

## Sensuous Farms Zucchini Carpaccio

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Extra Virgin Olive Oil  
fresh mint or oregano, minced  
fresh ground pepper  
lemon juice

garlic, minced  
a good sea salt  
very thinly sliced young zucchini

Squeeze and strain a good amount of lemon juice, 1 lemon per 4" zucchini. Coat a large plate with the lemon juice. Very thinly slice zucchini and lay out in single layer over lemon juice. Drizzle Olive oil liberally over the zucchini. Scatter garlic and herb evenly over all pieces of zucchini. Add salt and pepper. Drizzle with remaining lemon juice. Let sit for ten minutes before serving.



## Ultimate Carnitas Tacos

recipe © 1998 Douglas Nicosia

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Serve the crisped carnitas over warmed corn tortillas, garnish with diced white onion, cilantro leaves, a squeeze of lime and a dollop of *Sensuous Farms Salsa Vera Cruz*.



## Beouf Bourguignon

Recipe by Roger Praplan, La Gare Restaurant

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La Gare's Beouf Bourguignon Sauce

Beef Stew Meat

Season Beef with salt and pepper, dust meat with flour, then sear. Pour sauce over the top of the Beef and Bake at 350\* for 1 ½ hour.



## Grass-fed Beef Sliders

Recipe by Roger Praplan, La Gare Restaurant

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1 lb Grass-fed Ground Beef

Salt and Pepper to taste

Sourdough Rolls

Season ground beef with salt and pepper to taste. Shape ground beef into small hamburger patties. Place patties on a grill and cook on both sides for approximately 5 minutes each side

