

Recipe Directions

Generously sprinkle both sides of steak with sea salt, pat down with fingertips, & set aside for 40 minutes on countertop or overnight on rack in the refrigerator; this allows moisture to be drawn from steak and then reabsorbed to concentrate flavor. At this point, sprinkle both sides of steak with rib-eye steak seasoning.

Preheat a stovetop cast-iron grill or skillet to medium heat, add butter, and allow it to melt, coating it across pan—or fry steak without butter or oil—cook for 3½-4 min per side depending on desired doneness; remove steak and place onto a cutting board. Allow to stand for 5 min to become nice & juicy; cut across grain for a tender bite & serve with a favorite salad or veggies... & ENJOY!







About Coconut Water

America's new health craze, coconut water, is Mother Nature's sport drink!

Coconut water contains electrolytes, is hydrating, low in calorie, fat- and cholesterol-free, and packed full of potassium. If you're an athlete or gym junkie, this drink is just for you!

Recipe Directions

Blend all ingredients on high for 40 seconds or until smooth... & ENIOY!



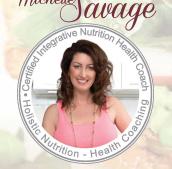


Recipe Directions

Cook peas and enough water to cover them in a small pot over medium-low heat for 5 minutes. Use a slotted spoon to scoop out peas and place them into a food processor; setting aside 2 tbp peas for garnish.

Slather butter among slices. Place on the barbecue butter side down for approximately 3-5 min until there are nice grill marks or place onto a baking sheet, broil 5 min.

Smash garlic clove with large part of a cleaver and rub over buttered side of grilled baguette slices. Toss smashed garlic piece into food processor with cooked peas, add sea salt, balsamic vinegar, and peppercorn. Purée about 30-40 seconds until creamy. Spread, top with radish, drizzle sauce, garnish... ENJOY!





Recipe Directions

Slice beet into 1/8-inch slices. A mandoline works best. You will get approximately 5 to 7 slices. Steam the slices for 30 to 40 minutes until tender. Beets will stain so be careful while handling them.

On 1 slice of bread, spread the cream cheese. Cut steamed beet slices into small squares and layer on top of the cream cheese, smashing it down with a fork.

With the avocado half in one hand, use a butter knife to make thin slices lengthwise down the avocado and scoop it out with a spoon. Layer slices on top of the beet, stack arugula, and toss some pea shoots in the mix. Top with another slice of bread, cut diagonally... ENIOY!

