


FRESH FLAVORS

Easy
Holiday
Recipes

2015





The holiday season is the perfect time
for joyful gatherings of friends and family,
and there is no better way to
celebrate than with great food.

Whether you are preparing for a party or faced
with a small impromptu gathering of unexpected
guests, The Fresh Market has assembled a collection
of hors d'oeuvres, side dishes and beverages
to help with your holiday entertaining.

Our Fresh Flavors Chefs will show you how to prepare
these quick and easy recipes that will impress guests
while minimizing your time in the kitchen.

May you enjoy the food of the season.
From The Fresh Market family to yours...



Happy Holidays

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Scan this QR code to see our chef demonstration video of these holiday Fresh Flavors recipes. Don't forget to check with your local store for dates and times for recipe sampling!

FEATURED WINES



MACMURRAY ESTATE VINEYARDS PINOT NOIR & CHARDONNAY

MacMurray Estate Vineyards is deeply rooted in Sonoma County. The vineyard's namesake, MacMurray Ranch, has been a farmstead since the 1850s, farmed by the Porter family until actor Fred MacMurray bought the ranch in 1941. Fred embraced the rancher's lifestyle, raising

prize-winning cattle and farming crops here for decades, while his children rode horses through the hills. Transformed into a world-class vineyard in 1996, MacMurray Ranch quickly became one of the Russian River Valley's most acclaimed Pinot Noir vineyards. Today, MacMurray Estate Vineyards has grown to encompass estate vineyards throughout the Russian River Valley and the Central Coast, but they continue to honor the vineyard's roots and the history of the MacMurray Ranch.



SMOKED SALMON TOASTS WITH CAPERS AND ONIONS

SERVES 8-10

INGREDIENTS

- 8 oz TFM cream cheese, softened
- 2 oz capers, roughly chopped
- ¼ c red onion, chopped
- Zest of 1 lemon
- Salt and cracked pepper to taste
- 1 pkg TFM French Rounds
- 6 oz smoked salmon, thin sliced or flaked
- 3 tbsps Castillo de Canena Smoke Arbequina Olive Oil
- Fresh chives, chopped for garnish

PREPARATION

Add first 5 ingredients to a large mixing bowl and combine using a wooden spoon or fork. Spread the mixture on top of French Rounds and top with smoked salmon. Arrange on a serving platter, drizzle each toast with Castillo de Canena Smoke Arbequina Olive Oil. Garnish with chopped chives.



TUSCAN ARTICHOKE DIP

SERVES 8-10

INGREDIENTS

- 8 oz TFM cream cheese, softened
- 1 jar Matiz Catalan All i Oli
- 14 oz can artichoke hearts, drained and chopped
- ⅓ c kalamata olives, chopped
- ½ c sundried tomatoes, julienne cut
- ⅓ c fresh parsley, chopped

PREPARATION

Combine all ingredients together in a large bowl using a wooden spoon or fork. Refrigerate mixture for 30 minutes, may be refrigerated overnight. Serve chilled with your favorite crudités or crackers.



ROMESCO PARTY SHRIMP

SERVES 8-10

INGREDIENTS

- 1 lb cooked shrimp
- Zest of 1 lemon
- ¼ tsp salt
- ¼ tsp cracked black pepper
- 1 jar Matiz Catalan Romesco Sauce
- ¼ c Castillo de Canena Smoke Arbequina Olive Oil
- Fresh chives, chopped for garnish

PREPARATION

Arrange shrimp on a serving platter, sprinkle salt, pepper and lemon zest over top. In a medium sized bowl combine the Matiz Catalan Romesco Sauce with the Castillo de Canena Smoke Arbequina Olive Oil until the Matiz Catalan Romesco Sauce is thinned out. Drizzle the sauce over the shrimp platter and garnish with chopped chives.



ORANGE AND FENNEL SALAD

SERVES 4-6

INGREDIENTS

- 1 medium head of butter lettuce, chopped
- 1 fennel bulb, sliced thin, fronds removed and reserved
- 1 small red onion, thinly sliced
- ¼ c TFM Olive Oil
- 3 tbsp O Honey White Balsamic Vinegar
- Salt and cracked pepper to taste
- Juice and zest of 1 orange
- 3 oz goat cheese, crumbled

PREPARATION

In a large mixing bowl, toss lettuce, fennel and red onion together. In a small bowl, whisk together the TFM Olive Oil, O Honey White Balsamic Vinegar and orange juice with the salt and pepper. Drizzle mixture over salad and toss. Top with goat cheese, chopped fennel fronds and orange zest. Serve immediately.



