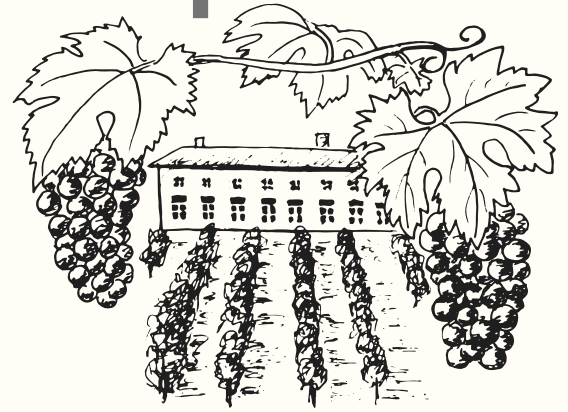


Cauliflower and Cheese Dip with Napa Valley Vegetable Crudit 



INGREDIENTS

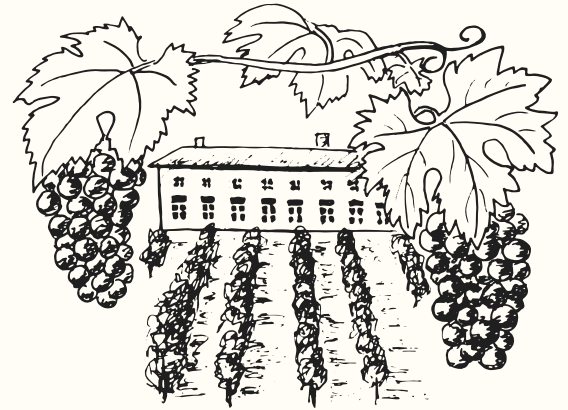
1 HEAD OF CAULIFLOWER
5 GARLIC CLOVES
1 TABLESPOON OF BUTTER
1 CUP MOZZARELLA SHREDDED
1 CUP WHITE CHEDDAR
2 TABLESPOON SOUR CREAM
1 LEMON
VEGETABLES OF CHOICE FOR CRUDIT 

METHOD

1. CUT THE CAULIFLOWER IN FLORETS.
2. IN A LARGE POT WITH A TABLESPOON OF BUTTER SWEAT THE GARLIC AND THE CAULIFLOWER.
3. ADD A LITTLE BIT OF WATER. COVER AND LET COOK FOR 15 MINUTES.
4. AFTER 15 MINUTES DRAIN AND PLACE IN THE FOOD PROCESSOR. ADD IN THE CHEESES, SOUR CREAM AND THE JUICE OF THE LEMON AND BLEND UNTIL SMOOTH.
5. ON A LARGE PLATTER ARRANGE ALL THE VEGETABLES AROUND THE DIP. SERVE THE DIP HOT OR AT ROOM TEMPERATURE.

Dry Rub BBQ Ribs with Keto BBQ Sauce

Wine Pairing:
2015 Trinitas Mataro



RIBS INGREDIENTS

2 RACKS OF BABY BACK RIBS
1 TBS COFFEE
1 TBS OF SALT
1 TBS PAPRIKA
1 TBS GRANULATED GARLIC
1 TBS GRANULATED ONIONS
0.5 TBS OF CHILI FLAKES
0.5 TBS OF CHIPOTLE POWDER
1 TBS DRY THYME LEAVE

RIBS METHOD

- 1.COMBINE ALL THE INGREDIENTS OF THE DRY RUB TOGETHER AND SPRINKLE ON THE RIBS. LEAVE IT IN THE FRIDGE FOR 3 HOURS.
- 2.WRAP THE RIBS IN ALUMINUM FOIL AND COOK IN THE OVEN FOR 3 HOURS AT 300 DEGREES.

