



Owners: Rick & Linda Couron

The Hearty Times

Where Sampling Is a Must!

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Sign up for our Free E-Newsletter at:
www.theheartyolive.com

HOURS
Monday - Friday
10am - 6pm
Saturday
10am - 4pm
Sunday
12pm - 4pm

Rick's Tips: December 2019

Over 4 years ago we had a dream. We wanted to open a specialty store. After lots of research, we decided upon quality olive oils, balsamic vinegars and Wisconsin made products. The Hearty Olive was born. We were told by several banks that a store like ours would fail in Manitowoc within two years. We've defied the odds.

But we need your continued support. SPREAD THE WORD! Help us grow. Tell family and friends about our GREAT olive oils, balsamic vinegar and Wisconsin products. Take the time to visit and see what's NEW. We provide recipes, cooking ideas, and a friendly smile and greeting. **REMEMBER, WE SHIP.** We've had visitors come from all over Wisconsin, the United States and even the World. They purchase favorite items to take home or have them shipped.

Let us enhance your culinary skills and foodie experience.

Can't find or decide on GIFT ideas? We have gift pack's and gift baskets for everyone who likes to cook or likes great flavors.

Merry Christmas!

— Rick



Order Online!



Door County Cherries

New this year is CherryLand's Best: Door County Cherries! We have their chocolate covered cherries and sweetened dried cherries! These treats are great for stocking stuffers!

★ MERRY CHRISTMAS ★

Save \$1.00

at The Hearty Olive
when you refill your **200/375 ML** bottles
•WASHED & DRIED•

*Please **WASH** and **DRY** bottles carefully, as moisture will negatively affect the refilled oil or balsamic! We recommend washing the bottles in a dishwasher and allowing them to dry thoroughly. Hand-washing with dish soap will work as well - we suggest Dawn. To ensure the best quality and experience, we must be certain the bottles are clean and dry before refilling.



DECEMBER PRODUCT FEATURES

What to give?

With all the hustle and bustle of the holidays it can sometimes feel overwhelming when choosing a gift. So we've made a few suggestions on gift baskets, but also what you could pair this gift with for a little something extra. Stop in and we'll help you put together the perfect gift! And of course if all else fails you can't go wrong with a gift certificate!



Gift Baskets

Mediterranean Basket- Great for the friend who loves to cook. Pair this gift with a new cooking pan set.

Wisconsin Basket- Perfect for the out of town in-laws. Pair this gift with a local wine. Our recommendations are Quinney Winery, Cold Country, Trout Springs and Duck Creek.

Popcorn Basket - For the movie lover in your life - pair this basket with a fun new movie.

Cooking 101 Basket - This basket is fantastic for college students and as a house warming gift. Pair this gift with a set of oven mits or cooking utensils.

Brunch Basket - For the Bloody Mary drink lover in your life. Pair with a fancy glass and drink stirrer.

Dalla Terra Pasta



NEW from Dalla Terra Pasta is their Radiatori pasta. We have this delicious new pasta in two flavors - Heirloom Garlic and the classic Sea Salt. Pair these pastas together or with your favorite marinara sauce. Tis the season to enjoy a delicious pasta meal!

Spiced Roasted Brussel Sprouts

INGREDIENTS:

- 1 1/2 lbs brussels sprouts, trimmed and halved
- 1 tbsp extra-virgin olive oil - Try Tuscan Herb or Rosemary
- 1 1/2 tsp Spicely Organics paprika
- 1 tsp Spicely Organics garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper

METHOD:

Preheat the oven to 400° F. Place the brussels sprouts on a large baking sheet lined with parchment paper. Drizzle with the olive oil and sprinkle with paprika, garlic powder, salt and pepper. Gently mix until the brussels sprouts are evenly coated, using your hands to toss.

Bake for 20 to 30 minutes, until the brussels sprouts are lightly charred and crisp on the outside and tender in the center. The outer leaves will be very dark too.

