastry cutter or sharp knife, cut the pastry into 2-inch squares and seal the edges of each ravioli with a fork, or use a ravioli mold. Make a small cut in the top of each ravioli and brush with beaten egg. Place them on the baking sheet.

Bake the ravioli for 15-20 minutes just until slightly golden brown. Cool on a rack and dust with sugar. Serve warm.



ISRAELI ORANGE BLOSSOM SEMOLINA CAKE

PREPARATION TIME: 15 MINUTES, PLUS 1 HOUR COOLING | COOKING TIME: 45 MINUTES | SERVES 8

INGREDIENTS

FOR THE CAKE

½ cup + 2 tbsp unsalted butter, melted
1 cup granulated sugar
½ cup Greek or plain yogurt
½ cup coconut cream
⅓ cup milk
1 ½ cup fine semolina
½ cup fine cornmeal
1 tsp baking powder

FOR THE SYRUP

¾ cup water
⅓ cup granulated sugar
1 Florida orange, zested and juiced
1 tsp orange blossom water

FOR THE TOPPING

Coconut shavings
Flaked California almonds

METHOD

FOR THE CAKE

Preheat the oven to 350°F. Place the butter in a ramekin and melt in the microwave. Set aside. In a large mixing bowl, combine the sugar, yogurt, and coconut cream. Add the milk, semolina, cornmeal, and baking powder. Finally, stir in the melted butter and then let the mixture sit briefly so that the butter is absorbed.

Transfer the cake mixture into a lightly greased 9-inch round cake pan or baking dish. Bake in the preheated oven for about 45 minutes. If necessary, cook for 1-2 minutes longer, checking the cake constantly, so that the top of the cake gains color. When ready, remove from the oven.

FOR THE SYRUP

While the cake is baking, place the water, sugar, orange juice and zest in a small saucepan on the stove top. Heat until the sugar has dissolved, and the mixture comes to a boil. Turn the heat to low and cook for about 10 minutes. The mixture should reduce by about one third. Remove the pan from the heat and add the orange blossom water, then let the syrup cool completely.

As soon as the cake comes out the oven, pour three quarters of the cooled syrup on top and let it absorb into the cake. For best results, let it sit for 1 hour before serving.

FOR THE TOPPING

When ready to serve, pour the rest of the syrup over the cake and finish with the coconut shavings and flaked almonds.



MALVA PUDDING

PREPARATION TIME: 40 MINUTES | COOKING TIME: 25-30 MINUTES | SERVES 4

INGREDIENTS

FOR THE PUDDINGS

- ½ cup all-purpose flour
- ¾ tsp baking powder
- ¼ tsp baking soda
- ½ cup caster or superfine sugar
- 1 large U.S. egg
- ¼ tsp salt
- 1 ½ oz Florida grapefruit marmalade
- 1 tbsp butter, melted
- ¼ tsp apple cider vinegar
- ½ cup whole milk

FOR THE SAUCE

- ¼ cup heavy whipping cream
- 1 ½ oz caster or superfine sugar
- 1 oz butter
- 1 tbsp water

FOR THE CRÈME ANGLAISE

- ¾ cup whole milk
- 2 tsp vanilla bean paste
- 2 large U.S. egg yolks
- 2 tsp sugar

METHOD

FOR THE PUDDINGS

Preheat the oven to 400°F. Combine the flour, baking powder and baking soda in a bowl. Use a mixer to beat the sugar, egg, and salt together until you have a thick and pourable batter, similar to the consistency of a melted milkshake. Beat in the marmalade until incorporated, then mix in the melted butter and the vinegar.

Add a third of the milk, then half of the flour mixture to the batter. Mix to combine. Add another third of milk and the rest of the flour. Mix again, then add the remaining milk and mix until smooth.

Divide the pudding mixture equally between 4 greased pudding molds (a ramekin or other small oven-safe dish will work too). Bake until deeply caramelized, brown, and well risen, around 25–30 minutes.

FOR THE SAUCE

While the puddings are in the oven, gently heat the cream, sugar, butter, and water in a pan, whisking until the butter has melted and the sugar has dissolved. Keep the sauce warm while the puddings are baking, but do not allow it to boil or catch on the bottom.

Once the puddings are fully baked, remove them from the oven and immediately make a cut in the top with the tip of a knife. Pour the sauce into this cut until each pudding is full, then repeat the filling process until the sauce reaches the top of the puddings. You may have some excess.

FOR THE CRÈME ANGLAISE

Heat the milk and vanilla bean paste gently to scalding. Just before it bubbles, take the pan off the heat, and remove any skin that may have formed. Whisk the egg yolks and sugar in a bowl, then pour the hot milk over them, stirring continuously.

Pour this mixture back into the pan over a low heat, stirring continuously until it thickens slightly. To test if the crème anglaise is thick enough, remove the pan from the heat and draw the back of a spoon through the custard. It should coat the back of the spoon evenly and when you draw a finger through the custard, the trail should remain. Strain the thickened crème anglaise through a sieve into a bowl.

TO SERVE

Transfer enough crème anglaise to a presentation plate to coat the bottom, then turn out the malva puddings on top of the crème anglaise.







NORTH ASIA



HAPPY HERD HAPPY PLANET

From a farmer's perspective, animal welfare, sustainability, and profitability go hand in hand. Better animal health leads to environmental benefits. In the United States, farmers invest millions of dollars in research aimed at improving productivity and welfare of animals, in the knowledge that happy and healthy animals are the key to a successful operation.

Supporting these goals, the United States has some of the strongest animal welfare programs in the world. Meat producers can opt for individual and site certifications such as the Quality Assurance programs, participation in which is around 90 percent as producers strive for continuous improvement.

Across the United States, standards are of an exemplary level throughout the supply chain. All farm and production animals are federally protected during transport and at processing facilities; many states and municipalities have laws to ensure that animals have a high quality of life.

To be an eligible supplier to U.S. foodservice and retailer operators, slaughter plants must comply with very stringent animal welfare standards, as dictated by third party standards, and verified through internal and third-party audits throughout the year.

For farmers, voluntary standards often go well beyond regulations. The farmers know their animals, how they behave, and how to care for them, as well as making a living from them. Farmers naturally bond with the animals they care for and invest thousands of dollars in each one of them. From an economic, business, and emotional perspective, it is in a farmer's interest to keep animal welfare as a top priority.

U.S. livestock and dairy producers use the latest technologies to create environments where the animals feel comfortable, content, and stress-free. Rumination devices, nutrition monitoring systems, waterbed mattresses, fans, and robotic systems are all utilized to ensure this.

A notable issue on animal welfare is consumer understanding of how animals are raised as well as the environmental and economic impact of specific management systems. For example, direct emissions from cattle account for only two percent of the United States' overall greenhouse gas (GHG) emissions.

There is an ongoing challenge for farmers to dispel myths and misinformation about how animals are raised, educating consumers on the realities and practicalities of livestock and poultry production. On a local level, Tina Hinchley, a dairy farmer from Cambridge, Wisconsin, hosts farm tours as a way of demonstrating that what she is doing is what is best for her cows, as well as being open and transparent about how she farms.

U.S. cattle producers have a personal stake in protecting the environment. They work hard to improve the quality of the air, water, and land while caring for the health of their animals, their families, and their local communities. Proper grazing of cattle improves soil health, leads to greater water retention, increases carbon sequestration, and reduces the risk of catastrophic wildfire. Healthy land and healthy water produce healthy cattle.

BEETROOT, CALIFORNIA RAISIN, HAZELNUT AND TOFU SALAD

PREPARATION TIME: 1 HOUR | COOKING TIME: 2 HOURS 15 MINUTES | SERVES 4

INGREDIENTS

2 lbs raw mixed beetroots, with leaves if possible
10 sprigs of fresh thyme
2 tbsp extra virgin olive oil
Salt and pepper
3 oz California raisins
1 oz toasted U.S. hazelnuts, roughly chopped
1 ¾ oz tofu (or feta if preferred)
½ oz arugula leaves

FOR THE DRESSING

3 tbsp extra virgin olive oil
Juice of ½ lemon
¼ tsp sea salt
¼ tsp coarsely ground black pepper

METHOD

Preheat the oven to 350°F. Place the whole beetroots and thyme in a roasting tin, reserving a few raw beetroots along with any leaves to be added later. Drizzle over the oil, season with a little salt and pepper and roast for 50 minutes to 1 hour until cooked through.

