



# Delicious Ideas for our Olive Oils & Balsamic Vinegars

## Infused & Fused Olive Oils

**Basil**  
*Vinegar Pairings:* Strawberry, Peach, Sicilian Lemon, Black Mission Fig, Lemongrass Mint, Raspberry, Black Cherry, Traditional 18 Year, Pineapple, Oregano  
*Ideas:* drizzle over tomatoes, fresh mozzarella, & basil and finish with our 18 Year Traditional BV; mix with our Lemongrass Mint WBV and use to dress an arugula salad w/ cucumber, sliced strawberries, green onion, & feta cheese; mix with our Sicilian Lemon WBV and brush on fish or chicken before baking

**Blood Orange**  
*Vinegar Pairings:* Cranberry Pear, Cinnamon Pear, Dark Chocolate, Strawberry, Mango, Coconut, Pineapple, Blueberry, Black Mission Fig, Honey Ginger, Peach, Sicilian Lemon  
*Ideas:* mix with our Cinnamon Pear BV and dress a salad w/ roasted butternut squash, spiced candied walnuts, bacon, & freshly grated parmesan cheese; replace two tablespoons of cooking oil in a brownie recipe; drizzle over high-quality vanilla bean ice cream and sprinkle w/ sea salt; toss with sweet potatoes or butternut squash and roast in oven; mix with our Cranberry Pear WBV and use to marinate chicken or fish

**Butter**  
*Vinegar Pairings:* Cinnamon Pear, Vanilla, Espresso, Vermont Maple, Sicilian Lemon  
*Ideas:* refrigerate a small amount in a dish in your fridge, use as a buttery spread; drizzle over popcorn; drizzle over pancakes or waffles; use to dip bread, crab, shrimp, or lobster; toss with pasta & freshly grated parmesan cheese; use in baking; mix with our Cinnamon Pear BV and drizzle over oatmeal

**Cilantro & Roasted Onion**  
*Vinegar Pairings:* Jalapeno, Coconut, Lemongrass Mint, Sicilian Lemon, Pineapple  
*Ideas:* use to sauté bell peppers, onions, & mushrooms for fajitas; mix into guacamole; toss with rice noodles, green onion, cilantro, and toasted peanuts; brush on chicken before grilling; mix with our Jalapeno WBV for a vinaigrette or marinade

**Garlic**  
*Vinegar Pairings:* Sicilian Lemon, Honey Ginger, Black Mission Fig, Traditional 18 Year, Oregano, Vermont Maple, Peach  
*Ideas:* use to sauté vegetables; toss with pasta & freshly grated parmesan cheese; stir into mashed potatoes; use as a bread dipper with our 18 Year Traditional BV; mix with our Sicilian Lemon WBV and use to dress a niçoise-style salad w/ seared tuna, olives, haricot vert, tomato, hard-boiled egg, and potato; mix with our Peach WBV and use to marinate chicken or pork

**Herbs de Provence**  
*Vinegar Pairings:* Traditional 18 Year, Sicilian Lemon, Red Apple, Black Currant, Black Cherry, Black Mission Fig, Grapefruit  
*Ideas:* brush on chicken & turkey before roasting; mix with our Black Mission Fig BV and use to marinate chicken or pork; use as a bread dipping oil; toss with pasta and sautéed vegetables; mix with our Sicilian Lemon WBV and brush on grilled fish

## NUTRITIONAL INFO

Olive Oils & Gourmet Oils – 120 calories/tbsp  
Balsamic Vinegars – 10 calories/tbsp,  
3g (naturally occurring) sugar

Our balsamic vinegars contain absolutely **NO added sugar, NO thickeners, and NO caramel colors!**

## REDUCE – REUSE – RECYCLE

Bring your empty BOOC lighthouse bottles back!  
We will reuse your old bottle and give you \$1 off your next bottle!

## GOODBYE TO BUTTER

Replace the butter or margarine in any recipe with any of our fresh Extra Virgin Olive Oils using this conversion chart.  
If you absolutely love the taste of butter, be sure to try our creamy, dairy-free Butter Olive Oil!

