



SUNSHINE COAST
OLIVE OIL CO.

Father's Day

GIFT
CATALOGUE
2016

Rubs

METROPOLITAN CHEF



METROPOLITAN CHEF OLIVE OIL RUBS AND SEASONINGS - EAT HEALTHY FOOD WITHOUT COMPROMISING ON TASTE! THE METROPOLITAN CHEF COMPANY, BASED IN PORT ALBERNI BC, HAND CRAFTS SEASONING RUBS THAT ARE AN EXCELLENT ALTERNATIVE TO TRADITIONAL MARINADES AND BARBEQUE SAUCES. BLENDED FROM HERBS AND SPICES, THESE RUBS ARE LOW IN SODIUM, VIRTUALLY CALORIE FREE AND CONTAIN NO ADDITIVES, FILLERS OR PRESERVATIVES. THEY'RE QUICK AND EASY TO USE TOO! SIMPLY MIX WITH A SMALL AMOUNT OF OLIVE OIL, MAKE A PASTE AND BRUSH ON JUST PRIOR TO COOKING, NO MARINATING REQUIRED! AND EACH PACKAGE CONTAINS SIXTEEN, YES THAT'S 16 SERVINGS PER RUB!

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SEA SALTS

VANCOUVER ISLAND SALT CO.



ORANGE & LIME



BALSAMIC VINEGAR



SMOKED



FLEUR DE SEL



DANISH BLUE CHEESE



ROASTED GARLIC

"FOR BETTER HEALTH AND BETTER FLAVOUR, CHOOSE SEA SALT."

VANCOUVER ISLAND SALT CO. (VISC) TAKES PRIDE IN OFFERING HANDCRAFTED ARTISAN SALTS, HARVESTED WITH CARE FROM THE COLD, CLEAR WATERS OF VANCOUVER ISLAND IN BRITISH COLUMBIA, CANADA.

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ARTISAN OLIVE OILS, BALSAMICS & MORE...

Father's Day Recipes



MATT'S CHIPOTLE ESPRESSO SLIDERS WITH OPTIONAL MOCK CHIPOTLE MAYO

Prep time: 5 minutes Cook Time: 7 minutes

Needed for this recipe:

- Sunshine Coast Olive Oil Co. Chipotle Infused Olive Oil
- Sunshine Coast Olive Oil Co. Espresso Dark Balsamic
- Sunshine Coast Olive Oil Co. Salish Alderwood Smoked Sea Salt

Ingredients:

- 1 cup lean ground beef (approx. .225 kg)
- 1 Tablespoon Sunshine Coast Olive Oil Co. Chipotle Infused Olive Oil + more for brushing grill
- 1 Tablespoon Sunshine Coast Olive Oil Co. Espresso Dark Balsamic + more for 'dragging through'
- ½ teaspoon Sunshine Coast Olive Oil Co. Salish Alderwood Smoked Sea Salt

-Marinate meat in salt, balsamic and olive oil for a few hours if possible (mix well then leave in the fridge)

-Pre-heat your grill. Brush grill with Chipotle Oil. Grill burgers at a medium temperature until cooked through. The grapes in the balsamics will burn if you use too high a heat or if you forget to flip the meat. Remove burgers from grill.

-Drizzle fresh balsamic with a dash of salt on a plate, and drag your cooked burgers through the balsamic/salt before placing on your bun. Can be served with typical toppings, or a 10 second mock aioli of your choice.

