



The Hearty Times

Where Sampling Is a Must!

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www.theheartyolive.com

Owners: Rick Couron & Linda Couron

HOURS
Monday - Friday
10am - 6pm
Saturday
10am - 4pm
Sunday
12pm - 4pm

Rick's Tips: October 2019 Edition

The Season of Harvest!

Those of us with gardens this year have been challenged with all the rain. But we still benefit from our own FRESH vegetables. Nothing better!

I will give you an idea on how to use Olive Oils and Balsamic on those fresh vegetables. I have tried this and it was delicious and colorful. It would also be great with chicken, beef or seafood.

- 2 medium yellow summer squash, coarsely chopped
- 2 tablespoons olive oil - try different Olive Oils
- 2 tablespoons Neapolitan balsamic
- 16 cherry tomatoes, halved
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil
- 2 garlic cloves
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1/4 cup finely grated Parmesan cheese

Directions:

In a large skillet, sauté squash in oil until tender. Add the tomatoes, basil, pepper and salt. Reduce heat to medium; cook 1-2 minutes longer or until heated through. Sprinkle Parmesan cheese over and serve immediately.

Enjoy your hard work!

— Rick

NEXT COOKING CLASS!

"Taste of Fall"

Wednesday, October 30th.

Time: 6:00pm.

\$10.00 Fee.

Sign Up is Required

Featuring: Diana Woodworth

Join us as we celebrate fall with a taste of delicious fall recipes! Space is limited so sign up soon. We hope you will join us! Please call or stop in the store to sign up : (920) 663-1360

Order Online!



Lambs & Thyme

NEW! BLT Dip from Lambs & Thyme is a blend of tomato, bacon flavor and herbs. A tasty spread for pretzels and bagels. Find this and more in store!

Save \$1.00

at The Hearty Olive
when you refill your **200/375 ML** bottles
•WASHED & DRIED•

*Please **WASH** and **DRY** bottles carefully, as moisture will negatively affect the refilled oil or balsamic! We recommend washing the bottles in a dishwasher and allowing them to dry thoroughly. Hand-washing with dish soap will work as well - we suggest Dawn. To ensure the best quality and experience, we must be certain the bottles are clean and dry before refilling.



October Product Features

Pasta Time

It's getting colder out so it's the perfect time to make some nice warm pasta. Our favorite pasta's are Dalla Terra and Pasta Mama's! Try the colorful spaghehthi from Dall Terra or the delicious mushroom linguine from Pasta Mama's! You can't go wrong with a warm bowl of pasta on a cool fall day.



Try out our **FOUR NEW** pasta sauces, all made in Wisconsin:

Di Salvo's Original and Sicilian Style pasta sauces are made with olive oil and italian style tomatoes and a mix of onion and herbs. These sauces are perfect for when you want a thick classic pasta sauce.

Carmella's House Marinara Sauce is an authentic italian style sauce. It's a family recipe made with natural ingredients. Perfect for supper with the family.

Augusta's Antipasto is an italian family recipe loaded with vegetables and a variety of olives for a savory sauce. Great for those who prefer thicker sauces. Made right here in Manitowoc



Di Salvo's Basil Pesto sauce it's made with real olive oil, fresh basil and pine nuts to create that thick delicious old world flavor! Perfect for pasta!

Basil Pesto Sauce



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Salted Chocolate Olive Oil Mousse

Ingredients:

- 4 large eggs, separated (use pasteurized)
- 1 1/2 bars 90% dark chocolate
- 1/3 cup olive oil (Mild EVOO or Blood Orange fused olive oil)
- 1/2 tsp sea salt
- 4 tbsp confectioners Sugar
- 1/2 tsp vanilla bean powder or 1-2 tsp sugar-free vanilla extract

METHOD:

Place the chocolate in a bowl over a pan of simmering water until smooth.

Slowly add the olive oil, in a drizzle, whisking the whole time. Once the oil is combined, set the chocolate mixture aside to cool. Note that if you add the oil all at once, it will separate and refuse to come together. Place the egg yolks in a small mixer bowl and beat them until pale and creamy.