BUTTER	OLIVE OIL
1 tsp .....	3/4 tsp
1 tbsp .....	2 1/4 tsp
1/4 cup .....	3 tbsp
1/3 cup .....	1/4 cup
1/2 cup .....	1/4 cup + 2 tbsp
2/3 cup .....	1/2 cup
3/4 cup .....	1/2 cup + 1 tbsp
1 cup .....	3/4 cup

Store olive oil & balsamic vinegar in a cool, dark environment. No refrigeration needed.

Use your olive oils within ~1 year of purchase and your balsamic vinegars within ~2 years of purchase for optimal freshness & flavor.

For online ordering, store hours, recipes, and contact information visit us at [www.beaufortoliveoil.com](http://www.beaufortoliveoil.com)

Beaufort // Morehead City // Swansboro // Emerald Isle  
North Carolina



**Oregano**  
*Olive Oil Pairings:* Tuscan Herb, Lemon, Garlic, Milanese Gremolata, Basil, Wild Mushroom & Sage, Wild Rosemary  
*Ideas:* mix with our Lemon OO and dress a Greek-inspired salad w/ tomato, cucumber, Kalamata olives, red onion, & feta cheese; mix with our Tuscan Herb OO or Garlic OO and use to marinate chicken, beef, or pork

**Peach**  
*Olive Oil Pairings:* Basil, Blood Orange, Chipotle, Garlic, Harissa, Cayenne, Green Chile, Lemon  
*Ideas:* mix with our Basil OO or Lemon OO for a light vinaigrette on a baby lettuce salad; mix with our Chipotle OO and marinate chicken, pork, or shrimp; drizzle over a caprese salad (tomatoes, fresh mozzarella, & fresh basil) or over a fruit salad; reduce and drizzle over vanilla ice cream

**Pineapple**  
*Olive Oil Pairings:* Green Chile, Persian Lime, Harissa, Chipotle, Cayenne, Blood Orange, Basil, Cilantro & Roasted Onion  
*Ideas:* mix with our Blood Orange OO or Chipotle OO, minced garlic, and soy sauce and use to marinate shrimp, fish, & chicken; mix with brown sugar & Dijon mustard and use to glaze ham; mix with our Basil OO, perfect for a salad w/ grilled chicken, fresh pineapple, & avocado

**Sicilian Lemon**  
*Olive Oil Pairings:* Tuscan Herb, Milanese Gremolata, Garlic, Harissa, Persian Lime, Herbs de Provence, Basil, Fernleaf Dill, Wild Rosemary, Cilantro & Roasted Onion, Cayenne, Butter  
*Ideas:* extremely versatile!; use in place of lemon juice; mix with our Tuscan Herb OO for a savory Italian vinaigrette that can be drizzled over salad or grilled chicken and seafood; drizzle over roasted broccoli; mix with sparkling water & ice

**Wild Raspberry**  
*Olive Oil Pairings:* Lemon, Blood Orange, Persian Lime, Roasted Walnut, Garlic, Milanese Gremolata, any EVOO  
*Ideas:* the perfect WBV for a light, summery vinaigrette! mix with any mild EVOO to let the ripe raspberry flavor shine and use to dress a salad with fresh raspberries, blueberries, red onion, walnuts, and feta cheese; mix with sparkling water & ice for a refreshing spritzer; reduce and drizzle over ice cream

## Gourmet Oils

**Toasted Japanese Sesame**  
*Vinegar Pairings:* Honey Ginger, Coconut, Blackberry Ginger  
*Ideas:* mix with our Garlic OO and use to stir-fry fresh vegetables (red bell pepper, mushrooms, onion, broccoli, green beans); mix with our Honey Ginger WBV, our Garlic OO, and a little soy sauce and use to marinate chicken, pork, and tuna or just toss this mixture with noodles, green onion, cilantro, mushroom, & red bell pepper