Mock Aioli

You can make your own mock chipotle mayo in seconds! Also works beautifully with many of our oils (try lemon or lime on seafood, herbes de provence on chicken, harissa to add an East Indian flavour to your sandwich). Liven up your lunches by whisking together:

- 1 part Hellmann's mayonnaise
- 1 part Sunshine Coast Olive Oil Co. Fused or Infused Oil
- A dash of salt of your choice



MORE SEA SALTS

SALTWEST NATURALS



LEMON DILL INFUSED



APPLEWOOD SMOKED



SWEET SMOKEY MAPLE



SEASAR PLEASER COCKTAIL RIMMER

SALTWEST NATURALS PRODUCES HANDCRAFTED CANADIAN SEA SALT HARVESTED FROM THE WEST COAST OF VANCOUVER ISLAND, BC. FEATURING CERTIFIED ORGANIC AND/OR NATURAL AND LOCAL FRESH INGREDIENTS.

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Father's Day Recipes



MATT'S ESPRESSO-CHOCOLATE STEAK RECIPE

1) Start with a quality cut. Matt purchased a New York Strip steak from Butcher Dave's in Sechelt.

2) Matt marinated the steak for four hours in the fridge. His measurements are approximate as he was drizzling without measuring.

As a general guideline, the marinade was $\frac{1}{2}$ Tablespoon of each of these 4 ingredients (2 Tablespoons in all):

Sunshine Coast Olive Oil Co.'s :

- *Aged Dark Espresso Balsamic,
- *Aged Dark Chocolate Balsamic,
- *Infused Garlic Olive Oil,
- *Ultra Premium Extra Virgin Olive Oil

3) He grilled at a medium heat. He chose a lower temperature as he was being careful to not let the natural sugars in the balsamics burn (not even close).

4) Once the steak was off the grill on the plate, he seasoned the steak with fresh-ground sea salt and black pepper. Then he mixed up a fresh batch of espresso and chocolate balsamic and drizzled it over top. (For food safety reasons, don't use the leftover marinade for this).



ARTISAN OLIVE OILS, BALSAMICS & MORE . . .

Gift Ideas

ARTISAN OLIVE OILS, BALSAMICS & MORE ...



\$12.00



\$29.99



**\$50
and up**



2 PACKS IN ORGANZA BAG

60ML 6 PACKS

**GIFT BASKETS WITH ITALIAN DESIGNED
SALAD BOWL**

**GIFT CERTIFICATES
YOU CHOOSE THE AMOUNT**



\$2.95



\$5.25



\$2.25



\$28.99

MATT'S OLIVE OIL SHAVING SOAP

MATT'S OLIVE OIL SOAP
(ESPRESSO SCRUB, MANDARIN, VIOLET OR UNSCENTED.)

MATT'S LIP BALM

SHAVING KIT WITH OLIVE OIL SHAVING SOAP

Father's Day Recipes

HONEY-GINGER AND LIME HALIBUT CAKES

Needed for this recipe:

- Sunshine Coast Olive Oil Co. Persian Lime Olive Oil
- Peppadew Peppers
- Sunshine Coast Olive Oil Co. Honey Ginger White Balsamic

Ingredients:

- 2 cups cooked halibut, drained /squeezed of excess liquid*
- Sunshine Coast Olive Oil Co. Persian Lime Olive Oil
- 1 egg white
- 4 Tablespoons panko bread crumbs
- 1 Tablespoon Sunshine Coast Olive Oil Co. Honey Ginger White Balsamic
- 2 Tablespoons fresh cilantro
- 4 Peppadew Peppers (available in store) chopped finely
- 1 Tablespoon of Persian Lime 'Mayo' (blend 1 pasteurized egg yolk with 1/3 cup Persian Lime Oil)

*I cooked my halibut in a glug of Persian Lime Olive Oil

Recipe:

Once your halibut has drained and cooled, mix in egg white, Honey Ginger Balsamic, cilantro, Peppadews, and Persian Lime 'mayo'. When evenly blended, add Panko Bread crumbs.

Form into small patties.

Heat your indoor grill. Brush each fish cake with Persian lime oil, and grill until heated through and grill marks appear.



Happy Father's Day

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Visit us in Gibson's Landing or check out our webstore: www.sunshinecoastoliveoil.com

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* Prices current at time of posting and subject to change

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