



## Entrees & Side Dishes

### 1 Citrus or Ginger Spiked Couscous

Add 2 tablespoons of any of my citrus or ginger syrups to your favorite prepackaged couscous mix, such as Near East brand.

### 2 Citrus Spiked Wild Rice Pilaf

I developed this recipe for an article about my products for the San Jose Mercury News. It is a great holiday side dish. Made with vegetable broth and with cubed tempeh added it can double as a vegetarian dish as well.

1/2 cup wild rice  
1 14 oz. can beef broth  
2 tbsp. olive oil  
1/2 onion, chopped  
1/2 cup chopped celery  
1/4 cup chopped red bell pepper  
1 tsp. fine herbs or Italian seasoning herbs  
2 tbsp. Seville Orange, Rangpur Lime, Meyer Lemon or Bergamot Syrup + peel from jar, finely sliced  
1/3 cup toasted sliced almonds

1 Bring the rice and broth to a boil, reduce heat to simmer and cook covered for 1 hour. Turn off and let set until the remaining broth has been absorbed, about a half hour. Meanwhile, heat the olive oil in a large skillet and sauté the onion, celery and red pepper.

2 Add the rice to the skillet, then the herbs, citrus syrup and peel, stir together and heat through. Note: all rice is not identical. If the rice hasn't absorbed all the stock, raise the heat and reduce it before serving. Sprinkle with almonds.

Serves 4.

Robert Lambert



100 Hawthorne Avenue  
San Anselmo, CA 94960

## Entrees & Side Dishes

### 3 Citrus or Ginger Spiked Steamed Vegetables with Rice

Bring 2 cups water, 1 teaspoon sesame oil to boil, add 1 cup white rice, reduce heat and simmer 20 min. Meanwhile, prep and steam a variety of vegetables in a steamer basket. Drizzle with any of my citrus or ginger syrups and a few drops of good tamari sauce.

Best: White Grapefruit, Thai Ginger. Serves 4

### 4 Citrus Spiked Balsamic Asparagus

Cook 1 lb. asparagus in a pot fitted with a steamer basket. Meanwhile, measure 1 tbsp. each balsamic vinegar, Meyer Lemon Syrup and olive oil into a small jar and shake well. Remove steamer basket, discard water, slide asparagus into pot, pour dressing over it and shake well to coat. Also try: White Grapefruit Syrup

### 5 Artichokes with Citrus Spiked Mayonnaise

This mayonnaise is also good with other blanched room temperature vegetables as a crudité dip.

1/2 cup        mayonnaise  
1 tsp.        balsamic vinegar  
1 tsp.        White Grapefruit Syrup  
1 tsp.        mustard  
pinch of fresh ground pepper

Whisk all ingredients together in a small bowl, serve a dollop on a plate with artichoke or with cooked asparagus.

### 6 Orange Glazed Carrots

Cook a 1 lb. bag peeled baby carrots in a pot fitted with a steamer basket till tender. In a sauté pan melt 1 tbsp. butter, add carrots and drizzle with 1 tbsp. Seville Orange Syrup. Shake carrots in pan just till they begin to brown.

Robert Lambert



100 Hawthorne Avenue  
San Anselmo, CA 94960

## Entrees & Side Dishes

### 7 Citrus or Ginger Glazed Roast Chicken or Game Hen

Tuck fresh herbs under the skin, then brush with citrus or ginger syrup along with pan juices during last half hour of roasting. Try: fresh rosemary sprigs with Meyer Lemon Syrup, tarragon with White Grapefruit Syrup, lemon thyme with White Ginger Syrup

### 8 Citrus Glazed Pork Tenderloin

Rub pork tenderloin with 1 crushed garlic clove, marinate in 2 tbsp. olive oil, 2 tbsp. any of my citrus syrups, 1 tbsp. Balsamic vinegar, 1 tsp. fresh rosemary leaves, for 2-3 hrs. To roast, brown in marinade in nonstick pan, then put in 400° oven for 10-15 minutes. Brush with more syrup just before done. Or grill or broil, then brush with more citrus syrup just before done-as you would a barbecue sauce.

### 9 Citrus and Ginger Spiked Stir Fry Sauce

3 tbsp. soy sauce  
2 tbsp. oyster sauce  
1 tbsp. dry sherry  
1 tbsp. rice vinegar  
2 tbsp. White Ginger Syrup  
2 tbsp. Seville Orange, Rangpur Lime, Meyer Lemon or White Grapefruit Syrup  
1 tsp. sesame oil  
1/4 tsp. dry mustard  
1/4 tsp. garlic powder

Shake all ingredients together in a jar-add to stir fry just at the end of cooking time, to taste-remainder keeps indefinitely.