**Roasted Walnut**  
*Vinegar Pairings:* Black Mission Fig, Vanilla, Raspberry, Cinnamon Pear, Strawberry, Vermont Maple, Black Cherry, Dark Chocolate, Espresso, Coconut  
*Ideas:* mix with a number of our balsamic vinegars (Strawberry, Raspberry, Dark Chocolate) to make versatile, everyday vinaigrettes; use to sauté green beans, then splash with our Sicilian Lemon WBV and top w/ slivered almonds; use to make a nutty pound cake

**White Truffle & Black Truffle**  
*Ideas:* use as a finishing oil drizzled over both roasted & mashed potatoes, pasta, pizza, popcorn, steak, and rice/risotto; incorporate into a homemade cream sauce or cheese sauce and drizzle over potatoes or pasta

## Lemon

**Vinegar Pairings:** Black Mission Fig, Strawberry, Blueberry, Pomegranate, Blackberry Ginger, Raspberry, Cranberry Pear, Black Cherry, Tangerine, Honey Ginger, Jalapeno, Oregano, Lemongrass Mint, Mango, Pineapple

**Ideas:** use to roast asparagus and broccoli; use in an olive oil cake or pound cake recipe; use to sear scallops or sauté shrimp; mix with our Honey Ginger WBV and use to marinate chicken and fresh tuna; brush on fish before grilling

## Milanese Gremolata

**Vinegar Pairings:** Traditional 18 Year, Lemongrass Mint, Sicilian Lemon, Oregano, Grapefruit

**Ideas:** drizzle over fresh, raw summer vegetables (especially tomatoes and cucumbers!); brush on fish and chicken before grilling; drizzle over osso bucco; mix with our Lemongrass Mint WBV for a super fresh, herby vinaigrette

## Persian Lime

**Vinegar Pairings:** Coconut, Blackberry Ginger, Raspberry, Jalapeno, Black Cherry, Mango, Sicilian Lemon, Pineapple, Lemongrass Mint, Grapefruit

**Ideas:** mix with our Coconut WBV and use to marinate shrimp before grilling; mix into homemade guacamole; make a citrusy aioli and serve with fish tacos or crab cakes; mix with our Jalapeno WBV and cumin and use to dress a black bean-corn salad w/ red bell pepper, avocado, cilantro, and red onion

## SPICY Oils: Cayenne, Chipotle, Green Chile, Harissa

**Vinegar Pairings:** Sicilian Lemon, Jalapeno, Mango, Peach, Pineapple, Grapefruit, Dark Chocolate, Espresso, Tangerine

**Ideas:** use to roast potatoes and other vegetables; mix with our Mango WBV or Peach WBV and use to marinate chicken, shrimp, or pork; use as a finishing oil and drizzle over corn chowder or other creamy soup; use to scramble eggs; use to sauté vegetables; drizzle over pasta & other grains (rice, quinoa, couscous); mix with our Dark Chocolate BV or our Espresso BV for a beef marinade; mix with our Pineapple WBV for a sweet & spicy vinaigrette to dress a romaine lettuce salad w/ red bell pepper, fresh pineapple, red onion, & fresh cilantro

## Tuscan Herb

**Vinegar Pairings:** Traditional 18 Year, Sicilian Lemon, Oregano, Black Currant, Black Mission Fig, Raspberry

**Ideas:** the quintessential bread-dipping oil, just add a splash of our 18 Year Traditional BV; toss with pasta, sautéed vegetables, freshly grated parmesan cheese, and grilled chicken or sautéed shrimp; use to roast potatoes and other vegetables; mix with our Sicilian Lemon WBV and use to dress a fresh vegetable salad or to brush over grilled chicken or fish

## Wild Mushroom & Sage

**Vinegar Pairings:** Red Apple, Black Mission Fig, Espresso, Black Currant, Traditional 18 Year, Oregano, Dark Chocolate

**Ideas:** mix with our Espresso BV and use to marinate chicken, pork, and beef; brush on chicken & turkey before roasting; use as a finishing oil over a creamy mushroom soup, risotto, or stuffing; use to roast potatoes

## Wild Rosemary

**Vinegar Pairings:** Oregano, Sicilian Lemon, Traditional 18 Year, Black Currant, Red Apple

**Ideas:** use to roast potatoes and other vegetables; mix with our Red Apple BV, whole grain mustard, and fresh garlic and use to marinate a pork tenderloin or pork chops; brush over roasted or grilled chicken; use as a bread dipping oil