Place the egg whites into a larger bowl and whisk them until soft peaks form, then add the vanilla powder and then the Sugar in small amounts, whisking well in between additions.

Fold the chocolate mixture through the egg yolks gently. Take the chocolate and yolk mixture and fold it very gently through the egg whites.

Spoon the mousse into serving glasses. This makes six servings.

Now, if you needed to, you could eat this straight away. It is thick enough to eat with a spoon at this point, but I recommend placing it in the fridge for two hours to firm it up even further.

Store in the refrigerator for up to five days. The outside of the mousse will discolour slightly if exposed to the air in the fridge, so try to cover them with cling wrap.

Original Recipe & photo credit: <https://ketodietapp.com/Blog/lch-f/keto-salted-chocolate-olive-oil-mousse>

CHOCOLATE: Try Tabal 100% Bolivia Chocolate!

EVOO Absorbs Polyphenols From Veggies When Cooked Together, Study Finds

Researchers found that polyphenols are exchanged between vegetables and olive oil during the sofrito preparation, becoming more accessible and easier to absorb after this type of preparation. Researchers from Spain and Brazil have found that cooking vegetables with extra virgin olive oil can improve the extractability of their polyphenols, increasing the amount of the compound that is absorbed by the oil.

The study examined the inner workings of the traditional methods of Mediterranean cooking, attempting to shed light on how extra virgin olive oil interacts with the ingredients of the local cuisines. Along with polyphenols, various other bioactive compounds from the vegetables were also found to be absorbed by the oil when cooked.

The researchers focused on the sofrito method, a popular Mediterranean cooking technique for preparing a light sauce with tomato, onion and garlic. Sofrito reportedly contains 40 different phenolic compounds and a high content of carotenoids, while its consumption is associated with reduced cardiovascular risk and insulin sensitivity. After the cooking process, an analysis of the olive oil showed that it was infused with polyphenols from the vegetables in the sofrito sauce; specifically with naringenin, ferulic acid, quercetin and Z-isomer carotenoids, none of which are typical compounds of extra virgin olive oil.

The migration of bioactive compounds such as polyphenols and carotenoids from the tomato to the olive oil also explained the findings of previous work of the researchers, which had concluded that the specific type of sauce demonstrated increased anti-inflammatory properties.

"In intervention nutritional studies we have observed that polyphenols from tomatoes were better absorbed when the tomato was cooked as a sauce with extra virgin olive oil," Rosa Maria Lamuela-Raventos, a food science professor at the University of Barcelona and a researcher at Ciberobn (the research center for obesity and nutrition of Spain), told Olive Oil Times.

"For this reason, we wanted to evaluate why this was happening, so we performed an in vitro assay where we separated sofrito in three fractions or parts: solid (insoluble part), water fraction and oil fraction," she added. "In this paper we observed that some of the polyphenols from the tomato, onion and garlic were moving to the oil fraction, being more bio-accessible, so easier to be absorbed."

Additionally, the researchers noticed that the polyphenols in the olive oil were also reduced, by degrading or by migrating to the food matrix. "There is an exchange of polyphenols during cooking, some more apolar from vegetables go to the oil fraction, while some from the oil are absorbed by the vegetables," Lamuela-Raventos, who was also the main author of the study, said. "However, the temperature is important while cooking, because high temperatures over 100 degrees Celsius (212 degrees Fahrenheit) oxidized polyphenols."

Having used science for years to assess the qualities of different edibles and food ingredients, Lamuela-Raventos regards the Mediterranean diet as one of the healthiest.

"[The Mediterranean diet] is one of the healthiest diets in the world," she said. "As a scientist, I observe that the results with the traditional Mediterranean foods and dishes – such as extra virgin olive oil, sofrito, wine and more – give really very good results in intervention nutritional studies." However, science and good health are not the only parameters to be taken under consideration when it comes to the Mediterranean diet, Lamuela-Raventos added.

