



VERTICAL HARVEST FARMS &  
AMRITA BEVERAGES PRESENT

# SOIRÉE



VERTICAL  
HARVEST

**AMRITA**

HANDCRAFTED BEVERAGES & BARS

# SOIRÉE



**Plan your party with microgreens and flowers.**

A host's recipe handbook to elevate any gathering

As the saying goes, the devil is in the details and, frankly, details can make or break a party. In a culinary sense, Vertical Harvest greens and edible flowers provide the perfect finishing detail to any party platter or plate.

The concentration of flavors and crisp textures in microgreens add zest to appetizers and cocktails. Edible flowers visually perk up anything and everything they touch. Need proof? Just try the recipes!

**When we set out to craft this entertaining handbook, our goals were simple:**

1. Give our customers creative ideas to use and enjoy our products.
2. Work with a partner who could provide expert beverage insight for the drink recipes.



# JESSA SMOUT

OF AMRITA BEVERAGES



We found that partner in Jessa Smout of Amrita Beverages. Jessa is anything but your average bartender. With 20+ years of experience in bartending, restaurant management, wine and spirit education, she knows what it means to read the room. She consistently serves the exactly right beverage for any occasion, and is known for crafting the most unique, fresh and widely satisfying beverages in the Mountain West and beyond. Just wait until you read what she did with Vertical Harvest produce!

Whether a properly executed Old Fashioned, a “wake the senses up” concoction for a yoga retreat, an inventive baby shower juice (simply add booze for those not expecting), or an herb and flower-infused tincture, Jessa and her team are skilled at analyzing each event or client, on a personal level, in order to bring a bespoke beverage to any event.

**To purchase AB: Free Mixers or to book Amrita Beverages for your next event click the “connect” button on her website.**

**AMRITABEVERAGES.COM**



# APPETIZERS



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## RECIPE 1:



# SARDINE TOASTS



### INSTRUCTIONS:

1. Toast the bread under a broiler (on both sides) or in a toaster.
2. While the toast is still warm, immediately rub it (aggressively!) with the cut side of the garlic clove, then spread toast generously with butter. Top butter with tomato slices and lightly salt them.
3. Add sardines and then onion slices. Drizzle with olive oil and lemon juice, then season with more salt and pepper. Garnish liberally with Citrus Blend and serve immediately.

*These tasty mouthfuls are a notch above your classic bruschetta — with the addition of briny sardines, and replacing basil with our zippy Citrus Blend.*

### INGREDIENTS:

- 8 thick slices of crusty sourdough baguette
- 2 garlic cloves, halved
- Softened butter, as needed
- Pack of Vertical Harvest Teton Tomatoes (cherry tomatoes), sliced into thirds
- 2 cans sardines (6 to 7 ounces), deboned to taste
- 1/2 small sweet or red onion, thinly sliced
- Extra-virgin olive oil, for drizzling
- Fresh lemon juice, to taste
- Flaky sea salt
- Coarsely ground black pepper
- Vertical Harvest Citrus Blend



## RECIPE 2:



# LETTUCE CUPS with Moroccan Spiced Root Veggies



### INSTRUCTIONS:

1. Cook the quinoa. Use 1 cup quinoa + 1 1/2-2 cups vegetable broth. Bring to a boil, cover, lower heat and cook for 20 minutes. Refrigerate to cool.
2. Heat the oven to 400
3. Wash 1 pound of beets, wrap each in foil and put on a baking sheet.
4. Put 1 pound of small carrot chunks on the baking sheet and toss with olive oil.
5. Roast until a knife pierces the beets with little resistance, 45 to 90 minutes, and the carrots are tender and browned (remove when done; before the beets).
6. When the beets are cool enough to handle, peel and cut into small chunks; toss them and the carrots with chopped almonds, 1/2 teaspoon each of cumin and coriander, a pinch of allspice, lemon juice and olive oil.
7. Wash and dry the lettuce leaves and spread them over a serving tray.
8. Add a large spoonful of the root veggie mixture and small spoonful of quinoa to each lettuce leaf
9. Top with a dollop of yogurt

### INGREDIENTS:

- Quinoa
- Vegetable broth
- 1 pound beets
- 1 pound carrots
- 1/2 teaspoon of cumin
- 1/2 teaspoon of coriander
- 1 pinch of allspice
- Lemon juice
- Olive oil
- 1 cup Greek yogurt
- Vertical Harvest
- Butterhead Lettuce

*Earthy quinoa and Moroccan spices deepen the root veggie flavors and provide a delightful contrast to the crisp crunch of Vertical Harvest Butterhead. Serve with plenty of napkins!*



## RECIPE 3:



# SMOKED SALMON DIP



### INSTRUCTIONS:

1. Combine the cream cheese, sour cream, mayonnaise, lemon juice, capers, and Tabasco in a food processor fitted with the metal blade; pulse until blended.
2. Add the salmon and red-veined sorrel and pulse, scraping the sides of the bowl as necessary, until the salmon is finely chopped. Taste and add salt, if necessary (You can add about 1/4 teaspoon, depending on the saltiness of the smoked salmon).
3. Serve as a dip with crackers or bagel chips.
4. Make ahead: This dip can be made a few days ahead of time. However, it gets quite firm in the fridge so let it sit out at room temperature before serving, otherwise it will be hard to scoop.

