

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Flavor of shrub
bought: _____

Was this a gift? _____

Where did you buy this product?

Sweet Vinaigrette

2 TBS Tait Farm Shrub
1 heaping tsp. dijon mustard
1/4 tsp. salt
pinch of ground black pepper
1 small clove garlic, minced
6 TBS oil (olive or canola)

In a small bowl whisk together the shrub, salt, pepper, mustard and garlic. Gradually add oil, in a thin stream, whisking until creamay. Drizzle over mixed greens or spinach. (sliced pears are also nice.) Sprinkle with crumbled blue cheese, feta or gorgonzola and walnuts. Makes about 1/2 cup of dressing.

Glazed Apples

4 large apples* peeled,
cored & sliced
2/3 cup raisins, dried
cranberries or dried cherries
4 TBS butter
1/3 cup Tait Farm Shrub
pinch each of cinnamon,
allspice & cloves

Melt butter, saute apples and raisins, just until the fruit starts to soften, 3-4 minutes. Add shrub and spices, stirring until fruit is well coated. Serve warm with whipped cream or ice cream.

*Can also use pears.

THE ORIGINAL BOOK OF SHRUB



Some History...

Recipes for “fruit shrubs” can be found in 18th and 19th century cookbooks including those by Martha Washington and Mary Randolph. There are numerous references to “shrub” in literature of the period, including the following from *The Event of the Season* by Oliver Wendell Holmes.

‘...but I do feel thirsty’ said the poor lady, ‘and I do think a glass of shrub would do my throat good; it’s dreadfully dry. Mr. Peckham, would you be so polite as to pass me a glass of shrub?’

Silas Peckham bowed with great alacrity, and took from the table a small glass cup containing a fluid reddish in hue and subacid in taste. This was shrub, a beverage in local repute, of questionable nature, but suspected of owing its tints and sharpness to some kind of syrup derived from a maroon-colored fruit...

City Tavern Champagne Shrub

1/4 cup shrub
1 cup Champagne or sparkling wine
1 cup ginger ale
Pour shrub into a glass, add champagne and ginger ale, stirring only if the ingredients don’t blend. Serve at once. Serves 2

Fruit Shrub Chicken Saute

4 skinless, boneless breasts
Flour seasoned with salt & pepper
1 med. onion, finely chopped
1 clove garlic, minced
4 TBS butter
1/4 cup Tait Farm Shrub
1/2 cup chicken broth
Dredge the chicken with flour and set aside. In a saute pan melt butter over medium heat. Add onion and saute 1 minute. Add chicken breasts and saute until just done. Remove chicken from pan to a warm plate. Add minced garlic and chicken broth. Stir 1 minute to deglaze the pan. Add the shrub, stirring well. Return the chicken to the pan just long enough to coat with the sauce. Arrange on a serving platter. Garnish with fresh fruit or almond slivers.

Would you like more recipes and information on Shrubs and other Tait Farm Foods products, or would you like to be on our mailing list? If so, please fill out the reverse side of this panel and return it to:

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