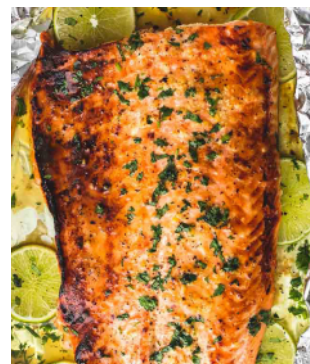


DE LA ROSA

REAL FOODS



COOK BOOK

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AVOCADO VINAIGRETTE

Avocado oil, organic extra virgin olive oil, organic white wine vinegar, organic sesame oil.

Ingredients

- 1 1/2 cup De La Rosa Pure Avocado Oil
- 2 1/4 cup De La Rosa Organic Extra Virgin Olive Oil
- 3 1/4 cup De La Rosa organic Italian White Wine Vinegar
- 4 1 teaspoon lemon juice, or more to taste
- 5 1 teaspoon De La Rosa Organic Sesame Oil
- 6 1 avocado - peeled, pitted, & coarsely chopped
- 7 4 cloves garlic, minced
- 8 1 teaspoon ground cumin
- 9 Salt & ground black pepper to taste

Directions

- 1 Pour avocado oil, olive oil, vinegar, lemon juice, sesame oil into a blender.
- 2 Cover and blend until smooth & emulsified, about 2 minutes.
- 3 Add avocado; blend well to combine, about 2 minutes.
- 4 Add garlic & cumin; blend until vinaigrette flavors are combined.





BAKED BALSAMIC CHICKEN

Organic Balsamic Vinegar, Organic Extra Virgin Olive Oil.

Ingredients

- 1 4 chicken breast halves, bone in
- 2 1/4 cup De La Rosa 100%
- 3 Organic Balsamic Vinegar
- 4 1 tablespoon 100% Organic
- 5 Extra Virgin olive oil
- 6 1 1/2 teaspoons dried oregano
- 7 1 teaspoon kosher salt
- 8 1/2 teaspoon fresh ground
- 9 black pepper

Directions

- 1 Preheat oven 400 degrees.
- 2 Arrange the chicken bone side down in a 9-by-13 inch glass or ceramic baking dish.
- 3 Pour the vinegar over the chicken and sprinkle evenly with the oil, oregano, salt and pepper.
- 4 Bake the chicken 20 minutes and baste with the vinegar juices.
- 5 Bake 20 minutes more (depending the size of breast) or until juices run clear.
- 6 Serve chicken with juices spooned over them.

Thanks to Barb G

For This wonderful recipe





BALSAMIC GLAZE

organic balsamic vinegar, De La Rosa Vineyards
Organic White Wine.

Ingredients

- 1/2 cup De La Rosa Organic
Balsamic Vinegar
- 1/4 cup De La Rosa Vineyards
Organic White Wine
- 2 tbsp honey
- 1 tbsp dijon mustard
- 1 tbsp chopped rosemary
- Salmon
- Salmon fillets
- Salt and black pepper
- 2 tsp De La Rosa Grape Seed Oil

Directions

In a medium saucepan combine balsamic vinegar, white wine, honey, dijon mustard, 1/2 tbsp of the chopped rosemary and the garlic. Heat mixture over medium-high heat and bring to a boil, then reduce heat and simmer until sauce has thickened and reduced to 1/3 cup, about 13 - 15 minutes, stirring occasionally. Remove from heat; allow to cool.

Salmon

Season both sides of salmon with salt and pepper. Heat a large skillet over medium-high heat and add 1 tsp of Grape Seed Oil. Once hot, add salmon fillets and cook, until salmon has nicely browned on bottom, about 3 - 5 minutes. Then flip salmon and continue to cook 3 - 5 minutes longer until bottom side is browned and salmon has cooked through.

Serve warm drizzling each fillet with Balsamic Glaze and sprinkle salmon with remaining 1/2 tbsp of rosemary.





BEET LATKES STUFFED WITH GOAT CHEESE

avocado oil or grape seed oil.