Remove the beetroots from the oven. When cool enough to handle, rub off the skin and cut into wedges. Thinly slice the reserved raw beetroots.

Arrange the beets on a serving platter, scatter over the California raisins and toasted hazelnuts, crumble over the tofu and then garnish with the thin slices of raw beetroot, arugula leaves and reserved beetroot leaves.

Just before serving, mix the dressing ingredients together and drizzle the dressing over the salad, seasoning with a little more salt and pepper to taste.

TOKYO WHISKEY SOUR

PREPARATION TIME: 5 MINUTES | SERVES 1

INGREDIENTS

2 oz American whiskey
¾ oz freshly squeezed lemon juice
½ - ¾ oz simple syrup, to taste
Ice
Maraschino cherry or lemon peel, to garnish

METHOD

Pour the whiskey, lemon juice, and simple syrup into a cocktail shaker filled with ice. Shake well, then strain into a chilled sour glass, or over fresh ice in an old-fashioned glass. Garnish with a maraschino cherry or lemon peel. Enjoy.



BULGOGI-STYLE BEEF FRIED RICE

RECIPE BY @JENNYGOYCOCHEA

PREPARATION TIME: 15 MINUTES | COOKING TIME: 15 MINUTES | SERVES 1

INGREDIENTS

FOR THE MARINATED BEEF

1 ½ lbs U.S. ribeye steak, sliced
between ⅛-inch to ¼-inch thick
⅔ cup soy sauce
¼ cup mirin
½ U.S. pear
1 bunch of green onions (white and
light green parts only, reserve tops for
later)
4 cloves of garlic, peeled
1 tbsp freshly grated ginger
1 tbsp brown sugar
1 tsp dark sesame oil

FOR THE FRIED RICE

¼ cup soy sauce
1 tbsp oyster sauce
1 tsp freshly grated ginger
3 tbsp vegetable or canola oil
1 medium shallot, peeled and thinly
sliced
2 carrots, peeled and finely diced
3 cloves of garlic, minced
5 cups cooked jasmine rice
2 eggs, lightly beaten
1 ¼ cups kimchi, chopped
Salt and pepper, to taste
Chopped cilantro

METHOD

FOR THE MARINATED BEEF

Place the sliced beef in a gallon-sized zip-top bag. Add all the remaining ingredients for the marinade to a blender and blend on a high speed until smooth. Pour the marinade over the beef, seal the bag, and leave to marinate in the fridge for at least 1 hour and up to 8 hours.

FOR THE FRIED RICE

In a small bowl, whisk the soy sauce, oyster sauce, and grated ginger together. Set aside.

Heat a wok over a medium-high heat and add the oil. Once the oil is hot and shimmering, add the shallot. Cook for 4-5 minutes, stirring occasionally, until the shallots are golden brown (take care not to burn them!) and then transfer to a plate lined with paper towels using a slotted spoon or fork.

Increase the heat under the wok (the oil from the fried shallots should still be in the pan) while you remove the beef from the marinade, shaking off any excess, and add it to the wok in a single layer. Cook for 2 minutes on one side until golden brown, then flip. Add the carrots and garlic to the pan and stir to combine. Cook for another 2-3 minutes, stirring often so the garlic doesn't burn, until the carrots are softened.

Once the carrots are softened, add the cooked rice, and stir so the grains are coated with oil. Lower the heat to medium and push the rice mixture to one side. Pour the lightly beaten eggs into the other side of the wok and cook for 2-3 minutes until the eggs are cooked through.

Using a wooden spoon, break the egg into pieces, then stir all the ingredients together so that the egg is incorporated into the rice. Add the kimchi and your soy sauce mixture to the wok and cook, stirring constantly, until all the sauce has been absorbed.

Stir in the reserved green onion tops and then season to taste with salt and pepper. Serve the beef fried rice topped with the crispy shallots and sprinkled with fresh cilantro, if desired.



KOREAN STYLE BBQ BEEF WITH KIMCHI SLAW

RECIPE BY PETER SIDWELL

PREPARATION TIME: 15 MINUTES | COOKING TIME: 10 MINUTES | MAKES 4

INGREDIENTS

FOR THE BBQ SAUCE

½ red onion
1 clove of garlic
½ thumb of fresh ginger
1 tbsp Korean chili paste
¼ cup rice wine vinegar
½ cup dark soy sauce
1 ¼ cups California prunes

FOR THE KOREAN BBQ BEEF

2 rump steaks (7 oz each)
Olive oil
Salt and pepper
½ thumb of fresh ginger
2 cloves of garlic
½ cup water
¾ cup California prunes
2 tbsp sesame seeds

FOR THE KIMCHI SLAW

½ red onion
½ small cabbage
4 scallions
5½ oz canned kimchi
2 tbsp sesame seeds
2 tbsp olive oil

METHOD

FOR THE BBQ SAUCE

Peel the onion, garlic, and ginger, then place into a blender with the remaining ingredients. Blend until smooth, then place to one side.

FOR THE KOREAN BBQ BEEF

Cut the beef into strips, drizzle with olive oil, and season with salt and pepper. Peel and chop the ginger and garlic, then add to a wok with a splash of oil. Add the beef and cook until browned.

Pour in the BBQ sauce along with the water and the chopped California prunes. Simmer for 10 minutes until the beef is tender.

FOR THE KIMCHI SLAW

Slice the red onion, cabbage, and scallions. Place into a bowl with the kimchi, sesame seeds and olive oil. Mix well and place to one side while you finish the beef.

TO FINISH

Taste the beef to make sure it's tender. Place in a bowl and sprinkle with the remaining sesame seeds, then serve alongside the kimchi slaw.



ALMOND CRUMBLE SALAD WITH KIMCHI SAUCE

CREATED BY CHEF CHRISTINE FARKAS OF IHEART FOOD CONSULTING
ON BEHALF OF THE ALMOND BOARD OF CALIFORNIA.

PREPARATION TIME: 15 MINUTES | SERVES 6

INGREDIENTS

FOR THE SALAD

3 cups riced cauliflower or kohlrabi
½ cup shredded cabbage
½ cup shredded carrot
¼ cup thinly sliced green onions
2 cups chopped toasted California almonds
1 tbsp black sesame seeds

FOR THE SAUCE

¾ cup prepared kimchi, drained
(reserve ½ cup kimchi brine)
¾ cup roasted almond butter
½ cup plain unsweetened U.S. almond milk
1 tbsp lime juice
2 tsp nutritional yeast
1 tsp low sodium soy sauce
½ tsp toasted sesame oil
Sea salt, to taste

METHOD

FOR THE SALAD

Combine all the ingredients except the almonds and sesame seeds in a large bowl. Refrigerate this salad base until your sauce is ready.

FOR THE SAUCE

Combine all the ingredients in a blender and blend until smooth. Adjust the consistency with additional almond milk and/or kimchi brine to reach your desired texture and heat level.

TO SERVE

Combine the desired amount of sauce with your prepared salad base. Garnish with the chopped toasted almonds and black sesame seeds.



A U.S. imperial stout with a full body and rich, sweet, malty notes which will counteract the acidity of pickled vegetables and harmonize with the almonds. **Brewers Association**



CONGEE WITH SPINACH AND SHIITAKE

RECIPE CREATED BY JILL FERGUS IN PARTNERSHIP WITH THINK RICE & THE FEEDFEED.