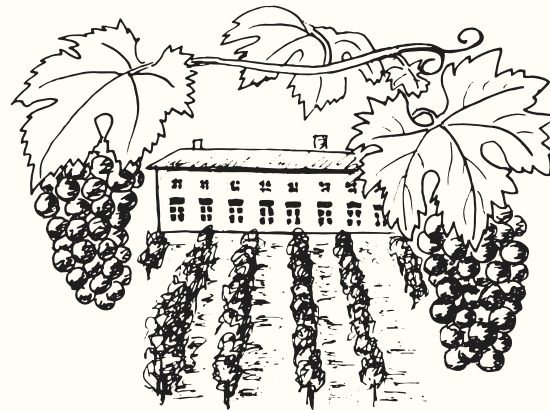
BBQ SAUCE METHOD

- 1.IN A POT COMBINE SLICED ONIONS, CUT BACON, AND SLICED GARLIC CLOVES, COOK UNTIL WELL CARAMELIZED.
- 2.ADD IN DRY MUSTARD, PAPRIKA, TOMATO PASTE AND GINGER AND COOK FOR 2 MORE MINUTES.
- 3.ADD IN THE VINEGAR, SYRUP, DICED APPLE AND 1/2 CUP OF WATER AND COOK FOR 15 MINUTE. BLEND AND REFRIGERATE

BBQ SAUCE INGREDIENTS

1 ONION
5 SLICES OF BACON
2 TSP TOMATO PASTE
1 CUP APPLE CIDER VINEGAR
5 GARLIC CLOVE
1 TSP CHIPOTLE
1 APPLE
1 TSP DRY MUSTARD
5 TSP OF MONKFRUIT SIMPLE SYRUP (SEE FROSE RECIPE)
1/2 TSP PAPRIKA
1/2 TSP DRY GINGER

Napa Cabbage Coleslaw and Avocado Dressing



COLESLAW INGREDIENTS

- 1 NAPA CABBAGE
- 1 RED CABBAGE
- 1 CARROT
- 1 BUNCH GREEN ONION
- 1 BUNCH CILANTRO
- 1 BUNCH DILL

DRESSING INGREDIENTS

- 1 AVOCADO
- 1/2 CUP SOUR CREAM
- 1/2 CUP MAYONNAISE
- 1/2 CUP HEAVY CREAM
- 2 LIME
- 3 TBS OF AVOCADO OIL
- 1 SHALLOT

DRESSING METHOD

- 1.IN THE FOOD PROCESSOR ADD THE SHALLOT AND PULSE SO IT STARTS TO BREAK DOWN.
- 2.ADD THE REST OF THE INGREDIENTS BESIDE OIL AND CREAM.
- 3.ADJUST CONSISTENCY WITH CREAM AND AVOCADO OIL AS NEEDED.

COLESLAW METHOD

- 1.SHAVE ALL VEGETABLES VERY THIN AND COMBINE IN A BOWL.
- 2.PICK THE HERBS IN LARGE SECTIONS.
- 3.MIX ALL TOGETHER WITH DRESSING AND RECTIFY SEASONING AS NEEDED.

Keto Cioppino: Zoodle Pasta with a Spicy Seafood Stew

Wine Pairing:

2016 Trinitas O'Neill Vineyard Pinot Noir



ZOODLE INGREDIENTS

2 ZUCCHINI
1 BUNCH OF BASIL
OLIVE OIL

CIOPPINO INGREDIENTS

8 OZ COD FISH 1 CARROT
1/2 LB SHRIMP 1 SMALL CAN
1 LB OF MUSSEL OF DICE TOMATO
2 TBS OLIVE OIL 2 LEMON
1 ONION OLD BAY
1 CELERY STALK CHILI FLAKES
4 CLOVES OF GARLIC
2 CUPS WHITE WINE

