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SWEET & SAVORY RECIPES

berries



ELIZA
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Raspberry-Lime Sparklers

Evoking the flavors of a fruity mojito, this elegant nonalcoholic cocktail balances tart cranberries and lime juice with sweet fresh raspberries. The drink is topped with a splash of bubbly club soda and fragrant fresh mint. For an alcoholic sparkler, add a splash of light rum or vodka to each glass.

SERVES 6

1/4 cup sugar	1/2 cup fresh or frozen (thawed and drained) raspberries	12 fresh mint leaves, roughly chopped
1/4 cup water		2 cups club soda
2 cups cranberry-raspberry juice	1/2 cup freshly squeezed lime juice (about 6 limes)	Mint sprigs, for garnish

In a small saucepan, combine the sugar and water. Heat over medium heat, stirring frequently, until sugar is completely dissolved. Remove from stove and cool to room temperature.

Pour the syrup in a pitcher and add the cranberry-raspberry juice, raspberries, lime juice, and mint leaves. Stir until combined, breaking up the raspberries and crushing the mint leaves with a spoon.

Add the club soda and stir gently. Serve in tall glasses over ice, garnished with mint sprigs.





Blueberry and Butter Lettuce Salad with Oranges and Avocado

Sweet berries and oranges, creamy avocados, and crunchy toasted almonds create a delightful contrast with tender butter lettuce leaves in this delicious salad. A homemade dressing of champagne vinegar and Dijon mustard adds a zesty finish.

SERVES 8

1/2 cup slivered almonds	1/2 teaspoon sea salt	1 small head romaine lettuce, torn into bite-sized pieces
3 tablespoons sugar	1/4 teaspoon freshly ground black pepper	2 cups fresh blueberries
1 teaspoon Dijon mustard	1/2 cup extra virgin olive oil	1 (15-ounce) can mandarin oranges, drained
1 teaspoon minced fresh garlic	1 small head butter lettuce, torn into bite-sized pieces	2 avocados, cubed
3 tablespoons champagne vinegar		

Line a baking sheet with aluminum foil and set aside. Combine the almonds and sugar in a medium skillet over medium-high heat; cook and stir until sugar is melted and coats almonds, 3 to 4 minutes. Spread almonds in a single layer on the prepared pan to cool. Reserve.

To make the salad dressing, whisk together the mustard, garlic, vinegar,

salt, and pepper in a small bowl. While whisking, slowly add the olive oil until the mixture is emulsified. Reserve.

In a large bowl, gently toss together the butter lettuce, romaine lettuce, blueberries, oranges, and avocados. Sprinkle with candied almonds. Just before serving, whisk the dressing and drizzle over the salad; toss gently.

Grilled Flank Steak with Blackberry Sauce

Flank steak cooks up quickly and easily on the grill thanks to a garlicky marinade that tenderizes the meat and imparts flavor. After slicing the steak thinly on the diagonal, it is served with a vibrant blackberry sauce.

SERVES 6

1/2 cup vegetable oil	2 cloves garlic, minced	1 1/3 cups beef stock or low-sodium beef broth
1/3 cup low-sodium soy sauce	1/2 teaspoon freshly ground black pepper, plus more for seasoning	1/2 cup fresh or frozen (thawed and drained) blackberries
1/4 cup red wine vinegar	2 pounds flank steak	1/4 cup blackberry jam or preserves
2 tablespoons freshly squeezed lime juice	4 tablespoons cold unsalted butter, divided	Salt
1 1/2 tablespoons Worcestershire sauce	2 shallots, finely chopped	Chopped fresh mint leaves, for garnish
1 tablespoon Dijon mustard	1 cup red wine	

In a medium bowl, whisk together the oil, soy sauce, vinegar, lime juice, Worcestershire sauce, Dijon mustard, garlic, and pepper. Place the flank steak in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover and refrigerate for at least 6 hours, or overnight, turning steak several times to distribute marinade.

Preheat the grill to medium-high heat (350 to 400 degrees F) and oil the grate. Remove steak from

marinade and arrange on the grill, discarding marinade. Grill meat for about 5 minutes per side, or to desired doneness. Transfer to a cutting board, tent with aluminum foil, and allow to rest for 10 minutes before slicing thinly across the grain.

While the steak is resting, melt 2 tablespoons of the butter in a large saucepan over medium heat. Add the shallots and cook until softened, 3 to 4 minutes. Add the wine and increase the heat to medium high.

Bring to a boil and cook until wine is reduced by half, 3 to 5 minutes. Add the beef stock, blackberries, and jam. Stir, mashing the berries with the spoon. Bring to a simmer and cook until the sauce is thickened, 4 to 5 minutes.

Remove sauce from heat and stir in the remaining 2 tablespoons butter. Season to taste with salt and pepper. To serve, drizzle sliced flank steak with blackberry sauce and sprinkle with fresh mint.