### VINAIGRETTE

2-3 parts olive oil  
1 part balsamic vinegar

### MARINADE

1 part olive oil  
1 part balsamic vinegar

## Dark Balsamic Vinegars

### 18 Year Traditional Balsamic

**Olive Oil Pairings:** ALL of our olive oils, but especially: Tuscan Herb, Garlic, Milanese Gremolata, Basil, Herbs de Provence, Wild Mushroom & Sage, Wild Rosemary, Fernleaf Dill

**Ideas:** make a classic balsamic vinaigrette by mixing with two parts of any EVOO in our collection; reduce and drizzle over pasta, pizza, or grilled meat; mix with our Tuscan Herb OO or Garlic OO, salt & pepper, & freshly grated parmesan cheese for a classic bread dip; marinate chopped tomatoes, red onion, garlic, & basil for bruschetta; drizzle over roasted/grilled veggies (asparagus, broccoli, mushrooms, etc.)

### Black Cherry

**Olive Oil Pairings:** Lemon, Persian Lime, Herbs de Provence, Basil, Chipotle, Roasted Walnut

**Ideas:** mix with our Roasted Walnut Oil and dress a salad w/ toasted slivered almonds, fresh cherries, & bleu or feta cheese; reduce and drizzle over chocolate ice cream, baked brie, or Greek yogurt; cook meat (steak, pork chop, duck breast) and make a pan sauce with this balsamic, red wine & pan drippings

### Black Mission Fig

**Olive Oil Pairings:** Blood Orange, Lemon, Garlic, Herbs de Provence, Basil, Wild Mushroom & Sage, Roasted Walnut

**Ideas:** drizzle over salmon or chicken before baking or grilling; mix with our Lemon OO and drizzle over a salad w/ goat cheese, crispy bacon, toasted pumpkin seeds, & dried figs; reduce and drizzle over a plate of salty aged cheeses

### Blackberry Ginger

**Olive Oil Pairings:** Persian Lime, Lemon, Roasted Sesame

**Ideas:** mix with our Persian Lime OO to dress a seared tuna salad w/ pickled ginger, cucumbers, & cilantro; reduce and drizzle over pound cake, vanilla ice cream, or mixed berries

### Cinnamon Pear

**Olive Oil Pairings:** Blood Orange, Butter, Roasted Walnut

**Ideas:** marinate fresh pineapple chunks, skewer, & grill; drizzle over roasted sweet potatoes; use to marinate pork chops; reduce and drizzle over pancakes, warm apple crisp, and ice cream

### Dark Chocolate

**Olive Oil Pairings:** Blood Orange, Harissa, Chipotle, Roasted Walnut, Wild Mushroom & Sage

**Ideas:** marinate sliced strawberries & top vanilla bean ice cream; mix with our Chipotle OO and use as a marinade for beef, chicken, or pork; mix with our Blood Orange OO and dress a salad w/ goat cheese, prosciutto, and toasted walnuts

### Espresso

**Olive Oil Pairings:** Harissa, Chipotle, Wild Mushroom & Sage, Garlic, Roasted Walnut

**Ideas:** mix into a homemade barbecue sauce; mix with our Garlic OO or Wild Mushroom & Sage OO, ginger, & garlic and use to marinate beef, pork, or chicken; reduce and drizzle over chocolate ice cream or a grilled steak

### Neapolitan Herb

**Olive Oil Pairings:** Garlic, Basil, Milanese Gremolata, any EVOO

**Ideas:** mix with our Garlic OO and use to marinate steaks or pork chops; splash into a Bloody Mary; mix with a robust EVOO and use to dress a grain salad with tomatoes and goat cheese

### Pomegranate

**Olive Oil Pairings:** Blood Orange, Lemon, Fernleaf Dill, Herbs de Provence, fruity EVOO

**Ideas:** simmer w/ fresh mango, garlic, ginger, brown sugar, & a dash of cayenne powder for a sweet and spicy chutney; mix with our Lemon OO and dress a spinach salad w/ toasted pine nuts, dried cranberries, red onion, tomato, & grilled salmon; reduce and drizzle over seared duck breast or rack of lamb