Ingredients

- 1 20 oz. shredded raw beets
- 2 ½ large onion, shredded or finely diced
- 3 2 eggs
- 4 ¼ cup flour
- 5 1 tsp. kosher salt
- 6 goat cheese (I used a 7oz. tube)
- 7 De La Rosa's 100% avocado oil or 100% pure & natural grape seed oil for frying

Directions

- 1 Finely slice the goat cheese into rounds and freeze for 15-20 minutes.
- 2 Mix the shredded beets, onion, flour, eggs and salt.
- 3 Pour 2-4 tbsp of the De La Rosa oil into the frying pan and heat on medium-high.
- 4 Use a spoon, or a small measuring cup (1/8 cup) to scoop up the batter. Gently place a spoon of batter in the pan and flatten it.
- 5 Place a piece of goat cheese on top of the batter, then cover the goat cheese with another scoop of batter.
- 6 Fry for 3-4 minutes, then gently flip the latkes and fry for another 1-2 minutes on the second side. When ready, the latkes will be crisp on the outside and soft on the inside, with the goat cheese deliciously melted.
- 7 Repeat until batter is finished.

Thanks to Miriam Szokovski

For This wonderful recipe





CILANTRO LIME HONEY SALMON

avocado oil or grape seed oil.

Ingredients

- 1 1 lb salmon
- 2 1 tablespoon De La Rosa 100% Pure Avocado Oil or De La Rosa 100% Pure & Natural Grape Seed Oil salt and pepper
- 3 2 tablespoons honey
- 4 1 tablespoon freshly squeezed lime juice
- 5 2 tablespoons chopped cilantro
- 6 3 garlic cloves minced

Directions

- 1 Preheat oven to 400°F.
- 2 Pat salmon dry. Brush with 1 tablespoon of De La Rosa Pure Avocado Oil or De La Rosa Pure & Natural Grape Seed Oil from all sides. Season with salt and pepper. Place the salmon on a large piece of foil. Fold foil sides and ends up (1 or 2 inches high) tightly around the salmon. Place the salmon in foil on a baking sheet.
- 3 In a small bowl, combine honey, lime juice, chopped cilantro, and garlic. Mix to combine. Spread this mixture over the salmon.
- 4 Do not cover salmon with foil, leave it open (with foil sides up) and bake it just like that, at 400°F for 15-20 minutes.
- 5 Carefully remove salmon from foil, separating the salmon from the skin which will remain stuck to the foil. Place the salmon onto a serving plate. Carefully scoop the sauce from around the salmon and pour over the salmon.

Thanks to Julia's Album

For This wonderful recipe





GREEN BEAN & CHERRY TOMATO SALAD

organic extra virgin olive oil.

Ingredients

- 1 2 tablespoons finely chopped shallot (from about 1 medium shallot)
- 2 2 teaspoons finely grated lemon zest (from about 2 medium lemons)
- 3 1/2 cup De La Rosa 100% Kosher Organic Extra Virgin Olive Oil
- 4 2 teaspoons kosher salt, plus more as needed
- 5 1 teaspoon freshly ground black pepper, plus more as needed
- 6 6 tablespoons freshly squeezed lemon juice (from about 3 medium lemons)
- 7 2 pounds green beans, ends trimmed
- 8 2 pints (1 pound) cherry tomatoes, halved
- 9 1/2 cup finely chopped fresh parsley

Directions

- 1 Bring a large pot of heavily salted water to a boil and prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Meanwhile, make the dressing.
- 2 Place the shallot, lemon zest, and measured salt and pepper in a medium, nonreactive bowl and add the lemon juice. While whisking constantly, slowly drizzle in the oil and whisk until evenly combined. Set the dressing aside.
- 3 Add the green beans to the boiling water and cook until crisp-tender, about 3 to 4 minutes. Drain and transfer to the prepared ice water bath. When the beans are chilled, drain again and thoroughly pat dry with paper towels.
- 4 Place the beans, tomatoes, and parsley in a large bowl, pour in the dressing, and toss to coat thoroughly. Taste and add more salt and pepper as needed.