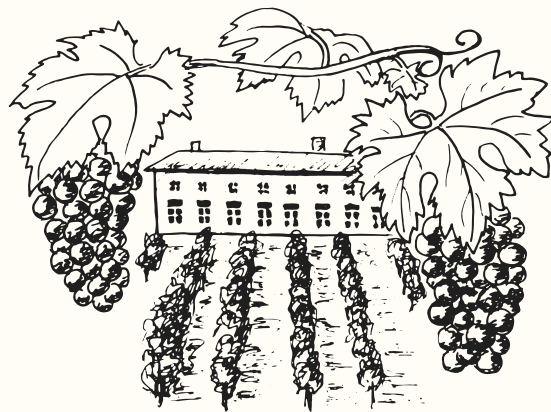
CIOPPINO METHOD

1. CUT THE ONION, CARROT, AND CELERY IN SMALL DICES. SHAVE THE GARLIC CLOVES.
2. SWEAT THE VEGETABLES WITH A LITTLE BIT OF OIL. ADD THE OLD BAY SEASONING AND CHILI FLAKES.
3. ADD IN THE WHITE WINE AND REDUCE BY HALF.
4. ADD THE TOMATO CAN AND COOK ON LOW FOR 20 MINUTES.
5. FINISH BY ADDING THE SHRIMP, LEMON JUICE AND CLAMS AND COOK FOR ANOTHER 2 TO 3 MINUTES.
6. IN A PAN WITH A LITTLE BIT OF OIL SEAR THE COD.

ZOODLE METHOD

1. IN A SPARILISER CUT THE ZUCCHINI SO THEY LOOK LIKE LONG SPAGHETTI.
2. IN A PAN SAUTE THE ZOODLE VERY FAST AND AT THE LAST MINUTE ADD SOME BASIL LEAVES.
3. IN A BOWL, PUT THE CIOPPINO AT THE BOTTOM, THE ZOODLE AND TOP IT OFF WITH THE COD.

Instant Pot Short Ribs Tacos



SHORT RIBS INGREDIENTS

1 LB SHORT RIBS
1 ONION
1 CARROT
1 STALK OF CELERY
5 CLOVES OF GARLIC
2 CUP CHICKEN BROTH

TACO INGREDIENTS

1 BUTTER LETTUCE
1 TOMATO
1 RED ONION
1 JALAPENO
2 LIME
1 BUNCH OF CILANTRO
1 AVOCADO
QUESO FRESCO

SHORT RIBS METHOD

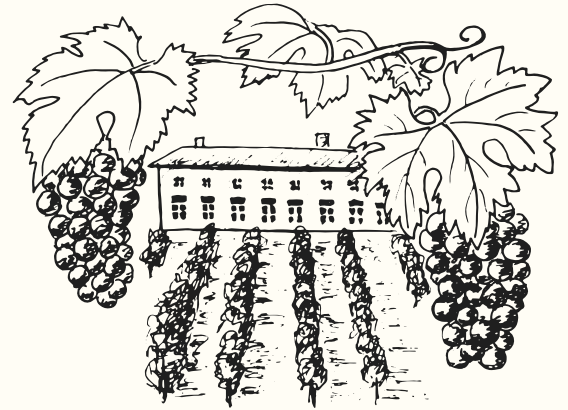
1. IN THE INSTANT POT PUT THE SHORT RIBS, ONION, CARROT, CELERY, GARLIC AND BONE BROTH.
2. COOK FOR 3 HOURS AND SHRED THE MEAT.

TACOS METHOD

1. DICE THE TOMATO, ONIONS, CILANTRO, AVOCADO AND JALAPENO, COMBINE TOGETHER WITH THE LIME JUICE.
2. TAKE THE LEAFS OUT OF THE BUTTER LETTUCE AND USE THEM AS SHELLS.
3. START BUILDING THE TACOS WITH LETTUCE, MEAT AND THE TOMATO SALSA, SPRINKLE WITH QUESO FRESCO.

Strawberry Frosé and Low-Carb Simple Syrup

Wine Pairing:
2018 Trinitas Rosé



INGREDIENTS

- 1 BOTTLE OF TRINITAS ROSÉ
- 1 CUP FROZEN STRAWBERRIES
- 1 SPRIG OF MINT
- 5 TSP ERYTHRITOL OR MONK FRUIT SWEETENER
- FRESH STRAWBERRIES
- 1 LEMON

METHOD

1. IN A SAUCE POT COMBINE THE ERYTHRITOL WITH 3 TEASPOONS OF WATER. BRING TO A BOIL AND COOK FOR 2 MINUTES. COOL DOWN.
2. IN A BLENDER COMBINE: THE SYRUP COOLED, THE TRINITAS ROSE, STRAWBERRIES, THE JUICE OF A LEMON AND BLEND UNTIL SMOOTH AND FROTHY.
3. DECORATE THE GLASS WITH FRESH STRAWBERRIES AND MINT SPRIG.