Continue Full Article:

<https://www.oliveoiltimes.com/olive-oil-health-news/evo-0-absorbs-polyphenols-from-veggies-when-cooked-together-study-finds/69497>

Manitowoc & Two Rivers

OCTOBER EVENTS CALENDAR

Here's what's going on in the Manitowoc & Two Rivers area. Go out and find fun and excitement in your community!

October 1 - 27

**Art Slam Participants
Exhibition opens**
Rahr-West Art Museum

October 4 - 5

Super Pull
Manitowoc County Expo

October 5

Enchanted Forest
Woodland Dunes Nature Center, Two
Rivers. 5pm - 8:30pm.

October 6 - Nov. 3

The Art of Table setting
Rahr-West Art Museum

October 11

Fall Wine Walk
Two Rivers

October 12

Applefest
Two Rivers, Central Park

October 12

All Hallow's Eve
Pinecrest Historical Village, Fee.
1pm - 4pm.

October 19

Pumpkinfest
Misichicot Historical Village

October 26

Downtown Trick or Treat
Two Rivers, Main street.

October 30

Halloween in the Mansion
Rahr-West Art Museum

October 30 - NEXT Cooking Class.

"Taste of Fall"

6:00PM.

\$10.00 Fee.

Sign-up Required.

The Hearty Olive

Venison Roast On The Grill



With a venison roast, the key is to simply barbecue the meat as you would with a larger cut of any animal, cooking slow with low heat to break down the connective tissue and muscle fibers. With a little trick to add additional flavor and moisture, we'll show you a fail-safe method of grilling venison.

To begin, you'll want to stick true to barbecue and dry rub the roast. The dry rub will not only increase the flavor of your meal, but will help create a thin bark that will encrust the meat and help prevent the juices from flowing out. A nice rub such as the Croix Valley Cattle Drive or Garlic Barbecue Booster is perfect for venison or you can make your own by mixing the following:

- ¼ cup Brown Sugar
- ¼ Cup Granulated Garlic
- 2 Tbsp. Onion Powder
- 2 Tbsp. Kosher Salt
- 1 Tsp. Black Pepper
- 1Tsp. Cayenne Pepper

Next, to impart mouth-watering flavor and added moisture, we begin by injecting the roast. The injection I use in this method is a mixture of equal parts beef stock (or au jus) and bacon fat. Melt the bacon fat in a small pot over the stove until clear and add the beef stock. While hot, use a marinade injector (commonly found at most stores that sell kitchen or grilling utensils) to inject the solution into the venison roast on all sides multiple times, ensuring the needle has penetrated the meat in nearly every direction.

Prepare the grill to cook over indirect heat at a temperature of approximately 250-300°F. I am a proponent of cooking on a charcoal grill using lump hardwood charcoal and chunks of hardwood for maximum flavor, but grilling on a low to medium gas grill can work fine too. As in the charcoal grilling method where a zone of indirect heat is achieved by banking coals to one side of the grill and grilling on the opposite side, you can achieve a zone of indirect heat (where the heat from the fire is not directly underneath the meat) by turning off the burners directly beneath the roast. Add wood chips to the fire to impart the smoke flavor by making a pouch (or pillow) out of aluminum foil and placing directly over the flames on the open burner of your gas grill, making sure to pierce the pouch with a fork to allow the smoke to escape.

Cook the roast for about 1.5-2 hours, or until the internal temperature has reached 140°F for a nice medium rare to medium roast. Venison roasts may be cooked the same as a prime rib, where a rare roast would begin at 130°F to well done roast at 160°F or above. If you maintain your fire at a constant temperature, there is no need to move the roast once you've placed the lid on your grill.

Venison cooked over a fire is as primitive as a carnivorous experience can be; however, when done right, it can be as delectable and appetizing as an opulent dinner in a 5 star restaurant. When wondering what to do with this season's yield, the lucky sportsman will be the true culinarian if they surprise their guests with such a treat. After all, if you've spent 8 hours or more in the forest in pursuit of your dinner, waiting a couple of hours to grill a roast is definitely worth the wait.

Recipe & photo credit:

<https://www.croixvalleyfoods.com/blogs/recipes/16056385-venison-roast-on-the-grill>



www.theheartyolive.com • October 2019

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