GRILLED RADICCHIO SALAD WITH BLACK SESAME DRESSING

organic extra virgin olive oil & organic black sesame tahini.

Ingredients

- 1 head of radicchio, cut into wedges
- 1/2 cup chickpeas, rinsed and drained
- 1/3 cup pomegranate seeds
- 2 tbs chopped parsley
- De La Rosa Organic Extra Virgin Olive
- Oil, salt & pepper

Salad

Preheat oven to 450°F. Drizzle the radicchio with olive oil. Season with salt & pepper. Toss to coat. Arrange radicchio on rimmed baking sheet. Roast until wilted & slightly charred, about 10 minutes. Turn over & roast until tender, about 8 more minutes. Arrange the charred radicchio on a platter. Top with chickpeas, pomegranate seeds and parsley. Drizzle with Black Sesame Dressing, and serve.

Black Sesame Salad Dressing

- 1/4 cup De La Rosa Organic Extra Virgin Olive Oil
- 2 tbsp De La Rosa Organic Black Tahini
- 2 1/2 tbsp lime juice
- 1 heaping tbsp honey
- 1/2 tbsp fresh ginger, minced
- 2 cloves garlic, minced
- salt and pepper to taste

Directions

Place all ingredients in a bowl & whisk until emulsified.



STRAWBERRY SPINACH SALAD WITH BALSAMIC BERRY DRESSING

organic balsamic vinegar, organic extra virgin olive oil.

Salad Ingredients

- 1 4 cups baby salad greens
- 2 2 cups baby spinach leaves
- 3 1 1/2 cup strawberries, stemmed and sliced
- 4 2 spring onions, sliced
- 5 6 sprigs mint

Dressing Ingredients

- 1/2 cup strawberries, stemmed
- 1/2 cup raspberries
- 1 tablespoon De La Rosa
100% Organic Balsamic Vinegar
- 2 tablespoons De La Rosa
100% Organic Extra Virgin olive oil
- 1 tablespoon raw agave nectar
- Freshly ground black pepper, to taste

Salad Directions

In a salad bowl, toss the baby salad greens with the spinach leaves. Add the strawberries and sliced spring onions. Toss lightly with the dressing. Serve with the mint sprigs.

Salad Directions

Place the strawberries, raspberries, balsamic vinegar, olive oil, and agave nectar in a blender. Cover and blend on high until the berries are puréed. Season with freshly ground black pepper to taste.

Thanks to Karina Allrich

For This wonderful recipe



SWEET POTATO APPLE LATKES WITH TAHINI LEMON DRIZZLE

organic hulled tahini, avocado oil or grape seed oil.

Ingredients for the Tahini Lemon Drizzle

3 Tablespoons De La Rosa 100%
Organic

Hulled Tahini

Juice of 1 lemon

1 tablespoon maple syrup

Water, as needed to thin
sauce

Sriracha (optional)

Ingredients For The Sweet Potato Latkes

- 1 1 large sweet potato, peeled
- 2 1 apple, peeled and quartered
- 3 1/2 onion, diced
- 4 1 teaspoon salt
- 5 1 tablespoon arrowroot powder
- 6 2 tablespoons spelt flour, or oat flour or a gluten-free version
- 7 1 tablespoon De La Rosa 100% Avocado Oil or 100% Pure Grape Seed Oil
- 8 1 teaspoon turmeric
- 9 Pepper to taste
- 10 Kale, for garnish (optional)

Directions

Combine all of the ingredients for the tahini lemon sauce in a bowl and whisk together. Set aside.

Grate the sweet potato and the apple into a large mixing bowl. Squeeze as much liquid out of the grated sweet potato and apple as possible and transfer the squeezed mixture into a clean bowl. Add the onion, salt, arrowroot, spelt flour, De La Rosa avocado or grapeseed oil, turmeric, and pepper. Mix to combine.

Heat a cast iron pan (or another skillet) over medium-high heat. Add approximately 2 tablespoons De La Rosa avocado or grapeseed oil and when the pan is hot, take a handful (about 1/4 cup) of the latke batter and squeeze it together into a flat-ish round patty. Place it on the hot pan and press down on it with a spatula. Cook for 2-4 minutes per side, until golden brown and crispy. Transfer to a plate or wire rack covered in paper towel to cool.

