

# Recipes



## VALENTINE'S DAY MENU

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Meat, Seafood, Beer, Wine  
& Spirits Category Manager

### First Course

#### CLASSIC CAESAR SALAD

ROMAINE, CAESAR DRESSING, CRISPY PARMESAN CROUTON

OR

#### SHRIMP COCKTAIL

CHILLED OLD BAY SEASONED GULF SHRIMP, COCKTAIL SAUCE, LEMON

PAIR WITH THREE BY WADE CHENIN BLANC

OR MOUNT FISHTAIL SAUVIGNON BLANC ZERO (NA)

### Second Course

#### GRASS-FED BEEF FILET

TARRAGON COMPOUND BUTTER, CAULIFLOWER PUREE

OR

#### WILD-CAUGHT SABLEFISH

MISO, SOY, BABY BOK CHOY

PAIR WITH PRISMA PINOT NOIR

OR NEWBLOOD RED BLEND (NA)

### Third Course

#### WILLY STREET CO-OP ESPRESSO SWIRL BROWNIE

RICH, FUDGY, WITH AN ESPRESSO SWIRL. MADE WITHOUT GLUTEN.

OR

#### WILLY STREET CO-OP PEANUT BUTTER PIE SLICE

SMOOTH, CREAMY PEANUT BUTTER FILLING WITH A RICH, CHOCOLATE CRUST

OR

#### CHOCOLATE-DIPPED STRAWBERRIES

PAIR WITH ANTECH EMOTION SPARKLING ROSE

OR LEITZ EINS ZWEI ZERO SPARKLING RIESLING (NA)

## VALENTINE'S DAY FLOWERS

HALF DOZEN ROSE BOUQUET \$15.99

DOZEN ROSE BOUQUET \$29.99

WILDFLOWERS BOUQUET \$9.99

BEE GRATEFUL BOUQUET \$14.99

BEE SWEET BOUQUET \$24.99

VALENTINE'S DAY BOUQUETS \$14.99-\$26.99



### Ingredients for Dressing:

½ cup extra virgin olive oil  
Juice of 1 lemon  
½ tsp kosher salt  
½ tsp black pepper  
2 tbsp Dijon mustard  
1 large egg yolk  
3 anchovy fillets  
2 garlic cloves  
1 tbsp  
Worcestershire sauce

willy  
street  
co op

## CLASSIC CAESAR SALAD

Serves 2

### Dressing Preparation:

Combine all ingredients except olive oil in blender, and blend on low speed until all ingredients are incorporated. With blender running, slowly and steadily add olive oil until fully combined.

### Parmesan Crouton Preparation:

Preheat oven to 400°F. On a silicone mat-lined baking sheet, scoop heaping tablespoons of grated Parmesan at 4-inch intervals, as many as you'd like! Bake for 3-5 minutes. Allow to cool before removing with a thin spatula and serving.

### Salad Preparation:

Rinse 2 heads of romaine lettuce, and chop into 1 inch pieces. In a large mixing bowl, toss the lettuce with enough dressing to fully coat the greens. Serve the salad topped with Parmesan croutons and more freshly grated Parmesan.

### Ingredients for Cocktail Sauce:

1 cup ketchup  
2 tbsp prepared horseradish  
Juice of ½ lemon  
1 tsp Worcestershire sauce

### Ingredients for Shrimp:

1 lb 16/20 shell-on gulf shrimp, peeled and deveined  
½ lemon  
4 tbsp Old Bay Seasoning

### Ingredients for Compound Butter:

1 stick softened unsalted butter  
1 tbsp finely minced fresh tarragon  
1 tbsp finely minced shallot  
1 tsp kosher salt  
1 tsp black pepper

### Ingredients for Cauliflower Puree:

½ head of cauliflower, cut into florets  
1 large shallot, roughly chopped  
2 garlic cloves, roughly chopped  
1 ½ cups heavy cream or stock (or a combination of both)  
2 sprigs fresh thyme

willy  
street  
co op

## SHRIMP COCKTAIL

Serves 2

### Cocktail Sauce Preparation:

Mix all ingredients until well incorporated.

### Shrimp Preparation:

Bring 3 quarts of water to a rolling boil. Once boiling, stir in Old Bay Seasoning, and toss in the lemon. Add the shrimp and cook for 20-30 seconds, until the shrimp are opaque and lightly pink. Immediately remove the shrimp from the boiling water and place in an ice water bath until chilled. Serve ice cold with cocktail sauce and lemon wedges.

## GRASS-FED BEEF FILET WITH CAULIFLOWER PUREE & TARRAGON COMPOUND BUTTER

Serves 2

### Compound Butter Preparation:

Combine all ingredients and mix until incorporated. Using a rubber spatula, remove butter onto a sheet of parchment or plastic wrap. Form the butter into a log and tie at either end. Place in the freezer until hardened, then slice into coins for serving.

### Cauliflower Puree Preparation:

In a large sauce pan, heat 2 tablespoons of olive oil over medium heat. Add cauliflower, stirring occasionally until well browned. Add shallot and garlic until fragrant. Reduce heat to low and add cream or stock and thyme sprigs, and simmer until cauliflower is fork-tender and liquid has slightly reduced. Remove from heat and discard thyme sprigs. Add cauliflower and cooking liquid to a blender or use an immersion blender, and puree until smooth.

### Grass-Fed Beef Filet Preparation:

Season a 6-8oz filet liberally with kosher salt and freshly ground black pepper. Preheat oven to 400°F. Add 2 tablespoons of oil to a cast iron or heavy stainless steel skillet until almost smoking. Sear filet for 1 minute on each side, and place the pan in the oven to finish, 5-7 minutes for medium rare. Remove from pan and allow to rest on cutting board for 5 minutes before slicing. Serve sliced steak over cauliflower puree and top with 1 or 2 slices of compound butter.

### Ingredients for Miso Marinade:

3 tbsp white miso paste  
2 tbsp soy sauce  
3 tbsp sesame oil  
1 tbsp honey  
1 tbsp grated fresh ginger

### Ingredients:

12 oz of semi-sweet chocolate  
1 lb strawberries

willy  
street  
co op

## WILD-CAUGHT MISO MARINATED SABLEFISH WITH BOK CHOY

Serves 2

### Miso Marinated Sablefish Preparation:

Combine all ingredients in a blender and blend until smooth. Marinade sablefish portions for 1-2 hours. Roast sablefish on a parchment lined sheet tray at 400°F for 10-12 minutes. Serve with steamed baby bok choy and cauliflower puree.

## CHOCOLATE-DIPPED STRAWBERRIES

Serves 2

### Preparation:

Melt 10-12 oz of your favorite semi-sweet chocolate (I like the Equal Exchange chips, available in the Bulk department!) over a double-boiler or microwave. Dip strawberries in the tempered chocolate and place on a parchment-lined sheet tray. Before the chocolate hardens, you sprinkle on extra ingredients, like chopped nuts or crumbled graham crackers, and allow the chocolate to harden before serving.