## Raspberry

**Olive Oil Pairings:** Lemon, Persian Lime, Basil, Roasted Walnut  
**Ideas:** makes a great everyday vinaigrette when mixed with our Roasted Walnut Oil, use to dress a salad w/ fresh fruit, feta cheese, & sunflower seeds; reduce, drizzle over Greek yogurt, and sprinkle with crunchy granola

## Red Apple

**Olive Oil Pairings:** Wild Mushroom & Sage, Herbs de Provence, Roasted Walnut, Wild Rosemary

**Ideas:** mix with our Roasted Walnut Oil to dress a fall salad w/ diced apples, toasted pumpkin seeds, roasted butternut squash, & smoked Gouda cheese; mix with our Wild Mushroom & Sage OO & fresh garlic and use to marinate a pork tenderloin; reduce and drizzle over a grilled pork chop

## Strawberry

**Olive Oil Pairings:** Basil, Lemon, Blood Orange, Roasted Walnut

**Ideas:** mix with our Basil OO for the perfect springtime vinaigrette, use to dress a spinach salad w/ sliced strawberries, green onion, cucumber, & feta cheese; reduce and drizzle over Greek yogurt or vanilla or chocolate ice cream

## Wild Blueberry

**Olive Oil Pairings:** Blood Orange, Lemon, any fruity EVOO

**Ideas:** mix with our Lemon OO and use to dress a salad w/ fresh blueberries, orange segments, toasted almonds, & bleu cheese; reduce and drizzle over pancakes or lemon pound cake; use as a marinade for pork tenderloin

## White Balsamic Vinegars

### Coconut

**Olive Oil Pairings:** Persian Lime, Blood Orange, Cilantro & Roasted Onion, Roasted Walnut, Roasted Sesame

**Ideas:** mix w/ mascarpone cheese and use to spread on pound cake or as a fruit dip; mix with our Persian Lime OO & chipotle powder and use to marinate shrimp before grilling; drizzle over fruit salad or splash into a smoothie

### Cranberry Pear

**Olive Oil Pairings:** Blood Orange, Lemon, Basil, any fruity EVOO

**Ideas:** mix w/ our Blood Orange OO and dress a spinach salad w/ feta cheese, red onion, sliced strawberries, & toasted almonds; glaze over grilled chicken or your favorite green vegetable (green beans/asparagus/broccoli); add to sparkling water or champagne; mix with your favorite vodka & club soda and pour over crushed ice for a refreshing cocktail; drizzle over sautéed greens; reduce and drizzle over salty aged cheeses

### Honey Ginger

**Olive Oil Pairings:** Garlic, Blood Orange, Roasted Sesame

**Ideas:** mix with our Roasted Sesame Oil, Garlic OO, soy sauce, and red pepper flakes and use as a marinade for chicken or pork, or toss with sautéed vegetables (red bell pepper, mushrooms, bok choy), green onion, cilantro and noodles; mix with our Blood Orange OO and use to dress a salad w/ grilled chicken, red bell pepper, & fresh pineapple

### Jalapeno

**Olive Oil Pairings:** Persian Lime, Garlic, Cilantro & Roasted Onion, Lemon, Cayenne, Green Chile

**Ideas:** splash into ceviche & salsas; mash into a ripe avocado w/ some sriracha salt and use as a dip for tortilla chips; mix with our Lemon OO or Garlic OO and marinate shrimp or chicken; splash into your fav Bloody Mary for an extra zing!

### Lemongrass Mint

**Olive Oil Pairings:** Basil, Milanese Gremolata, Persian Lime, Lemon, Cilantro & Roasted Onion

**Ideas:** splash into tzatziki and mojitos; mix with our Basil OO for a super fresh vinaigrette; mix with our Persian Lime OO, cilantro, Thai chiles, & garlic and use to marinate chicken or shrimp or toss with noodles; mix with sparkling water & ice