PAN SEARED ROSEMARY CRUSTED BEEF TENDERLOIN STEAKS

WITH YOGURT HORSERADISH SAUCE

SERVES 4-6

INGREDIENTS

- 2 c Chobani Plain 4% Greek Yogurt
- 4 tbsp prepared horseradish with juices
- Zest and juice of 2 lemons
- 4 1-inch thick beef tenderloin steaks (about 6 oz each)
- ¼ tsp salt
- ¼ tsp cracked black pepper
- 1 shallot, minced
- 2 tbsp unsalted butter
- 1/3 c MacMurray Central Coast Pinot Noir
- 4 tbsp fresh rosemary, chopped
- 4 tbsp TFM Olive Oil, divided

PREPARATION

To prepare the horseradish sauce, combine the yogurt, horseradish, and lemon juice and zest. Cover and place in refrigerator until ready to serve. Can be made one day ahead.

In the meantime, combine the salt, pepper, rosemary and 2 tablespoons olive oil in a small bowl until a paste is formed. Press the seasoning mixture onto the steaks; coat both sides of each steak. Heat the remaining olive oil in a skillet over medium high heat for 2 minutes. Sear the steaks for 2-3 minutes per side, creating a nice browned crust. Reduce heat to low and gently cook the steaks to your desired temperature; 145° internal temperature is recommended for medium rare. Remove steaks from heat and transfer to a serving platter. Cover with foil to keep warm and allow the steaks to rest for 10 minutes. While steaks are resting add a splash of olive oil to the pan. Return heat to medium-high and cook the shallot till translucent, about 2 minutes. Remove pan from heat and add the MacMurray Central Coast Pinot Noir and scrape up any browned bits from the bottom of the pan. Add the butter and swirl together. Thinly slice the steaks and arrange on a serving platter, keeping any juices underneath the steaks. Drizzle the pan sauce over the steaks first then the horseradish sauce over top and serve.

GLUTEN FREE PALEO FRIENDLY CHOCOLATE CHIP COOKIES

SERVES 8-10

INGREDIENTS

- 2 tbsp coconut oil
- 3 tbsp Wholesome Sweeteners Organic Blue Agave
- 1 large egg
- 1 tsp Simply Organic Pure Vanilla Extract
- 2 c Bob's Red Mill Almond Flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 c Lily's Premium Dark Chocolate Baking Chips

PREPARATION

Preheat oven to 375°. Line a baking sheet with parchment paper. Add the coconut oil to a large bowl. If the oil is hard microwave for a few seconds until softened, but not melted. Add Wholesome Sweeteners Organic Blue Agave, Simply Organic Pure Vanilla Extract and egg. Mix well until all are combined.

In a medium bowl, stir together the almond flour, baking soda and salt. Add the flour mixture to the wet ingredients and stir together with a wooden spoon or fork until combined. Stir in Lily's Premium Dark Chocolate Baking Chips.

Use a cookie scoop or tablespoon to drop dough onto prepared cookie sheet spacing about two inches apart. Press down gently with your fingers to flatten slightly. Top each with a few additional chocolate chips, if desired. Bake until set and the edges are golden brown, 8-9 minutes. Remove from oven and let cool for about 5 minutes, then transfer to a wire rack to cool completely. Cookies keep well in an airtight container at room temperature for 4-5 days.

PINOT NOIR MOCHA SAUCE

SERVES 8-10

INGREDIENTS

- 2 c Lily's Premium Dark Chocolate Chips
- 1/2 c heavy cream
- 1 tbsp butter
- 1 1/2 tsp instant coffee granules
- 1/3 c MacMurray Central Coast Pinot Noir

PREPARATION

In a saucepan combine Lily's Premium Dark Chocolate Chips, cream, butter and coffee granules. Cook and stir constantly over low heat to melt chocolate. Remove from heat and stir in wine, cool slightly and serve immediately.

Use to serve over your Holiday cheese cake, or a bakery fresh french vanilla pound cake, or vanilla ice cream.





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