



# coconut

white balsamic vinegar

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## 5 wonderful ways to enjoy our *coconut* balsamic vinegar

- blend with our persian lime olive oil (equal parts of each) and use as a marinade/sauce for fish, seafood and chicken
- drizzle over tropical fresh fruit salad
- blend with our butter olive oil (equal parts of each) for a “coco-butter” sauce – great on tropical cheesecake & desserts
- mix with asian sesame oil and use in asian inspired dishes
- drizzle over grilled or baked pineapple for a refreshing dessert

## try blending with any of the following extra virgin olive oils

- persian lime extra virgin olive oil
- lemon extra virgin olive oil
- butter extra virgin olive oil

## scroll down to check out the following recipes

- *cashew & coconut crusted tilapia with coconut balsamic drizzle*
- *cranberry, coconut & cashew granola with coconut white balsamic condimento reduction*

## **cranberry, coconut and cashew granola with persian lime extra virgin olive oil and coconut white balsamic condimento reduction**

Try saying that fast three times! Here is a lovely recipe that uses no refined sugar and only whole grain, olive oil, nuts, fruit and tastes phenomenal! This recipe is a feel good recipe that breaks the traditional boring granola mold.

### **ingredients**

- 4 cups old fashioned oats
- 1 cup dried cranberries
- 1 cup cashews
- 1 cup unsweetened flaked coconut
- ½ cup **dana shortt gourmet persian lime extra virgin olive oil**
- 2/3 cup **dana shortt gourmet coconut white balsamic**,  
gently reduced by half and cooled (or substitute 1/3 cup of honey)

### **directions**

1. Preheat the oven to 250 degrees. In a small bowl whisk together the olive oil and balsamic reduction or honey until thoroughly combined. In a large bowl, mix all of the dry ingredients except the cranberries. Pour the olive oil balsamic mixture over the oats and mix very well until all the oats and dry ingredients are completely coated with the mixture.
2. Spread the granola out on to a baking sheet covered in parchment and bake for approximately 1 hour until golden brown and fragrant. Cool completely and then mix in the dried cranberries. Store in a sealed container for up to one month.

Makes approximately 8 cups of granola

## **coconut and cashew crusted tilapia with persian lime-coconut balsamic drizzle**

One of my favourite combinations from our new line of olive oils & vinegars is the persian lime extra virgin olive oil with the coconut white balsamic vinegar. You simply mix equal parts together and shake. This "sauce" is awesome on fish, chicken, in salads and even drizzled on ice cream or yogurt with fresh mangoes (trust me!)

serves 2 (recipe doubles easily)

### **ingredients for fish**

- 1 lb. tilapia (about 2 large fillets)
- ¼ cup sweetened, flaked coconut
- ½ cup salted cashews, finely crushed (I put them into a ziplock bag and used a meat mallet to crush them; you could also use a food processor as well)
- 1-2 tablespoons **dana shortt gourmet persian lime extra virgin olive oil**
- 1 egg
- ¼ cup all-purpose flour

### **ingredients for persian lime-coconut white balsamic sauce**

- 1/8 cup (30 mL) **dana shortt gourmet persian lime extra virgin olive oil**
- 1/8 cup (30 mL) **dana shortt gourmet coconut white balsamic vinegar**

### **ingredients for pineapple salsa**

- ¾ cups ripe, sweet pineapple, diced small
- ½ teaspoon ginger, finely chopped or grated
- 1 tablespoon each fresh basil and fresh mint, finely chopped

### **method**

- Make the salsa - combine the pineapple, ginger, basil and mint and set aside (do not refrigerate).
- Make the drizzle - combine the olive oil and vinegar together in a mason jar and shake to combine/emulsify. Set aside (do not refrigerate).
- Line up three shallow dishes, put the flour in the first, beat the egg in the second, put the coconut/cashew mixture in the third. Season the tilapia with pepper (not salt, unless you are using unsalted cashews). Dredge one fillet in the flour, shaking off the excess. Dip the fillet in the egg, then coat in with the cashew mixture. Set the fillet on a plate and repeat procedure with the remaining fillet.
- Heat the olive oil in a large saucepan set over medium heat. Add the tilapia filets and cook until golden on each side and the flesh is opaque and cooked through, 3-4 minutes on each side. Be careful to reduce the heat if they brown too fast.
- Portion the tilapia fillets onto 2 plates, pour the drizzle ovetop and finish with a spoonful of the pineapple salsa. Garnish with a sprig of fresh basil or mint, if desired.
- Note: You can also grill or saute the fish without the cashew coating. After the fish is cooked, top the fillets with the drizzle and salsa and serve. OR, after the fish is cooked, sprinkle ¼ cup of toasted coconut-cashew mixture on top of the fish, then top with the drizzle and salsa. With this method, you get the flavour and crunch of the nuts/coconut, but with much less work!