Watch carefully towards the end of the baking time, as the cooking time will vary based on the size of your sprouts. Enjoy Right out of the oven!

Recipe: <https://www.spicely.com/pages/organicrecipes>

Espresso Filet & Gorgonzola Crostini

- 2- 8 oz. filet mignons
- 2 TBSP minced shallots
- 1/4 cup instant espresso
- 1 tsp Basiks at Home Authentic Southwest Blend
- 3/4 cup heavy cream
- 4 oz. crumbled Gorgonzola
- 1/4 cup dry white wine
- 1 tsp Basiks at Home Original Blend
- EVOO
- 1 French baguette, thinly sliced
- Drizzle of Dark Chocolate or Fig Balsamic Vinegar

Mix together espresso and Authentic Southwest Blend, season filets on all sides with mixture.

In a sauce pan, sauté minced shallots in about 2 TBSP olive oil, until translucent and fragrant. Add wine and stir for 1 minute, and then add the crumbled Gorgonzola, heavy cream, and Original Blend. Stir constantly until thick and reduced by half. Transfer to bowl and let cool, then refrigerate until ready to use

To prepare the bread, preheat the oven to 375 degrees F. Brush the bread slices on both sides with the olive oil and season lightly with Original Blend. Arrange on a baking sheet and bake until crusty and brown, about 10 to 12 minutes. Turn once about halfway through cooking.

For the filets, add 4 TBSP olive oil to saute pan. Heat the oil, add the filets, and sear about 1 minute on each side. Place the filets on a baking sheet and bake in a 400 degree F oven for 15 minutes. Tent with foil, let rest 5 minutes, and slice.

To serve, spread the chilled Gorgonzola on the crostini (bread) and top with a slice of filet. Drizzle lightly with Dark Chocolate or Aged Fig Balsamic Vinegar

Recipe:
http://basiksathome.com/_blog/Recipes/tag/Dark_Chocolate/

Holiday Coffee

It's December so lets ring in the holidays with some good old fashioned HOLIDAY COFFEE! We have Frosty's Favorite, Winter Wonderland, Jingle Bell Java and many more! Stop in and pick up some seasonal coffee to help you celebrate the holidays! After all you need something to keep you awake while gift wrapping.



OLIVE OIL NEWS

Following a Mediterranean Diet Can Help Beat Depression

A new study published by a group of Australian researchers suggests that eating a diet rich in fruits, vegetables, nuts, seeds and fish, such as the Mediterranean diet, can help reduce the symptoms of depression.

The participants, who were between 17 and 35 years old, scored high for depression, anxiety and stress. One group was put on the Mediterranean diet for three weeks and told to avoid processed foods, saturated fats and refined sugars. Members of the control group continued on their usual diets.

To ensure they stuck to the diet, participants were given food items including olive oil, natural nut butter, nuts and seeds (walnuts, almonds, pepitas, sunflower seeds) and spices (cinnamon, turmeric) as well as a regular stipend to purchase additional food items. Researchers said they chose this age group because "adolescence and young adulthood are a period where there is increased risk of depression, and these are also critical periods for establishing health patterns – such as diet – which will carry over into adulthood."

After the three-week period, the group that stuck to the Mediterranean diet experienced a decrease in their depression scores from the moderate range to the normal range. They also reported feeling less stressed and anxious. Researchers noted that in addition to improved mood, there is a lot to gain in better physical health as well.

"These results are the first to show that young adults with elevated depression symptoms can engage in and adhere to a diet intervention and that this can reduce symptoms of depression," the researchers wrote.

However, they added: "While there is convincing observational evidence for a link between diet quality and depression, the evidence for a causal relationship is still emerging, particularly in relation to young adults."

The researchers' findings were published in the journal, Plos One. Caitlin Self, a Baltimore-based licensed nutritionist who works at a mental health practice, said the findings of the study match what she has witnessed in her clinical practice.

