

63. Mix with olive oil & vinegar for a flavourful vinaigrette
64. Make a quick & easy dip with mayonnaise or yoghurt
65. Use as a marinade for BBQ meat
66. Mix with olive oil, vinegar & mayonnaise for a creamy salad dressing
67. Toss root vegetables in mustard with honey or maple syrup and olive oil and simply roast
68. Pineapple & Paprika with chicken
69. Apple & Thyme with ham
70. Blueberry & Lemongrass with Pastrami or roast beef

Dolce Balsamic Vinegars.....

71. Decadent Dessert Dipping with ladies fingers, sweet brioche or a good sponge cake
72. Simply pour onto vanilla ice-cream
73. Reduce and use as a syrup on waffles or pancakes
74. Soak into ladies fingers for the base of a trifle
75. Flavour and aerate sponge cakes
76. Marinade & poach fruit
77. Re-hydrate dried fruits and simply enjoy with whipped cream.....
78. Or wrap in puff pastry as a Strudel
79. See our website for Italian Pear Cake
80. & Pineapple Upside-down Pudding

Essence of the Island Spice Blends...

81. Season whatever you like!
82. Use as a dry rub on meat & fish
83. Mix with olive oil to make a paste, rub onto meat and roast or BBQ

84. Sprinkle onto vegetables and roast
85. Make flavourful potato wedges
86. Stir into rice, couscous, quinoa while cooking or afterwards
87. Mix with our other products to make dips even more delicious
88. Grind onto extra virgin olive oil and dip our focaccia
89. Use our sweet blends in baking....
90. or sprinkle on top of crumbles, pastry, pancakes & ice-cream

Our Favourite Top 10.....

91. Blueberry & Lime Leaves white balsamic vinegar on fresh fruit salad with Dolce spice blend
92. Mango & Ginger Chutney with a grilled salmon fillet
93. Homemade meatballs in Peppery Pomegranate Sauce
94. Fresh Sushi dipped in Pear & Ginger balsamic vinegar
95. Roasted Red Pepper Hey Presto & back bacon Quiche
96. Pastrami & Brie sandwich with Blueberry & Lemongrass mustard
97. Kalamata & Mushroom Risotto
98. Cranberry & Cinnamon white balsamic vinegar on a feta, pecan & cranberry spinach salad
99. Pear & Fig Chutney Baked Brie
100. Fresh Focaccia & Butter!

101. What's your favourite.....?

Marianne & Sadik

Fabulous Focaccia & Balsamic Bistro

Essence of the Island Spice Blends

Qualicum Beach, BC

www.fabulousfocaccia.com

***Fabulous Focaccia
& our Balsamic Bistro
&
Essence of the Island
Gourmet Spice Blends***

101

*imaginative
ideas
for our
versatile &
delicious
Gourmet
creations!*

Balsamic Vinegar Infusions.....

1. Simply dip our focaccia bread
2. Create a delicious salad dressing
3. Use to marinade meat & fish
4. Healthy alternative to soy sauce for dipping Sushi
5. Dress a fresh fruit salad with any of our white balsamic infusions
6. Mix with soda or tonic water for a refreshing "Shrub"
7. Reduce & pour over ice-cream
8. Toss into your stir-fry supper
9. Stir into some quinoa for a delicious salad
10. Mix with yoghurt or mayonnaise for a creamy dressing

Artisan Focaccia Breads.....

11. Quick & easy pizza base
12. Dip into our balsamic vinegars
13. Great with eggs on for breakfast
14. Have a bun with some hearty soup
15. Make a dip with our Hey Presto and enjoy with our Garlic Twists
16. Spread one of our sweet focaccia with butter for a tea time treat!
17. Top with tuna & cheese for a delicious tuna melt
18. Slice our focaccia rounds for simple sandwiches
19. Toast & jam at anytime of day!
20. Bake a lovely light bread and butter pudding

Hey Presto

21. Originally designed as a quick pizza topping - Hey Presto!
22. Delicious as a pasta dressing
23. Put on toasted focaccia for tasty bruschetta or canapés

24. Mix with soft cheese, yoghurt, mayonnaise for a delicious dip
25. Jazz up your potato salad
26. Use as a base for a flavourful soup
27. Spread on an omelette for a taste of Spain!
28. Make a vegetarian quiche or add some bacon and cheese
29. Add to ground beef for a luscious lasagne or meat loaf
30. Simply enjoy with crackers and cheese

Balsamic Fruit & Spice Chutneys.....

31. Perfect topping for Baked Brie
32. Traditional accompaniment for an East Indian curry.....
33. or an English Ploughman's Lunch!
34. Mango & Ginger is delicious with salmon & chicken
35. Place inside a chicken breast, wrap in Parma ham and roast
36. Use in a sandwich with cold meats or cheese
37. Black Cherry & Cinnamon is great with steak, venison and duck
38. Use to glaze meat in the final stages of roasting
39. Spread on top of our focaccia, top with aged cheddar and grill
40. Simply enjoy with crackers or straight from the jar!

Italian Style Tapenades.....

41. Stir into some cooked rice for a delicious risotto-style dish
42. Use as an alternative to tomato sauce on top of pizza
43. Mix with breadcrumbs and use as a crust on a chicken breast

44. Make creative canapés or bruschetta
45. Stir through cooked pasta as a nut and dairy-free alternative to pesto
46. Make a quick dip with sour cream
47. Use as a spread in your favourite sandwich
48. Make some fresh hummus and spread on top with a little olive oil
49. Make a vegetarian mushroom melt
50. Mix with some white balsamic vinegar and extra virgin olive oil for a delicious salad dressing

Gourmet Sauces.....

51. Mellow Mango makes a delicious marinade for chicken
52. Stir through a vegetable stir fry for extra flavour
53. Use Peppery Pomegranate for a great alternative to tomato sauce with spaghetti
54. Mix with Greek yoghurt & mayonnaise for a great dip
55. Aromatic Apple makes a really refreshing salad dressing As they all do!
56. Use to glaze meat for the BBQ
57. Coat a salmon fillet in Mellow Mango or use as a sauce
58. Beef meatballs with a Peppery Pomegranate sauce
59. Turkey loaf or burgers bound with Aromatic Apple
60. BBQ ribs with any of them!

Fruit & Spice Mustards.....

61. Delicious with roast meats
62. Spread for a tasty sandwich