PREPARATION TIME: 10 MINUTES | COOKING TIME: 1 HOUR 30 MINUTES | SERVES 4-6

INGREDIENTS

8 cups vegetable stock
1 cup U.S. long grain white rice
½ oz fresh ginger, peeled and sliced
1 clove of garlic, sliced
1 tsp sea salt
2 large handfuls of baby spinach
2 large shiitake mushrooms, sliced
1-2 scallions, sliced
Freshly ground pepper
Soy sauce or gluten-free tamari
Sesame oil
Sesame seeds
Fresh cilantro and/or parsley
Chili sauce (with garlic)

METHOD

In a 4-quart (or similar) heavy-bottomed pot, combine the stock, rice, ginger, garlic, and salt. Bring to the boil and then reduce the heat to a simmer, stir well and cover.

Cook for about 1 hour 30 minutes, stirring occasionally to prevent any rice from sticking to the bottom and burning. The finished product should be nice and creamy. If the congee is thicker than you like, adjust the consistency with additional heated broth or boiled water to loosen the mixture but maintain the temperature.

Remove the ginger if sliced thickly (leave it in if you love it) and then stir in the spinach and shiitake mushrooms. Season with salt and pepper to taste, then scatter the sliced scallions on top.

Drizzle the congee with soy sauce or gluten-free tamari and sesame oil, then garnish with the sesame seeds, fresh herbs, chili sauce or whatever you like.



Rice provides a sustainable, economical source of carbohydrates and key nutrients for families across the globe. Rice includes more than 15 vitamins and minerals and beneficial antioxidants, while reducing the risk of heart disease, diabetes, and certain cancers.



FIVE-FLAVORED LONG-LIFE NOODLES

PREPARATION TIME: 20-25 MINUTES | COOKING TIME: 5-10 MINUTES | SERVES 6-8

INGREDIENTS

1 lb fresh noodles
4 oz cooked U.S. chicken, shredded
1 small carrot, julienned
½ cucumber, peeled, seeded and cut into matchsticks
½ cup coarsely chopped California pistachios
Fresh chili pepper, sliced
Red chili oil
Sesame oil

FOR THE PISTACHIO CREAM

1 cup U.S. pistachios, roasted and lightly salted
2 tbsp cooking oil
¾-1 cup water

FOR THE SAUCE

1 tbsp soy sauce
1 tbsp sesame paste
1 tbsp pistachio cream (see above)
1 tbsp sesame oil
2 tsp chili garlic sauce or doubanjiang (spicy bean sauce)
1 tsp minced garlic
¼ tsp Szechuan peppercorn powder

METHOD

FOR THE PISTACHIO CREAM

Combine all the ingredients in a food processor and blend until smooth, adjusting the amount of water to the desired consistency. Set aside.

FOR THE SAUCE

Combine the ingredients in a small bowl and set aside.

Cook the noodles according to the directions on the package. Drain, rinse with cold water and drain again. Place the noodles in a large bowl, add your sauce and toss to mix well.

TO SERVE

Divide the sauced noodles between individual serving bowls. Arrange the shredded chicken, carrots, and cucumber on top. Sprinkle with the chopped pistachios and fresh chili pepper slices, then drizzle with red chili oil and sesame oil to taste.



Growers in California, Arizona, and New Mexico have a deep commitment to wisely use natural resources, human resources, and incorporate innovation and the newest technologies to produce the world's finest sustainable pistachios.



KOREAN POPCORN CHICKEN WITH A PICKLED CUCUMBER AND RADISH SALAD

PREPARATION TIME: 20 MINUTES | COOKING TIME: 20 MINUTES | SERVES 6

INGREDIENTS

FOR THE SALAD

- ¼ cup champagne vinegar
- 1 tbsp sugar
- 3 tbsp extra virgin olive oil
- 1 large cucumber, thinly sliced
- 2 large radishes, thinly sliced
- 1 scallion, thinly sliced

FOR THE CHICKEN

- 2 lbs boneless and skinless U.S. chicken breasts, cut into 2-inch cubes
- 1 cup buttermilk
- 3 cups cornflakes, finely crushed
- 3 tbsp flour
- 1 tsp kosher salt
- ¼ tsp freshly ground black pepper

Canola cooking spray

- 1 tbsp sesame seeds

FOR THE SAUCE

- ½ cup low-sodium soy sauce
- 2 tbsp dark brown sugar
- 2 tbsp rice wine vinegar
- 1 tbsp chili-garlic sauce
- 1 tbsp minced garlic
- 1 tbsp sesame oil
- 1 tsp fresh ginger, peeled and grated
- 1 tsp corn starch

METHOD

FOR THE SALAD

In a large bowl, mix the vinegar, sugar, and olive oil together. Add the cucumber and radish, toss well until completely coated, then sprinkle half of the scallions over the top and set aside.

FOR THE CHICKEN

Place the chicken in a large bowl and pour in the buttermilk. Toss well to coat. Preheat the oven to 425°F and line a baking sheet with parchment paper.

In a separate bowl, mix the crushed cornflakes with the flour, salt, and pepper. Stir until combined. Dredge each piece of chicken in the cornflake mixture and place it on the prepared baking sheet. Be careful not to place pieces too close together and spread between two baking sheets if necessary.

Spray the chicken lightly with cooking spray and place in the oven. Bake for about 15-20 minutes, or until the chicken is cooked through.

FOR THE SAUCE

In a small saucepan over high heat, combine all the ingredients, and whisk to incorporate. Bring to a boil and then reduce the heat to a simmer for about 5-10 minutes until thickened.

TO SERVE

Drizzle the sauce over the popcorn chicken and garnish with the sesame seeds and remaining scallions. Add the pickled cucumber and radish salad on the side.



LACY CHICKEN OR PORK AND BELUGA LENTIL GYOZA

PREPARATION TIME: 1 HOUR | COOKING TIME: 10-15 MINUTES | SERVES 6

INGREDIENTS

FOR THE GYOZA FILLING

8 oz ground U.S. chicken or pork
4 water chestnuts, minced
3 shiitake mushroom caps, minced
3 Napa cabbage leaves, finely shredded
2 green onions, finely sliced
1 clove of garlic, minced
1 tbsp minced fresh ginger
¼ cup U.S. beluga lentils, cooked
½ tsp salt
1 egg
Sesame oil, to taste
Soy sauce, to taste
Gochujang or other chili sauce, to taste

FOR THE DUMPLINGS

1 packet of gyoza wrappers
2 tsp corn starch
¾ cup water
Pinch of salt
Canola oil, for frying

FOR THE DIPPING SAUCE

¼ cup rice vinegar
¼ cup soy sauce
2 tbsp gochujang (or more if desired)

METHOD

FOR THE GYOZA FILLING

Mix all the ingredients together thoroughly. Cook a small amount to assess the seasoning and then adjust as needed. Chill until ready to use.

FOR THE DUMPLINGS

Line a cookie sheet with wax or parchment paper. Place a gyoza wrapper in your non-dominant hand and a scant tablespoon of filling in the center of the wrapper. Dip your finger in a small bowl of warm water and circle it around the edge of the wrapper. Fold the gyoza in half and, working with the edge of the wrapper that is on top, seal one end and then begin making ¼-inch pleats all the way to the opposite end, pinching to seal. Place the finished gyoza on the lined sheet and repeat until you have used all the filling.

To make the lacy top, heat a tablespoon of oil in a skillet on medium heat and then place the gyoza flat side down in a single layer. Mix the corn starch, water, and salt together then pour this mixture quickly into the pan. This step is optional but very pretty. If not making the lacy top, follow the same process but only add water to the pan. Cover with a lid and steam for 5 minutes. Remove the lid and allow all the water to evaporate and the lace crisp to turn golden in color. The gyoza should be golden brown on the bottom.

FOR THE DIPPING SAUCE

Mix all the ingredients together in a small bowl and serve with the hot gyoza.