Repeat until all of the latkes are cooked (you can place the cooked ones in the oven at 200°F to keep them warm while cooking). Serve hot with plenty of sauce.



BLACK TAHINI CHOCOLATE SLICE

Ingredients

- 1 head of radicchio, cut into wedges
- 1/2 cup chickpeas, rinsed & drained
- 1/3 cup pomegranate seeds
- 2 tbs chopped parsley
- DeLa Rosa's Org. Black Sesame Tahini

Instructions

- 1 Heat up your grill over high heat.
- 2 Cut the radicchio into wedges & drizzle with olive oil.
- 3 Season with salt & pepper.
- 4 Grill the radicchio for a few minutes on each side, until charred & tender.
- 5 Place the charred radicchio on a platter & top with chickpeas, pomegranate seeds & parsley.
- 6 Drizzle with black sesame salad dressing, as desired, & serve.





BLACK SESAME ICECREAM

organic extra virgin olive oil.

Ingredients

- 1 2 tbsp roasted black sesame seeds
- 2 3 tbsp. De La Rosa's Org. Black Sesame Tahini
- 3 1 2/3 whole milk
- 4 1/3 cup sugar
- 5 3 egg yolk
- 6 2 tbps honey
- 7 1 tsp vanilla
- 8 2/3 cup approx. heavy cream
- 9 Pinch of salt

Instructions

- 1 In small pot, bring the milk to a simmer & remove from heat.

Whisk the reminder ingredients until well combined.

Add the milk into the sesame mixture into the small pot over medium-low heat. Stir until the custard thickens & reach around 176o F. Don't exceed 181o F since egg yolk will get cooked.

Remove from heat & cool down the pot in a large bowl filled with iced water. Add Vanilla.

Clean the stand mixer bowl & now whisk together the heavy cream & a pinch of salt until peaks form.

Add the whipped cream into the cooled sesame mixture. Fold in but do not over mix it. Chill the mixture in the refrigerator for several hours (or overnight) until completely cold.

Process the mixture in your ice cream maker according to manufacturer's instructions (usually about 25 min.). Transfer the ice cream to an airtight container & freeze it for several hours before serving.





BLACK TAHINI CHOCOLATE SLICE

Base Ingredients

- 1 6 1/2 tbsp cacao powder
- 2 1/2 cup pitted dates
- 3 1/2 tsp spoon salt
- 4 2 tbs coconut oil
- 5 2 tbs water

Instructions

- 1 Begin by making the base.
- 2 Place all the base ingredients into a food processor,
- 3 Blend for 30 seconds or until the mixture has turned into fine pieces.
- 4 Check the mixture by pressing some of it together in your hands. It should stick together once pressed by your hands. If not, add more dates and water until you get a consistency that sticks.
- 5 Line a loaf tin with baking paper & tip the base mixture in.
- 6 Firmly press the base down with your fingers, so that there are no air holes.
- 7 Place in the freezer to set.
- 8 Clean & dry the food processor to make the topping.
- 9 Add all the topping ingredients & blend for 15 seconds. Try the mixture to see if it is sweet enough for your liking.
- 10 Take the loaf tin out of the freezer & pour the topping smoothly on top.
- 11 Place back in the freezer & ideally leave to set overnight. However it should also be fine within the hour. Cut into pieces with the sharp knife & serve straight away. It will last for about an hour out the freezer before it begins to melt a bit.



HULLED TAHINI HUMMUS

Ingredients

- 1 2-3 cups cooked chickpeas rinsed and drained
1/2 cup of lemon juice
2-3 garlic cloves
- 2 2 tbsp De La Rosa's Organic 100% Hulled Tahini



PISTACHIO HALVA ICE CREAM

Ingredients

- 1 1/2 gallon vanilla ice cream
- 2 1/3 cup honey
- 3 1/3 De La Rosa Org.
- 4 100% Hulled Tahini
- 5 1/2 cup chopped pistachio nuts



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