"We know for sure that there is a relationship between diet and depression, but in order to truly test this causal interaction, we would need a larger sample size and replicated studies to accurately assess what percentage of the population is susceptible to diet-induced depression," Self said.

The study is part of a growing body of research that shows how diet impacts mental health. In fact, the field of nutritional psychiatry is one that is gaining momentum. The Mediterranean diet integrates healthy fats, such as omega-3 fatty acids, while also removing processed foods which are known to be inflammatory. Omega-3 is known to be anti-inflammatory making it possible to reduce inflammation and its side effects through this diet, according to Lisa Richards, a nutritionist and author of The Candida Diet.

"With all that is known at this stage in nutrition history regarding the link between inflammation, mood and diet, it is not too early in the process to make a solid hypothesis that the Mediterranean diet can reduce depression symptoms," she said.

However, she added: "Additional research should be done regarding the role of medication and counseling coupled with this diet patterns. It would be unwise to suggest that a diet alone could mitigate everyone's depression symptoms."

Continue Full Article At:

<https://www.oliveoiltimes.com/olive-oil-health-news/following-a-mediterranean-diet-can-help-beat-depression/70673>

Manitowoc & Two Rivers

DECEMBER EVENTS CALENDAR

Here's what's going on in the Manitowoc & Two Rivers area. Go out and find fun and excitement in your community!

December 1- Jan 15

Christmas at the Mansion
Rhar West Art Museum

December 1, 8-9

Holiday Open House- 10am-3pm
LondonDairy Alpaca Ranch

December 7

Christmas in the Village
Mishicot Historical Museum

December 15-16

Holiday Open House
LondonDairy Alpaca Ranch
10am - 3pm

December 1 - Dec. 30th

Lights in Lincoln Park
Lincoln Park Zoo

December 14

Pinecrest Christmas
Pinecrest Historical Village

December 14th & 28th

Winter Farmers Market
1501 Marshall St. - 9am-12:30pm

December 22-23

Holiday Open House- 10am- 3pm
LondonDairy Alpaca Ranch

December 24th

The Hearty Olive - Closing EARLY

Downtown Manitowoc

December 25th

The Hearty Olive -CLOSED
Downtown Manitowoc

SOUS-VIDE NY STRIP MARINATED WITH MESQUITE SMOKED OLIVE OIL

Ingredients:

- 4 - 2" thick steaks: use either strip, porterhouse, t-bone or tenderloin steaks weighing about 8 oz. each
- Kosher salt and freshly ground black pepper
- 4 sprigs thyme or rosemary (optional)
- 2 garlic cloves (optional)
- 2 shallots, thinly sliced (optional)
- 3 tablespoons Mesquite smoked olive oil

Directions

Set the Sous-Vide cooker to 130°F (54.4°C). If not using a Sous-Vide, see below.

Generously season the steaks with salt and pepper. Place 2 tablespoons smoked olive oil, shallots, rosemary, and garlic, if using, into resealable or vacuum sealing bags. Place the steaks in a one large or two medium zipper lock or vacuum seal bags and seal.

Following the operating instructions for your Sous-Vide cooker, place the bag(s) in the water bath and set the timer for 2 hours.

After 2 hours, remove the bag from the water bath and remove the steaks from the bags and dry well with paper towels.



Heat a large cast iron skillet or grill pan over high heat. Rub the dried steaks with remaining tablespoon of smoked olive oil. Add the steaks to the hot pan and sear until well-browned, about 30 seconds per side. Transfer steak to a cutting board and let rest for 5 minutes. Serve.

If you would like to make this recipe without a Sous-Vide cooker, then simply follow the directions to marinate the steaks in a sealable bag for 2 hours. After 2 hours, remove the steaks and prepare your grill. Grill to desired doneness.

Serves 4

Recipe & Photo Credit: Rachel Bradley
<http://www.deliziaolandvinegar.com/2017/05/sous-vide-ny-strip-marinated-with-olive.html>

