

RASPBERRY GRILLE SALSA

2 cups cooked black beans, rinsed and drained
1 mango, diced
½ cup diced sweet, red bell pepper
¼ cup diced sweet onions or sliced scallions
½ cup Tait Farm Raspberry Grille Sauce
2 Tbs. canola or olive oil
¼ tsp. salt (or more to taste)
2 Tbs. chopped cilantro
Zest or grated rind of one lime

Combine all ingredients. Serve with tortilla chips or as a side dish to grilled chicken, pork, beef, or quesadillas.

RASPBERRY GRILLE DIP

2/3 cup mayonnaise
1/3 cup Tait Farm Foods Raspberry Grille Sauce
1 clove of garlic, minced

Beat together all ingredients. Serve as a dip for raw vegetables. It is also a good dip for artichokes as well as an excellent sauce for crab cakes, tuna, shrimp or salmon salads.

FESTIVE CRAB SPREAD

8 oz. cream cheese
6 Tbs. Tait Farm Raspberry Grille
¼ cup red bell pepper, finely diced
1 tsp. snipped chives
6-8 oz. crabmeat (canned crabmeat is fine if it is drained)
pinch of salt

Beat the cream cheese, salt and Raspberry Grille Sauce together until very smooth. Fold in the crabmeat, peppers, and chives. Pour into a small crock and chill for several hours before serving. Serve with crackers. It may also be piped or spooned onto belgian endives leaves. Garnish with chipped chives, minced red bell pepper or cherry tomato halves.



RASPBERRY GRILLE SALAD DRESSING

1/2 cup Tait Farm Foods Raspberry Grille Sauce
1/2 cup canola oil
1 clove of garlic, minced
1 Tbs. fresh lime juice
1 tsp. grated lime rind
1/2 tsp. salt (more to taste)
Freshly ground black pepper

Whisk together all ingredients until well combined.

This sweet and sour dressing is especially good on a spinach and endive salad with crispy bacon and hard boiled eggs. Also works well on a spinach and mushroom salad.



RASPBERRY GRILLE SPREAD

8 oz. Cream cheese
¼ cup Tait Farm Raspberry Grille Sauce
1/3 cup finely diced red bell pepper
2 Tbs. Finely minced scallions
1 small clove of garlic, minced

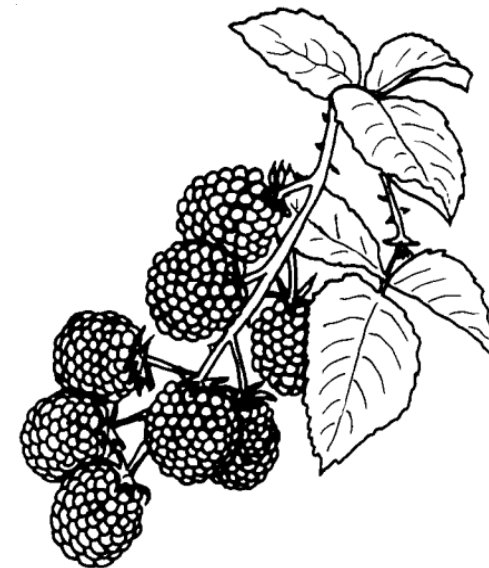
Beat the cream cheese and Grille Sauce together until smooth. Stir in the other ingredients. Serve with crackers.

Optional but very nice: Add smoked salmon (hot smoked is best), crabmeat or diced shrimp ~ approximately 4 oz. of whatever you choose.

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RASPBERRY GRILLE



BEEF & PORTABELLA MUSHROOM BBQ

- 1 lb. ground beef (or turkey)
- 2 Tbs. oil
- 4 oz. portabella mushrooms, finely chopped*
- 2 Tbs. tamari soy sauce
- 2/3 cup Tait Farm Raspberry Grille Sauce
- 1/2 tsp. salt (or to taste)
- 1 medium onion, chopped
- 1 clove garlic, finely minced

In a large skillet sauté the mushrooms, onions and garlic in the oil. When the mushrooms have rendered most of their liquid and the onions are translucent transfer them to another dish and set aside. In the same skillet, stir and brown the ground beef really well (no sign of pink). Return the mushroom mixture to the skillet. Add the Raspberry Grille Sauce, tamari and salt. Cover and turn heat down to low. Simmer gently for twenty minutes. Serve in buns. Makes approximately six sandwiches.