*Replacing dill with red-veined sorrel adds a perkier zip to this crowd pleaser. We recommend using a smokier, less salty smoked salmon style.*

### INGREDIENTS:

- 1 cup (8 ounces) cream cheese
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 2 tablespoons capers, drained
- 1/4 teaspoon tabasco
- 4 ounces smoked salmon, roughly chopped
- 2 tablespoons fresh, finely chopped Vertical Harvest Red-Veined Sorrel
- Salt, to taste



## RECIPE 4:



# PIZZA

## With Prosciutto, Pea, and Goat Cheese



### INSTRUCTIONS:

1. In a saucepan, melt butter over medium-low heat. Sprinkle flour over melted butter and stir until combined and starting to bubble and smell slightly nutty. Slowly add in milk, whisking to combine with the butter mixture. Add in garlic, salt and pepper and continue stirring over medium-low heat until sauce thickens enough to coat the back of a spoon. Stir in cheese and remove from heat.
2. Heat oven to 450°F.
3. Stretch out dough on a floured surface until 1/4 -1/2 inch thick. Use a sprinkle of corn meal or olive oil to ensure that your dough doesn't stick to the pan.
4. Spread a layer of white pizza sauce onto the dough. Sprinkle on the peas, prosciutto, and goat cheese.
5. Bake for 10-15 minutes until bubbly and cooked through on the bottom.

*Equal parts salty and fresh, this crunchy pizza will make your guests dream of Italy in springtime. Garlicky white sauce topped by layers of punchy parmesan cheese, smokey prosciutto, creamy goat cheese, and bright green pea shoots. Yum.*

### INGREDIENTS:

- 1 pizza dough. We used a local baker, Bread & Blossom.
- 1/2 cup parmesan cheese
- 1 pack of prosciutto slices
- 1/2 cup goat cheese
- 1/2 cup fresh or frozen peas
- 1 handful Vertical Harvest Pea Shoots
- 3 tbs Butter
- 3 cloves garlic
- 1/2 cup milk
- Pepper, salt, red pepper flakes



## RECIPE 5:



# SKEWERS

## Tomato & Mozzarella with Micro Basil



### INSTRUCTIONS:

1. Slice Vertical Harvest Teton Tomatoes and mozzarella balls in half and skewer 3 per stick with micro basil in between.
2. In a separate bowl whisk the balsamic, oil, and pesto.
3. Plate and drizzle with sauce

*It isn't a party without skewers! These bite-sized mouthfuls are small in size but big on fresh flavor. Assemble just before your guests arrive to assure maximum mouth explosion impact.*

### INGREDIENTS:

- 1 pack Vertical Harvest Teton Tomatoes
- Trimmed Vertical Harvest live micro basil
- 1 pack small mozzarella balls
- 3 tbs pine nuts
- 2 tbs balsamic
- 2 tbs olive oil
- 4 tbs pesto, we used local Chasing Paradise pesto.
- Optional: roasted garlic olive oil



## RECIPE 6:



# SPICY TUNA & CRISPY RICE



### INSTRUCTIONS:

1. Rinse your sushi rice until the water runs clear, add to pot with water (follow directions on packaging). Cook until water is fully absorbed.
2. In a separate saucepan heat rice vinegar, avocado oil, and sugar until sugar dissolves, do not boil.
3. Let rice cool slightly, then add the rice vinegar mixture and stir until absorbed into the rice.
4. Set rice aside to cool.
5. Dice raw tuna and cucumbers and add to a bowl with the other sauce ingredients.
6. In a cast iron skillet, heat avocado oil until sizzling.
7. Wet hands and create small rice balls (flatten a bit) and drop these into the frying oil.
8. Flip when golden brown then set aside on a plate.
9. Add a spoonful of the tuna mixture onto the crispy rice and top with a thin slice of avocado.
10. Dunk in soy sauce and enjoy!

Serving options: You can either do 1 large serving that would be plated and eaten with a fork, or choose to do small crispy rice balls as finger food for a larger crowd.