Pulses, such as lentils, support a sustainable and diverse agriculture system, use minimal water to grow, and help to reduce food waste. When pulse harvests are followed by cereal crops, such as wheat or barley, it can lead to a 30 percent increase in grain production and a 50 percent improvement in protein yield. (USA Pulses)



LOBSTER SPRING ROLLS WITH WATERMELON SWEET AND SOUR SAUCE

PREPARATION TIME: 20 MINUTES | COOKING TIME: 10 MINUTES | SERVES 8

INGREDIENTS

FOR THE SPRING ROLLS

- ½ lb cooked U.S. lobster meat, cut into small pieces
- 1 cup finely shredded cabbage
- 1 bunch of scallions, trimmed and chopped
- ⅓ cup hoisin sauce
- 8 egg roll wrappers
- ⅓ cup water
- Oil, for deep-frying
- 1 cup toasted sesame seeds

FOR THE SWEET AND SOUR SAUCE

- 1 cup U.S. watermelon purée
- 2 tbsp seasoned rice vinegar
- 1 tbsp fresh minced ginger
- 1 tbsp sesame oil
- 1 tbsp soy sauce

METHOD

FOR THE SPRING ROLLS

Toss together the lobster meat, cabbage, scallions, and hoisin sauce. Divide into long mounds across the diagonal of the wrappers, leaving enough space at each end to fold the wrapper over the filling and enclose it tightly when rolled up. Wet the edges of the wrapper and fold the short ends over the filling. Roll the wrapper from the bottom to enclose the filling completely and tightly. The water will act like glue to seal the edges.

Deep fry the spring rolls in oil at 360°F. You can use rice bran oil, peanut oil or canola oil and should consult the bottle for the amount to use.

As you remove them from the oil, drain the spring rolls quickly on a paper towel and then sprinkle with the toasted sesame seeds.

FOR THE SWEET AND SOUR SAUCE

Mix all the ingredients together in a small bowl (this will make about 1 ¼ cups) and serve as a dipping sauce with the hot spring rolls.



Did you know? Maine's lobster fishery is hailed as being one of the most sustainable fisheries in the world. Maine was the first state in the United States to adopt regulations around lobster fishing. (Lukes)



OKONOMIYAKI WITH OLIVES AND VEGETABLES

PREPARATION TIME: 20 MINUTES | COOKING TIME: 15 MINUTES | MAKES 2 LARGE OR 4 SMALL SERVINGS

INGREDIENTS

6 tbsp water
1 egg
¾ cup flour
¼ tsp salt
1 green onion, chopped
2 tbsp shredded and chopped carrots
1 ½ cups thinly sliced and chopped cabbage
½ cup sliced ripe black California olives
2 tbsp vegetable oil

ADDITIONS (OPTIONAL)

Bonito flakes or dried mushrooms
Cooked U.S. shrimp, pork or chicken,
finely chopped

CONDIMENTS (OPTIONAL)

Sriracha
Ketchup
Mayonnaise
Chuno or tonkatsu sauce

METHOD

Whisk the water and egg together in a medium bowl. Whisk in the flour and salt until smooth. Stir in the vegetables and olives, plus any desired additions, and sprinkle with bonito flakes to taste if using.

Heat 1 tablespoon of the oil in a large skillet until hot. Spread half the vegetable mixture evenly into the pan and smooth out the surface. Cover and cook over a low heat for 5 minutes, or until cooked and golden brown on the bottom.

Carefully flip (or use another hot skillet to invert the pancake into) and cook for a few minutes more to brown the other side. Repeat with the remaining oil and batter.

Drizzle the okonomiyaki with any desired condiments to serve.



California Olive Ranch is “setting out to transform the olive oil landscape” to create high-quality, delicious, sustainable olive oils. California Olive Ranch focuses its efforts on drip irrigation, which increases water usage efficiency, allowing the ranch to use less than half the water per acre of other orchard crops. (Organic Authority)



RAINBOW VEGETABLE BOWL

PREPARATION TIME: 15 MINUTES | COOKING TIME: 5 MINUTES | SERVES 4-6

INGREDIENTS

2 tbsp cooking oil
2 tsp minced garlic
2 tsp minced ginger
¼ cup each of diced carrots, asparagus,
celery, red and yellow bell pepper,
water chestnuts
½ cup diced five-spiced pressed tofu
¼ cup vegetable broth
1 tbsp fermented bean curd, mashed
½ tsp sugar
½ cup whole California pistachios
1 tsp corn starch, dissolved in 2 tsp
water
1 iceberg or butter lettuce, to serve
OR 4-6 acorn squash, cooked and
hollowed out

METHOD

Place a wok or stir-fry pan over a high heat until hot. Add the oil, swirling to coat the sides of the pan. Add the minced garlic and ginger and cook while stirring until fragrant (about 10 seconds).

Add the diced carrots and asparagus, cook for 1 minute, then add the celery, bell peppers, water chestnuts, pressed tofu, broth, fermented bean curd, sugar, and pistachios. Cook for 1-2 minutes.

Add the corn starch slurry and cook while stirring until the sauce boils and thickens slightly. Serve the stir fry in individual lettuce cups or hollowed acorn squash bowls.



Channing Daughters Scuttlehole Chardonnay, Long Island. This is a supremely drinkable Chardonnay, unoaked for freshness, and a true expression of the grape with unmistakable weight and roundness, a winner with vibrant veggies and bright dressing. **New York Wine**



WALNUT AND RED BEAN PASTE STEAMED BUNS

PREPARATION TIME: 20 MINUTES | COOKING TIME: 20 MINUTES | MAKES 8

INGREDIENTS

FOR THE DOUGH

- 1 cup all-purpose flour
- 1/3 cup ground California walnuts
- 2 tbsp granulated sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 3-4 tbsp water
- 1 tbsp canola oil

FOR THE WALNUT AND RED BEAN PASTE

- 1 cup California walnuts, chopped
- 3/4 cup red bean paste
- 8 squares of parchment paper (2-inch x 2-inch)
- 8 California walnut halves

METHOD

In bowl, whisk the flour, ground walnuts, sugar, baking powder, and salt together. Drizzle the water and oil into the bowl, then stir to form a shaggy dough. Place the dough on a floured surface and knead until smooth, about 5 minutes. Divide into 8 pieces.

Roll out each piece of dough into a 1/2-inch thick disc. Combine the chopped walnuts and red bean paste. Divide and shape this mixture into 8 balls. Wrap the dough around the balls, pinching the bottoms to seal.

Place each filled dough ball on a square of parchment paper and top with a walnut half. Arrange in a single layer in a steamer. Cover and cook over rapidly boiling water for approximately 20 minutes.

Serve immediately or store in an airtight container. These can be frozen for up to 1 month.



California Walnut growers and processors support research and innovation in water quality and conservation, soil health, energy use, and air quality. They constantly seek out and incorporate new methods of growing and handling walnuts that minimize waste, enhance productivity, and preserve and protect natural resources. (California Walnuts)



MATCHA COVERED STRAWBERRIES

PREPARATION TIME: 5 MINUTES | CHILLING TIME: 30 MINUTES | SERVES 2

INGREDIENTS

1 ¾ cups white chocolate chips (split into 1 ¼ cups and ½ cup)

1 ½ tbsp matcha powder

1 lb California strawberries

METHOD

Melt 1 ¼ cups of the white chocolate chips in a bowl over a double boiler or in the microwave. If using the microwave, melt for 30 second intervals, stirring the chocolate in between, until chips are fully melted. Add the matcha and whisk until incorporated.

Dip each strawberry in the matcha chocolate and place on a baking sheet lined with parchment or a silicone baking mat. Place in the refrigerator for about 15 minutes until the chocolate has hardened.

Melt the other ½ cup of white chocolate chips in a small bowl using the same method as above. Dip the bottom tip of the matcha-covered strawberries in the white chocolate and place back on the baking sheet. Place back in the refrigerator until the chocolate shell has hardened before serving.



Kelley Fox, Nerthus 2020. This elegant pale pink wine, hand-crafted from 75 percent old-vine Muscat and 25 percent Pinot Gris has lovely floral aromas and notes of apricot and citrus on the palate.

Oregon Wine Board







SOUTH ASIA



SUSTAINABILITY AT THE HEART OF FOOD PRODUCTION

U.S. food and drink producers have been collectively innovating to reduce carbon footprints, and produce food and drink in a more sustainable manner. These efforts are ongoing and part of daily life across the United States.

