



The Gourmet SCOOP

Sunset Gourmet
FOOD COMPANY INC.

“You don’t need a silver fork...
to eat good food.”

Paul Prudhomme



Shrimp Fajitas

- 4 Tbsp. Meyer Lemon Infused Olive Oil
- 1 Tbsp. Tex-Mex Fajita Seasoning Mix
- 20-25 medium size shrimp
- 1 Tbsp. Sunset Seasoned Salt
- 1 small red, orange and yellow pepper, thinly sliced
- 1 medium red onion, thinly sliced



- 2 jalapeno peppers, sliced or diced
- Cilantro (optional)
- 6" tortillas

Preheat oven to 250°F degrees. Heat 2 Tbsp. oil in a cast-iron grill pan or frying pan over medium-high heat. Add shrimp and sprinkle with Tex-Mex Fajita Seasoning. Mix together and cook for 6 to 10 minutes, or until pink. In a second pan, heat remaining 2 Tbsp. oil over medium heat. Add peppers and onion and sprinkle with **Sunset Seasoned Salt**. Cook until vegetables are tender crisp, about 8 to 10 minutes, stirring occasionally; add cooked shrimp and combine. While veggies and shrimp are cooking, wrap tortillas in tin foil and warm in oven. To assemble fajitas, fill warmed tortillas with shrimp, peppers and onions. Top with your favourite garnishes.



Salted Caramel Breakfast Parfait

- 2 cups vanilla yogurt
- ½ pkg. **Salted Caramel Hot Dip Mix**
- Assorted berries
- Granola



Combine yogurt and **Salted Caramel Hot Dip Mix**, refrigerate for several hours. Layer dip mixture with granola and berries. Great for breakfast or dessert!

Lemon Poppy Seed Cake with Coconut Milk

- 1 pkg. **Lemon Poppy Seed Cake Mix**
- ¾ cup coconut milk
- ¼ cup oil
- 2 eggs



Preheat oven to 350°F. Whisk together coconut milk, oil and eggs. Add **Lemon Poppy Seed Cake Mix** and stir just until moistened. Batter may be slightly lumpy, do not over-mix. Pour batter into lightly greased 9" x 5" loaf pan and bake for 45-50 minutes or until a toothpick inserted in the centre comes out clean. Drizzle with a lemon glaze.

The Gourmet Scoop ~ February 2019



Quinoa Salad

- 1 box **Quinoa with Vegetables**
- 2 cups chicken stock
- 2 tsp. olive oil
- 15 cherry tomatoes, halved
- 15-20 medium shrimp, seasoned and sautéed
- 1 avocado, diced
- Arugula
- ¼ cup **Peach Balsamic Vinegar**
- 2 Tbsp. **Meyer Lemon Infused Olive Oil**



Cook Quinoa according to package directions. Place cooked Quinoa in a serving salad bowl and arrange remaining ingredients along side the Quinoa in the bowl. Drizzle with **Peach Balsamic Vinegar** and **Meyer Lemon Infused Olive Oil**, to taste. Serves 4.



Flank Steak Beef Tacos

- 1 pkg. **Savoury Southwest Spice Blend**
- 1 tsp. salt
- 1 tsp. **Garlic Pepper with a Twist of Lime**
- 2.8 lbs. (1.3 kg) flank steak
- ½ cup lime juice
- 1 white onion, chopped
- Cilantro



BBQ method: combine **Savoury Southwest Spice Blend**, salt, **Garlic Pepper with a Twist of Lime** and lime juice. Place steak in a glass pan and pour marinade over top. Cover tightly and marinate at least one hour. Remove from refrigerator and let stand 30 minutes before barbecuing.

Slow Cooker Method: Combine first three ingredients and rub on the steak. Transfer to slow cooker and pour lime juice and ¼ cup water over the meat. Cover and cook on high for 4 hours or on low for 8 hours.

Cut steak into strips and serve with chopped white onion, cilantro and other topping of your choosing. Serve with corn tortillas.



Chili

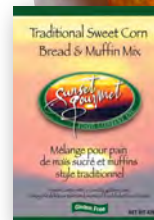
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 lbs. (.907 kg) lean ground beef
- 2 tsp. **Sunset Seasoned Salt**
- 1 Tbsp. **Oh! So Garlic**
- 2 Tbsp. **Tex-Mex Fajita Seasoning Mix**
- 1 can (796 ml) diced tomatoes, with juice
- 1 can (380 ml) tomato sauce
- 1 can (540 ml) dark red kidney beans, rinsed and drained
- Salt & pepper to taste



Heat oil in a large skillet, add onion and cook until translucent; add ground beef, **Sunset Seasoned Salt** and **Oh! So Garlic**. Cook, stirring often, for 10 minutes until browned. Add remaining ingredients; bring to a simmer; simmer 30-45 minutes. When serving add toppings such as crushed tortillas chips, green onions, sour cream or grated cheese.

Corn Bread Muffins with Olives

- 1 Box **Traditional Sweet Corn Bread & Muffin Mix**
- 1 cup milk
- 3 eggs
- ½ cup oil
- 10-12 sliced green olives with pimento



Preheat oven to 350°F. While oven is preheating, grease muffin pan (standard 12 muffin pan). In a large bowl combine corn bread mix, milk, eggs and oil; adding olives at the end. Mix until well blended. Bake 19-24 minutes.

Making meals just got a whole lot easier with our **February Customer and Host Specials!**



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