



Refreshing for salads, cooked parsnips or beets,

cooked beef or pork

Apple ...& Apple Cider Dressing

For either Gasull, Oro San Carlos OR Full Moon

Ingredients:

- | | |
|-------------|---|
| 1 | golden delicious apple, gala or pink lady-type apple, peeled, cut into small pieces |
| 2/3 cup | water |
| ½ cup | sweet, fresh, pressed apple cider (e.g. more intensely flavoured Wellesley brand found at supermarkets) |
| 1/3 cup | Gasull , Oro San Carlos or Full Moon extra virgin olive oil |
| ½ to 1 tbsp | Rice vinegar (to taste) |
| ½ lime | Juice (or more to taste) |
| Sea Salt | To taste |
| Optional: | Finely diced shallots |

Suggested Additions to Salad:

- Kiwi fruit and/or grape halves
- Almond slivers

Sea salt & pepper to taste

Instructions:

1. Cut apple into pieces and simmer in water until soft and most of water has evaporated
2. Place apple pieces, oil, and apple cider in blender...blend and transfer to measuring cup or other container. (Note: for use as a sauce for meats, you can reduce the amount of apple cider/oil, to make it thicker.)
3. Add rice vinegar plus sea salt, lime juice, sugar and pepper to taste – adjust to your palate.

This is best when made fresh, but it can be made up to one day in advance, and kept in the fridge in a small airtight container. Let it sit at room temp for one hour if it has been in the fridge.

Enjoy!

www.theolivarcorp.com

Dolores Smith info@theolivarcorp.com * 519.833.0240