Here are some examples of how adapting our production processes can help the environment and improve food security for the future.

The **Craft Brewers Association** works with members to drive down environmental impact. Their Energy Sustainability manual is a consolidated resource for effective energy management and greenhouse gas (GHG) reduction. Solutions are outlined for breweries across the United States, regardless of location and operational size. Guidance is provided for brewers who are just beginning to explore energy management and GHG reduction programs, as well as for brewers who are looking to improve a well-established program.

From 1944 to 2007, **U.S. dairy farmers** have decreased their overall carbon footprint by 63 percent. Their commitment to continuous improvement in environmental stewardship helped them reduce their carbon footprint by an additional 19 percent from 2007 to 2017.

Between 1961 and 2018, the **U.S. beef community**, through continued sustainability efforts and improved resource use, reduced emissions per pound of beef produced by more than 40 percent, while also producing more than 66 percent more beef per animal.

The **U.S. pork community** reduced land use by 76 percent and water use by 25 percent from 1960 to 2015, producing more pork with a smaller carbon footprint per pound. “WeCare” is pork’s sustainable foundation and all members are guided by these six ethical principles: animal welfare, environment, people, public health, food safety, and community. Three programs — Pork Quality Assurance® (PQA Plus), Transport Quality Assurance® (TQA) and Common Swine Industry Audits (CSIA) — provide guidelines for pig farmers and the industry to continue to meet the highest standards for food safety, animal care, environmental stewardship, public health and our communities.

Compared to 1960, **America's egg farmers** have made significant strides in minimizing their environmental impact with the help of technological advancements and improved animal husbandry practices. They have reduced their water use by 32 percent and their carbon footprint by 71 percent.

Ninety percent of **California almond farms** are family farms. As climate change makes California more prone to water scarcity, reducing water usage is a priority for almond farmers. In 1982, the Almond Board of California began testing micro-irrigation in almond orchards. By applying water directly to the trees' roots rather than across the field, farmers conserved water and increased yields. Today, 85 percent of California almond farms use micro-irrigation.

The United States grows long, medium, and short grain rice, and is the largest rice producer outside of Asia. Over the past 30 years, farmers have reduced the amount of water needed to grow rice by 52 percent, the amount of greenhouse gases emitted by 40 percent, and the amount of land needed to grow rice by 39 percent.

BÁNH MI STYLE MAINE LOBSTER ROLL

PREPARATION TIME: 45 MINUTES | COOKING TIME: 15 MINUTES | SERVES 4

INGREDIENTS

FOR THE PICKLED VEGETABLES

- 1 cup carrot, cut into matchsticks
- $\frac{3}{4}$ cup radish, cut into matchsticks
- 2 cups white vinegar
- $\frac{1}{4}$ cup sugar
- 1 tsp salt

FOR THE DRESSING

- 1 cup coconut milk
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{4}$ cup fish sauce
- 2 tbsp chopped fresh mint

FOR THE SANDWICH

- 2.2 lbs cooked Maine lobster
- 4 Vietnamese-style baguettes
- 1 Thai chili pepper, sliced or minced
- 1 cucumber, sliced or cut into matchsticks
- Fresh cilantro, chopped

METHOD

FOR THE PICKLED VEGETABLES

Put the carrot and radish matchsticks into a bowl and salt heavily. After 30 minutes, drain and rinse the mixture. In a microwave-safe bowl, combine the vinegar, sugar, and salt. Microwave for about 2 minutes, then pour the hot vinegar mixture over the prepared carrots and radishes. Let them marinate for about an hour, then chill until ready for use.

FOR THE DRESSING

Simply mix the coconut milk, mayonnaise, fish sauce, and chopped mint together in a bowl.

FOR THE SANDWICH

Place the cooked lobster in a clean bowl and add about half of the dressing, mixing as you pour. The lobster should only be lightly dressed but feel free to add more dressing to your liking.

Toast the baguettes lightly on the outside and then fill each one with chili, cucumber, and cilantro according to your taste and preferred heat level. Add the pickled vegetables and finally, layer in tons of the dressed Maine lobster. Enjoy!



U.S. Atlantic Ocean fishery lobster conservation methods dating back more than 150 years have enhanced stocks of the iconic American lobster; and a little more than 20 years ago, cutting-edge science transformed an overfished sea scallop population into the largest wild scallop fishery worldwide. (U.S. Sustainability Alliance)



CALIFORNIA WALNUT DAHI KEBAB

PREPARATION TIME: 45 MINUTES | COOKING TIME: 10-15 MINUTES | SERVES 4-6

INGREDIENTS

1 cup hung curd or Greek yogurt
3 tsp grated paneer
2 tsp grated cheese
1 tsp brown onion paste
1 tsp roasted walnut paste (you can make this by blending a handful of roasted California walnuts with a little water)
½ tsp chopped cilantro, plus extra for the garnish
1-2 tsp chopped mint leaves
1-2 tsp chopped green chilies
½ tsp roasted cumin seeds
½ tsp fennel seeds
½ tsp finely chopped ginger
Salt, to taste
Ghee, for frying

METHOD

In a large bowl, mix the hung curd or Greek yogurt with the paneer and cheese. Add the onion paste, walnut paste, chopped cilantro, mint, and green chilies and give it a good stir. Add the cumin and fennel seeds, along with the chopped ginger, then add salt and taste to adjust the amount accordingly.

Mix well until all the ingredients are thoroughly combined and you get a thick mixture. Refrigerate for 30 minutes.

When slightly chilled, mold the kebab mixture into small balls and flatten. Shallow fry the kebabs in ghee in a hot tawa or non-stick frying pan. You may need to do this in batches.

Drain off the excess ghee and place the kebabs on a plate lined with paper towel. Once all the kebabs are ready, garnish with cilantro leaves and enjoy warm with green chutney.



Louis M Martini Alexander Valley Cabernet Sauvignon. It enters plump and round, the fruit sweet and juicy, but ripe, not jammy. Then you get savory cedar, sweet vanilla from oak and fine, supple tannins. It finishes dry and savory. **California Wine**



CRISPY ALASKA POLLOCK SPICY HANOI NOODLE BOWL

PREPARATION TIME: 30 MINUTES | COOKING TIME: 10 MINUTES | SERVES 4

INGREDIENTS

8 oz flat white rice noodles
1 tbsp olive oil
4 x 4-5 oz portions of seasoned
battered frozen Alaska pollock (or 1
lb frozen beer-battered Alaska pollock
fish sticks)
8-12 cups mixed greens
1 x 10-12 oz bottle of Asian-style
sesame-ginger or honey-ginger dressing
2 cups seedless cucumber, halved
lengthwise and thinly sliced
2 cups cherry or pear tomatoes, halved
½ cup red onion, cut into thin half-
moons

TO GARNISH (OPTIONAL)

American peanuts
Fresh dill
Lime wedges

METHOD

Prepare the noodles according to the directions on the packet, then drain and toss with the olive oil.

Bake the seasoned battered Alaska pollock fish fillets according to the directions on the packet and then keep warm while you prepare the remaining ingredients.

For each serving, spread 2-3 cups of the mixed greens on the bottom of the bowl. Drizzle 1 tablespoon of the Asian-style dressing over the greens, then place a quarter of the prepared rice noodles on top.

Add a quarter of the cucumber, tomatoes, and red onion over and around the noodles. Drizzle the salad with an additional tablespoon of the dressing, then place the fish portions on top.

Serve the bowls with extra dressing on the side and garnish with peanuts, fresh dill or lime wedges if desired.



Sustainable seafood is the most environmentally efficient source of protein on the planet. All seafood harvested in the United States is managed under a system of environmentally responsible practices. In Alaska, seafood is responsibly managed utilizing a world-leading science-based approach to help fish stocks, communities, and entire ecosystems thrive for generations to come. (Wild Alaska Seafood)



ADOBONG PUSO NG SAGING (BANANA BLOSSOM ADOBO WITH U.S. BLACK BEANS)

PREPARATION TIME: 10 MINUTES | COOKING TIME: 35-40 MINUTES | SERVES 4-6

INGREDIENTS

2-3 tbsp salted U.S. black beans
1 banana blossom (also called banana heart), peeled and chopped
2 tbsp vegetable or corn oil
3 cloves of garlic, minced
1 medium onion, chopped
¼ cup vinegar
2-3 cups water
Salt and pepper

METHOD

Rinse the salted black beans under cool running water, then set aside. Rinse the chopped banana blossom and drain well. Transfer to a bowl and cover with clean water.