*shiitake and button mushrooms will also work nicely.

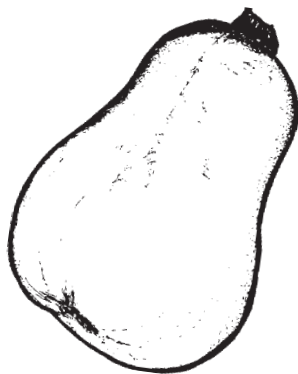


TEMPEH & PORTABELLA MUSHROOM BBQ

- 8-oz. tempeh, cut into 8 pieces
- 8-oz. portabella mushrooms, finely chopped *
- 1 small onion, chopped
- 1 vegetable bouillon cube
- 2/3 cup Tait Farm Raspberry Grille Sauce
- 2 cups of water
- 2 T oil
- 2 T tamari
- 1/2 tsp. salt

In a saucepan, dissolve veggie bouillon cube in the water. Bring to a boil. Add the tempeh. Cover the saucepan and reduce heat to low. Simmer tempeh for 25 minutes. Drain tempeh and chop finely. Set aside. In a large skillet, sauté the onion and mushrooms in the oil until the mushrooms have released most of their liquid and the onions are translucent. Add the tempeh and stir-fry for a minute or two. Add the tamari and Grille Sauce, stirring well. Add salt to taste. Cover the skillet and reduce heat to low. Gently simmer for 10 minutes to allow flavors to combine. Serve warm on buns. Makes 4-6 sandwiches.

*shitake and button mushrooms will also work nicely.



RASPBERRY GRILLE ROASTED VEGETABLES

Vegetables- Choose as many as you like:

butternut squash, yams, sweet potatoes, small onions, carrots, parsnips, beets, sweet peppers, whole cloves of garlic, turnips, fennel (anise), zucchini squash, etc.

Peel the vegetables and cut into chunks. Mix them all together. Place them in a shallow baking dish. Coat them with olive oil or canola oil. Sprinkle with salt. Roast them uncovered in a 350-degree oven for 30 minutes. Remove from oven and liberally baste with Raspberry Grille Sauce. Return to the oven and continue roasting for 30 minutes longer or until vegetables are tender. Serve as they are or on a bed of couscous.



PARTY BAKED BEANS

- 1-15 1/2 oz. can of Black Beans
- 1-15 1/2 oz. can of Pinto Beans
- 2-15 1/2 oz. cans of Great Northern Beans
- 1/2 cup onions, diced
- 2 Tbs. oil
- 1 cup Tait Farm Raspberry Grille Sauce
- 1/2 tsp. salt
- Optional: 5-6 strips of bacon

Put all of the beans in a colander and rinse very well. Drain. Sauté the chopped onions in the oil until translucent. In a bowl combine the beans, onions (with the oil), Raspberry Grille Sauce and the salt. Mix well. Pour into a bean pot or covered casserole. Lay the bacon strips on top. Bake, covered for one hour. Uncover the casserole and bake for an additional half-hour. Serves 6-8.



BLACK BEANS RASPBERRY GRILLE

- 2 cups cooked black beans, rinsed & drained
- 1/2 cup onion, diced
- 1/2 cup red bell pepper, diced
- 6 oz. smoked sausage, diced
- 1/2 cup Tait Farm Raspberry Grille Sauce
- 1 Tbs. oil

Heat the oil in a deep sauté pan. Sauté the onion and pepper until translucent. Add the sausage and beans and sauté several minutes more. Add the Grille Sauce and stir well to combine. Reduce heat to low and simmer for 5 minutes. Serve burrito style in warm tortillas with shredded cheese, sour cream, shredded lettuce, sliced tomatoes and cucumbers as accompaniments. Serves 2.