



Weekly Produce Newsletter

August 23rd 2010



Brio's Tuscan Grille

Plaza Frontenac
1601 S Lindbergh Blvd
Saint Louis, MO 63131-3512

To Eat Well is To Live Well

Brio brings the pleasures of the Tuscan country villa to the American city.



The food at Brio is all simply prepared using the finest and freshest ingredients. The menu emphasis is on prime steaks and chops, homemade pasta specialties, and flatbreads prepared in an authentic Italian wood-burning oven. Brio serves these generous portions of meats, pastas and roasted fish on large oval, hand-painted Italian plates. BRIO also caters to large groups. Our Tuscan Feast Menu with large pans of pasta, house specialties and bread is great for all your home and office celebrations or meetings. Brio's villa-like interior features arched colonnades, hand-crafted Italian mosaics, Venetian plaster walls and marble countertops.

Brio was voted the 2007 "Hot Concepts" winner (Nation's Restaurant News). Brio has consistently received rave reviews by giving its guests this taste of Tuscan bliss.

Best Low-Guilt-Quotient Pizza Brio's cracker-crisp Margherita pizza with tomatoes, threads of basil and fresh mozzarella cheese. If it's not cardiologist-approved, it's close, and a wise choice.

Best Roast Chicken Brio stuffs the bird with slices of fresh lemons, then bathes it on the outside in a lemon-and-pepper marinade. What sets Brio's version apart are the embers of oak charcoal in the ovens here that do the roasting. The aroma of the smoke does as much for the chicken as the marinade.

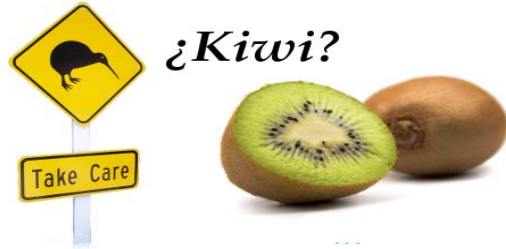
Best Pork Chops Brio's grilled pork chops are superb: twin thick chops perfectly grilled with a crisp exterior and surprisingly juicy middle. A drizzle of a creamy Parmesan sauce elevated the dish beyond mere chop-house fare.

Best Chicken Dishes Brio's chicken "under the brick," a flattened breast that really is grilled under a brick -- a traditional Tuscan method that quickly sears the meat while retaining juiciness. The aroma of rosemary wafted up from the concentrated mushroom-red wine sauce surrounding the breast. Chicken Milanese pomodoro made with Romano breading, topped with mozzarella and positioned on a bed of herbed linguine in a light tomato sauce.

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The brown and hairy exterior of this egg-shaped fruit doesn't look promising, but inside it's a different story - sweet, yielding, bright green flesh, prettily dotted with black seeds.

The flavour is distinctive but hard to pin down - some say it's like strawberry, others say pineapple. It's named after the bird of the same name from Zealand, where it's also grown, though its other name, Chinese gooseberry, reflects its original country of origin.

Very high in vitamin C, kiwi fruit is far better eaten raw - cooking it destroys the vitamin content and the green colour. The enzymes it contains makes it good for tenderizing meat, but they'll also cause milk to curdle and will prevent gelatine and aspic from setting, so don't attempt kiwi ice cream or jelly.

Availability All year round

Choose the best Go for firm fruit that gives slightly when gently squeezed. Avoid wrinkled and bruised fruit.

Prepare it The skin is inedible, so peel it off with a knife or vegetable peeler, then chop or slice. Alternatively, to eat it as a snack, cut in half and scoop out the flesh with a teaspoon.

Store it If ripe, keep in the fridge - they'll last around at week. If under-ripe, keep at room temperature

Cook it Try kiwi fruit sliced and used in puddings such as pavlova; blended in a smoothie; used as a rub or in a marinade for meat or squid





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Summer Salads!

Salad is the perfect summer dish!

Strawberry Kiwifruit Spinach Salad

Salad

- 12 Cups Spinach
- 1 Quart Strawberries, Sliced
- 4 Kiwis, Peeled & Sliced
- 1 Cup Sliced Almonds

Dressing

- 1/3 Cup Sugar
- 1/4 Cup Oil
- 1/4 C Red Wine Vinegar
- 1/2 tea Paprika
- 1/4 tea Worcestershire Sauce
- 1 tbsp Poppy Seeds



- Layer spinach, strawberries, kiwis, and almonds in large salad bowl.
- Whisk together sugar, oil, vinegar, paprika, Worcestershire, and poppy seeds.
- Dress salad just before serving.

Kiwifruit Spinach Salad (California Style)

- 2 Kiwifruit peeled and sliced
- 1 Large bunch spinach cleaned and drained
- 3/4 cup Cucumber diced
- 1 Green onion sliced
- 1/4 tsp. Salt
- 1/2 Bundle arugula cleaned and drained
- 1/2 cup Celery sliced
- 1/4 cup extra virgin olive oil
- 1/4 cup Balsamic vinegar



In a large salad bowl to gently fold together the kiwifruit, spinach, cucumber, onion, arugula and celery salt to taste, add oil and vinegar.

Serve chilled