Meanwhile, heat the oil in a skillet. Add the garlic and sauté just until aromatic. Add the onion and cook until translucent. Drain the banana blossom and add to the skillet.

Sauté for 2 minutes then add the vinegar and water. Bring to a boil and cook for at least 5 minutes. Add more water, if necessary.

Lower the heat to a simmer and stir in the salted black beans. Cook for another 20 minutes or until tender. Season with salt and pepper to taste.

Transfer to a serving dish and serve hot with steamed rice.



Lamoreaux Unoaked Cabernet Franc, Finger Lakes. Carbonic maceration in the winery here makes for a very vibrant and fruity expression of this flagship red grape, with just enough light tannins to balance the proteins. A touch of black pepper spice on the finish should work well with this salty, savory dish.

New York Wine



CHICKEN CURRY WITH CALIFORNIA PRUNES AND BROWN RICE

PREPARATION TIME: 5 MINUTES | COOKING TIME: 35 MINUTES | SERVES 2

INGREDIENTS

FOR THE CURRY

- 1 ½ tsp curry powder
- ½ tsp salt
- Freshly ground black pepper
- 1 ½ lbs trimmed boneless skinless U.S. chicken thighs
- 1 tsp extra virgin olive oil
- 1 small yellow or white onion, thinly sliced (about 1 cup)
- 2 cloves of garlic, gently crushed and peeled
- 1 cup canned coconut milk
- 1 medium lemon, zested
- ½ tsp Worcestershire sauce (use gluten-free if preferred)
- ½ cup California prunes
- 2 tsp lemon juice

FOR THE BROCCOLI

- 2 heads of broccoli (about 1.25 lbs)
- 2 tbsp extra virgin olive oil
- ¼ tsp salt
- Freshly ground black pepper
- 2 tsp fresh lemon juice

METHOD

FOR THE CURRY

Combine the curry powder, salt, and pepper in a tiny bowl and then sprinkle this seasoning all over the chicken thighs. Preheat a large skillet on a medium heat and add the oil. If you are using a well-seasoned cast iron or non-stick pan, 1 teaspoon will suffice, but a stainless steel pan may require 2 teaspoons.

When the oil is shimmering, add the chicken smooth side down and cook until opaque halfway up the sides and golden underneath, about 5 minutes. Turn the chicken over and cook for another 2 minutes, then transfer to a plate. Note that the chicken will not yet be fully cooked at this stage.

Add the onion and garlic to the pan. Reduce the heat to low and sauté until tender, about 5 minutes, adding a tablespoon of water after a couple minutes to loosen the brown bits from the bottom of the pan, scraping them up with a wooden spoon. Add the chicken and juices back to the pan with the coconut milk, lemon zest and Worcestershire sauce.

Simmer for about 7 minutes to finish cooking the chicken and thicken the sauce. Meanwhile, quarter the prunes. To do this more easily, try wetting your knife first with water. Stir the prunes and lemon juice into the curry, then season to taste before serving.

FOR THE BROCCOLI

Preheat the oven to 425°F convection. Line a large sheet pan with parchment paper or a silicone baking mat for easier clean up. Cut 1-2 inches off the broccoli stalks, leaving a few inches attached to the florets. Slice the broccoli lengthwise into skinny stalks with 1 or 2 florets per piece. Spread them on the sheet pan with the florets towards the middle and stalks pointing to the edges of the pan. Drizzle with the oil and sprinkle with salt and pepper. Roast the broccoli in the preheated oven until the edges become crisp, about 15 minutes. Spritz with lemon juice before serving with the curry.



CHICKEN SATAY MEATBALLS

PREPARATION TIME: 20 MINUTES | COOKING TIME: 20 MINUTES | SERVES 4-6

INGREDIENTS

FOR THE PEANUT SAUCE

½ cup American peanut butter
2 tbsp lime juice
2 tsp soy sauce
½ tsp curry powder
½ tsp brown sugar
Pinch of salt
1 large clove of garlic, minced
½ cup coconut milk

FOR THE MEATBALLS

1 lb ground U.S. chicken
1 egg, lightly beaten
⅓ cup panko breadcrumbs
¼ cup chopped cilantro
½ tsp salt
½ tsp hot pepper sauce

METHOD

Preheat the oven to 425°F and line a baking sheet with parchment paper. In a small pot off the heat, combine all the ingredients for the peanut sauce except the coconut milk.

Place a quarter cup of the peanut sauce into a large bowl. Add the ground chicken, beaten egg, breadcrumbs, cilantro, salt, and hot pepper sauce to the bowl. Mix until well blended, noting that the mixture will be very wet. For easier forming of meatballs, dampen your hands, and then shape the mixture into 1 ½-inch balls. Place the meatballs on the prepared baking sheet and bake for 15 minutes. Flip them all over and continue to bake for another 5 minutes.

Meanwhile, add the coconut milk to the peanut sauce in the pan. Set over a low heat and whisk until blended. Add more hot sauce if needed. Serve the baked meatballs with the peanut dipping sauce.



Erath Pinot Noir 2018/19. This is a light and elegant wine, perfect for chicken, with hints of warm spice, cherry and berry jam. **Oregon Wine Board**



CHILLED ASIAN NOODLES WITH SHRIMP

PREPARATION TIME: 5 MINUTES | COOKING TIME: 20 MINUTES | SERVES 4

INGREDIENTS

6 tbsp unsweetened coconut milk
4 tbsp fresh lime juice
4 tsp fish sauce
1 tbsp grated shallot
1 tbsp light brown sugar
¼ cup vegetable oil
10 oz dried rice noodles
1 lb peeled, cooked and deveined
medium U.S. shrimp, halved through
the center line
1 cucumber, thinly sliced
2 cups trimmed watercress
1 cup cilantro leaves
Kosher salt
1 Fresno or serrano chili, thinly sliced

METHOD

Whisk the coconut milk, lime juice, fish sauce, shallot, and brown sugar together in a small bowl until combined. Gradually add the oil, whisking constantly until emulsified, then set aside. This dressing can be made 1 day ahead, covered, and chilled until needed.

Cook the rice noodles in salted boiling water according to the instructions on the packet (you want them to be completely cooked since they are served cold). Drain and rinse under cold water, then drain again.

Toss the noodles, shrimp, cucumber, watercress, and cilantro in a large bowl with three-quarters of the coconut dressing to combine and evenly coat, then season with salt to taste.

To serve, top the noodles with the sliced chili, then drizzle over the remaining dressing. This sweet and savory dish is the perfect companion to a crisp California Sauvignon Blanc or Chardonnay.



The United States is a recognized global leader in sustainable seafood. Marine fisheries in the U.S. are conducted under science-based fishery management plans. By law, U.S. seafood must be caught according to fishery management plans that consider social and economic outcomes for fishing communities; prevent overfishing; rebuild depleted stocks; minimize bycatch and interactions with protected species; and identify and conserve essential fish habitat. (U.S. Sustainability Alliance)



LIME AND GINGER CARROT SOUP

COURTESY OF SUNKIST GROWERS

PREPARATION TIME: 10 MINUTES | COOKING TIME: 35-45 MINUTES | SERVES 4

INGREDIENTS

1 tbsp olive oil
1 small onion, chopped
4 cups diced carrots
1 tbsp finely chopped fresh ginger
2 tsp ground coriander
1 tbsp freshly squeezed Sunkist® lime juice (about 1 lime)
1 cup freshly squeezed Sunkist® Valencia orange juice (about 1-3 oranges)
4 cups chicken broth or vegetable stock

METHOD

Heat the olive oil in a 3-quart saucepan or Dutch oven over a medium-high heat. Add the onion and carrot and sauté for 3 minutes, stirring often. Add the fresh ginger and coriander and stir in for 30 seconds. Add the freshly squeezed Sunkist® lime and Valencia orange juices and broth.

Bring to a simmer, then reduce the heat to medium-low and cover the pan. Cook for about 20-30 minutes, until the carrots are tender.

Remove the pan from the heat and in small batches, carefully purée the soup in a blender until smooth. Season to taste with salt and pepper.

Drizzle the soup with a touch of sour cream or dollop with Greek yogurt for a creamy finish. For a fun garnish, top each serving with curls of rainbow carrot.



U.S. citrus growers have embraced sustainable practices, like solar power, low-emission vehicles, and water-saving irrigation systems. Many of them have stopped using chemical weed or pest killers and are proud providers of USDA-certified organic citrus. (Sunkist)



LITTLE THAI SHRIMP CAKES WITH CUCUMBER DIPPING SAUCE

PREPARATION TIME: 1 HOUR 15 MINUTES | COOKING TIME: 15 MINUTES | SERVES 6-8

INGREDIENTS

1 lb shelled raw U.S. shrimp, deveined,
and finely chopped
2 tbsp red curry paste
1 egg, beaten
1 cup panko breadcrumbs
2 scallions, chopped
1 tbsp finely diced Thai basil leaves
1 tsp kosher salt
4 tbsp rice vinegar
2 tbsp tamari
2 tbsp brown sugar
1 English cucumber, finely chopped
1 small fresh green chili, diced
1 tbsp finely chopped fresh cilantro,
plus a few sprigs for garnish
¼ cup vegetable oil

METHOD

In a large bowl, combine the shrimp with the curry paste, egg, breadcrumbs, scallions, basil, and salt. Use your hands to mix until completely incorporated. Cover and refrigerate for approximately 1 hour.

In a medium bowl, combine the vinegar, tamari, and sugar, stirring well until the sugar has dissolved. Add the cucumber, chili and chopped cilantro. Toss well to coat and then set aside.

Heat the vegetable oil in a wok or a large frying pan over medium-high heat. Spoon tablespoons of the shrimp cake mixture into the hot oil and fry, in batches, for about 2 minutes on each side or until browned and cooked through. Drain on paper towels.

Garnish the shrimp cakes with sprigs of cilantro and serve with the cucumber dipping sauce.



A U.S. lager will calm the heat of the spices and a high level of carbonation will cleanse the palate.
Brewers Association



SUPERIOR TOFU WITH HOT BEAN DRESSING

PREPARATION TIME: 15-20 MINUTES, PLUS MARINATING | COOKING TIME: 5-10 MINUTES | SERVES 2-4

INGREDIENTS

FOR THE TOFU

¼ cup sugar
½ cup superior soy sauce
2 tsp ground ginger
1.3 lbs U.S. tofu
2 tbsp U.S. soybean oil

FOR THE HOT BEAN MAYONNAISE

2 tbsp egg yolk
2 tsp mustard
1¾ oz hot bean paste
½ cup soybean oil
Salt and pepper

FOR THE GARNISH

Sesame seeds
Dried red chili
Tatami iwashi (sheets of dried baby
sardines)

METHOD

FOR THE TOFU

Dissolve the sugar in the superior soy sauce, then add the ground ginger. Marinate the tofu in the soy sauce mixture, turning occasionally. Heat the oil in a frying pan and fry the marinated tofu until all sides turn golden brown.

FOR THE HOT BEAN MAYONNAISE

In a mixing bowl, whip the egg yolk with the mustard. Add the hot bean paste and stir until well mixed. Slowly pour the soybean oil into the egg yolk mixture and whip until you get a mayonnaise-like consistency. Season to taste.

Place the fried tofu on the serving plate and top with the hot bean mayonnaise. Garnish with the sesame seeds, dried chili, and tatami to taste.



U.S. soybean farmers have reduced energy usage by 35 percent per bushel since 1980. Soil on farms across the U.S. stores 100 times more carbon than the U.S. emits each year.



SWEET POTATO TIKKI CHAAT WITH AVOCADO AND CILANTRO CHUTNEY

THIS RECIPE WAS DEVELOPED BY NILANJANA AT HUNGRYGIRLINTORONTO
PREPARATION TIME: 30 MINUTES | COOKING TIME: 45 MINUTES | SERVES 4

INGREDIENTS

FOR THE ROASTED SWEET POTATO TIKKI CHAAT

3 cups peeled and diced U.S. sweet potatoes

U.S. olive oil and sea salt

½ cup finely chopped cilantro

2 green chilies, finely chopped (optional)

¼ tsp turmeric powder

½ tsp red chili powder

½ tsp dried mango powder

½ tsp coriander powder

½ tsp cumin powder

1 tsp rice flour

1 ½ tbsp all-purpose flour

2 tbsp corn starch

FOR THE AVOCADO CILANTRO CHUTNEY

1 medium-large U.S. avocado

1 cup finely chopped cilantro

2-3 green chilies

1 clove of garlic

2 tsp U.S. lemon juice

Salt and sugar, to taste

TO SERVE

3 tbsp plain yogurt, whipped with a pinch of salt and sugar

½ medium onion, finely diced

Finely chopped cilantro

Finely sliced chilies (optional)

Pomegranate seeds (also called arils)

Garlic chutney powder or chaat masala

METHOD

Place the sweet potatoes on a baking tray and toss with a drizzle of olive oil and salt. Pop them in a preheated oven at 400°F for 30-35 minutes until they are completely softened and cooked through. Alternatively, you can boil them until they are completely soft and mashable.

Once cooled, mash the roasted sweet potato until smooth with a potato masher or the back of a big spoon. Add the chopped cilantro, chilies, and powdered spices, mix everything well, then add both types of flour, the corn starch, and a pinch of salt. The flours and corn starch act as binding agents, so mix well. If you feel that the mixture is still watery, you can add 1 teaspoon of flour at a time until you get a consistency where the sweet potato mix can be shaped into patties. Shape the sweet potato mix into patties and set aside.

Heat some olive oil in a skillet and then gently shallow fry the patties until they are golden and crisp on both sides. Remove them from the skillet and drain on kitchen paper to absorb the excess oil. You can have these as appetizers with a side of the avocado cilantro chutney or assemble a chaat style platter.

FOR THE AVOCADO CILANTRO CHUTNEY

Halve the avocado and scoop the flesh into a blender. Add all the remaining ingredients and blend until smooth, adding 1 teaspoon of water at a time to reach your desired consistency. Check the seasoning and add salt to suit your personal preference.

TO SERVE

To assemble your street style Indian chaat, add a generous dollop of whipped yogurt to the serving plate and then place the crisp sweet potato tikki on top. Garnish with the finely diced onion, cilantro, and fresh chilies if you want some extra heat. Now add a dollop of the avocado cilantro chutney followed by pomegranate seeds and a sprinkling of garlic chutney or chaat masala.



PAPAYA PEANUT DIP

COURTESY OF HAWAII PAPAYA INDUSTRY ASSOCIATION
PREPARATION TIME: 5 MINUTES | COOKING TIME: 5 MINUTES | SERVES 4

INGREDIENTS

$\frac{3}{4}$ cup lemon yogurt
1 cup chunky American peanut butter
1 cup ripe Hawaiian papaya, seeded
and peeled then cut into chunks

METHOD

Place the yogurt, peanut butter, and papaya in the bowl of a food processor. Blend until combined.

Before serving, transfer the mixture to a saucepan over a low heat and stir constantly for 3-5 minutes, or warm in a microwave on high for 3 minutes.

Serve the dip with crudité's or crackers.



Hermann J. Wiemer Semi-Dry Riesling, Finger Lakes. Southeast Asian flavors love this floral expression from Finger Lakes stalwarts HJW. It's light and lifted, with a bit of sweetness, perfect for Thai spices.
New York Wine & Grape Foundation



SOUTHERN SLING

PREPARATION TIME: 5 MINUTES | SERVES 1

INGREDIENTS

2½ tbsp St. Germain Elderflower
Liqueur
1¾ tbsp Florida grapefruit juice
1½ tbsp Florida tangerine juice
1 tbsp Aperol
Ice
Champagne
Florida grapefruit twist

METHOD

Combine the first 4 ingredients in a mixing glass. Add ice, shake, and strain into a Champagne flute over fresh ice. Top with Champagne and garnish with the Florida grapefruit twist.



Florida grapefruit growers are committed to preserving the state's natural resources by adopting sustainable agricultural practices. As part of this commitment, many acres of citrus groves are dedicated to the conservation and preservation of the natural habitats of birds, otters, snakes, fish, alligators, and other Florida wildlife.



CRANBERRY SHRIKHAND TRIFLE

PREPARATION TIME: 30-40 MINUTES | COOKING TIME: 5 MINUTES | SERVES 4

INGREDIENTS

2 cups Greek yogurt
¾ cup sugar
⅓ cup U.S. cranberries, plus extra to garnish
¾ tsp green cardamom powder
Large pinch of ground nutmeg
Large pinch of saffron, soaked in 2 tbsp warm water
Vanilla sponge cake
Cranberry syrup
U.S. pistachios, blanched and slivered
Fresh mint sprigs, to garnish

METHOD

Put the Greek yogurt in a large bowl and loosen it slightly. Add the sugar and whisk until dissolved, then set the mixture aside for 10-15 minutes. Meanwhile, roughly chop the U.S. cranberries.

Put the sweetened yogurt mixture through a sieve into another bowl. Add the green cardamom, nutmeg and soaked saffron and whisk well. Reserve some of this mixture for the topping in a separate bowl, then stir the chopped cranberries into the rest. Transfer the cranberry mixture into a piping bag and snip off the end as needed.

To assemble the trifle, pipe out a portion of the cranberry shrikhand into serving glasses, place a few vanilla sponge pieces on top and drizzle them with cranberry syrup. Pipe some more cranberry shrikhand over that to form another layer.

Transfer the reserved yogurt into another piping bag fitted with a star nozzle and pipe it onto the trifle in the prepared serving glasses. Garnish with a few U.S. cranberries, pistachio slivers, and mint sprigs before serving immediately.



In April 2020, Ocean Spray Cranberries, Inc. became the first fruit cooperative to receive a 100% Farm Sustainability Assessment verification. This means that 100% of the cranberries it utilizes from its farmer-owners qualify as sustainably grown. To continue these efforts, Ocean Spray is also working with National Geographic to support fieldwork in regenerative agriculture. (Ocean Spray Cranberries)



BLUEBERRY DAHI BHALLA

PREPARATION TIME: 4-5 HOURS | COOKING TIME: 15-20 MINUTES | SERVES 4

INGREDIENTS

FOR THE BHALLA

1 cup U.S. split skinless black gram (mung beans)
Salt, to taste
Crushed black peppercorns, to taste
¼ tsp black salt
½ tsp cumin seeds
½ tsp red chili powder
¼ cup U.S. dried blueberries
Oil, to deep fry

FOR THE DAHI

2 cups yogurt, whisked and chilled
Salt, to taste
Black salt, to taste

TO SERVE

Date and tamarind chutney
Green chutney
Roasted cumin powder
Red chili powder
U.S. dried blueberries

METHOD

FOR THE BHALLA

First, soak the split skinless black gram (mung beans) in water for 3-4 hours. Drain and transfer into a food processor, then blend to a coarse paste. Add a very small amount of water and blend again to form a fine paste. Transfer this to a bowl and set aside for 1-2 hours.

Beat the blended black gram (mung bean) paste until the mixture is light and fluffy. Add the salt, crushed black peppercorns, black salt, cumin seeds, red chili powder and U.S. dried blueberries and mix well.

Heat enough oil for deep frying in a kadai. To make the bhalla, dip your fingers in water each time you pick up some batter and gently drop it into the hot oil, taking care not to overcrowd the kadai, and deep fry until golden brown and crisp. Transfer the bhalla into warm water and let them soak for 10-15 minutes.

FOR THE DAHI

Put the whisked and chilled yogurt in a large bowl. Squeeze each fried and soaked bhalla to remove excess water and then put them into the yogurt. Sprinkle over both types of salt and mix well. Let the bhalla soak in the salted yogurt for 5-10 minutes.

TO SERVE

Place a few bhalla in each serving bowl, along with some of the yogurt. Drizzle the date and tamarind chutney and green chutney on top, then sprinkle with the roasted cumin powder, red chili powder and U.S. dried blueberries to finish.



Maine wild blueberry growers are strongly committed to bring you the ultimate antioxidant superfruit by using the best agricultural practices, such as sustainable management techniques to ensure healthy crops and to protect wild blueberry lands for future generations. (The Wild Blueberry Association of North America)



STRAWBERRY PAVLOVA WREATH WITH PISTACHIO CREAM

THIS RECIPE WAS DEVELOPED BY GEORGIA, A CONTENT CREATOR ON INSTAGRAM AT EXTRA SPARKLES PLEASE!

PREPARATION TIME: 10 MINUTES | COOKING TIME: 2 HOURS 30 MINUTES | SERVES 10-12

INGREDIENTS

6 egg whites, at room temperature
¾ cup cream of tartar
1 ½ cups granulated sugar
2 tsp pure vanilla extract
1 tsp white vinegar
1 cup heavy cream (35%)
½ cup ground U.S pistachios
1 package of California strawberries
Mint leaves, to garnish
U.S. blueberries, to garnish

METHOD

Start by preheating your oven to 250°F. Cover a baking sheet with parchment paper and trace around an 11-inch dinner plate with a pencil to make a wreath shape, then a 7½-8 inch bowl for the inside of the wreath.

With a handheld mixer, beat the egg whites and cream of tartar together until foamy. Gradually add the sugar, beating continuously at high speed until the sugar has dissolved and stiff peaks form. The egg whites will be glossy at this point. Briefly mix in the vanilla and vinegar.

With a piping bag and a large nozzle, pipe circles within your parchment paper outline to create the wreath. Place in the preheated oven for 1 hour, then turn off the heat and let it stand in the oven for an additional 1 hour 30 minutes.

Whip the cream to create whipping cream and then either fold the ground pistachios into your cream or sprinkle them over the top. Slice the strawberries, then decorate your pavlova however you like and garnish with the fresh mint! We added a few blueberries for garnish too.



Today, 99 percent of the domestic milk supply comes from farms that participate in the National Dairy Farmers Assuring Responsible Management (FARM) Animal Care program. (U.S. Dairy Sustainability Report)













NOWATER RANCH



MEASUREMENT

CUP	OUNCES	MILLILITERS	TABLESPOONS
1/16 cup	½ oz	15 ml	1
1/8 cup	1 oz	30 ml	2
1/4 cup	2 oz	59 ml	4
1/3 cup	2½ oz	79 ml	5½
3/8 cup	3 oz	90 ml	6
1/2 cup	4 oz	118 ml	8
2/3 cup	5 oz	158 ml	11
3/4 cup	6 oz	177 ml	12
1 cup	8 oz	240 ml	16
2 cups	16 oz	480 ml	32
4 cups	32 oz	960 ml	64
5 cups	40 oz	1180 ml	80
6 cups	48 oz	1420 ml	96
8 cups	64 oz	1895 ml	128

TEMPERATURE


FAHRENHEIT	CELSIUS
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	121 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

WEIGHT

IMPERIAL	METRIC
½ oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g



An inspiring recipe collection designed to showcase just how versatile U.S. products and food ingredients can be! This compilation is brought to you from over 100 U.S. Department of Agriculture (USDA) offices throughout the world. We hope that you enjoy the unique mix of recipes that have been selected from hundreds of submissions, and carefully curated to reflect cuisines from five continents of the globe. We would like to thank everyone involved within our USDA network and acknowledge the invaluable assistance of our partner trade associations in the production of this book. If you have any feedback, or want some help to find the ingredients highlighted, please email aglondon@usda.gov

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