*Calling all sushi lovers....These flavorful one-bites are sure to delight your guests. Think of them as mini deconstructed sushi rolls, except warm and spicy topped with creamy avocado. Perfect for a "roll your own sushi" themed night.*

### INGREDIENTS:

#### FOR THE SPICY TUNA MIXTURE

- 2 tbs sriracha
- 1/4 cup mayo
- 1 tsp sesame oil
- 1/4 cup diced cucumber
- 1 tbs green onion
- 1 lb sushi grade tuna (frozen is best)
- sesame seeds

#### FOR THE SUSHI RICE

- 2 cups sushi or short grain rice
- 2 cups water, plus extra for rinsing rice
- 2 tablespoons rice vinegar (or white wine vinegar)
- 2 tablespoons sugar
- 1 tablespoon kosher salt
- 1/2 cup soy sauce (for the rice cakes)
- 2 tbs avocado oil (for cooking rice cakes)

#### FOR THE TOPPINGS

- 1 avocado
- 1/2 cup soy sauce
- Vertical Harvest Vertical Vibrant Mix



# COCKTAILS



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## COCKTAIL 1:

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# SECOND SUMMER



### INSTRUCTIONS:

1. Pour all ingredients into glass over ice.
2. With drama and flair garnish with beet greens.
3. Eat the greens as you sip the drink.

Pairs well with Indian and other spicy foods.

*More of a taste-driven punch in the face, the Tanager Lands mixer (a nod to the colors of the Western Tanager) combines intense tumeric, lemon, and ginger flavors that wake up the taste buds. The mix marries beautifully with the earthy, dry apple of the cider.*

### INGREDIENTS:

- \*low to no ABV
- 3 oz Farmstead Pet-Nat Cider or Topo Chico
- 1.5 oz Amrita Beverages Tanager Lands

### GARNISH

Handful of Beet Greens



## COCKTAIL 2:



# THE BITTER SORREL

## Mocktail

### INSTRUCTIONS:

1. Pour Ghia Aperitivo into a tall highball glass.
2. Top with sparkling water and garnish with Red Veined Sorrel.



### INGREDIENTS:

- 2 oz Ghia Aperitivo
- Sparkling Water

### GARNISH

- Red-veined sorrel

*Easy to make and a great way to jazz up sparkling water, this light, floral, and bitter mocktail works wonders as a pre-dinner drink. Similar in flavor to Campari, you can find Ghia Apertivo online. The red-veined sorrel makes a beautiful visual pairing with the color of the drink.*



## COCKTAIL 3:



# MORNING BALLAD



### INSTRUCTIONS:

1. Put all ingredients into a shaker, shake vigorously.
2. Add ice and continue to shake until proper dilution and chilling have occurred.
3. Strain over fresh ice and garnish with fresh Vertical Harvest micro cilantro, wasabi, and rambo radish.

Optional: Add a dandelion green and a flower.

ABV: This drink has a low ABV\* and can be made as a mocktail by removing the Cynar and Brennevin.

*Fabulous for late morning and lunchtime soirees, this complex cocktail is the best replacement for a simple Bloody Mary. Rise & Shine mixer includes celery root, lemon honey simple, ashwagandha, and dandelion burdock bitters. Brennevin (an Icelandic liquor) adds a savory caraway flavor.*

### INGREDIENTS:

- 1 oz Brennevin
- .25 oz Cynar
- 1.5 oz Amrita Beverages Rise & Shine
- .25 oz Aquafaba (liquid from a can of chickpeas)

### GARNISH

- Micro Cilantro
- Micro Wasabi
- Rambo Radish



## COCKTAIL 4:



# THE O'KEEFE



### INSTRUCTIONS:

1. Muddle 4-5 fresh Vertical Harvest pea shoots and three strawberries in shaker tin.
2. Add ice, Gin & Aperol
3. Shake vigorously until proper dilution and chilling have occurred.
4. Strain over fresh ice and top with Tonic.
5. Garnish with Vertical Harvest pea shoot and strawberry.

### INGREDIENTS:

- 1.5 oz Botanist Gin
- .5 oz Aperol Aperitivo
- Top with Fever Tree Indian Tonic
- GARNISH
  - Pea Shoots
  - Strawberry

*Similar to a mojito in style, the muddled pea shoot and strawberry add a fresh and sweet tartness to the more medicinal overtones of the gin. Jessa's favorite gin, Botanist blends botanicals foraged in the wilds of the Scottish island of Islay.*



## COCKTAIL 5:



# LINNAEUS NECTAR



### INSTRUCTIONS:

1. Put all ingredients in a blender plus 1-2 fresh Nasturtium leaves, blend, and serve with flower and leaf.

\* for 4 oz Tequila use -3 leaves and 2 flowers. Let rest for at least 6 hrs. strain

*Lightly spicy with green grass overtones, this delicate cocktail is an homage to Carl Linnaeus, the gentleman who named the Nasturtium. The subtle touch of sweet and tart make it the best pairing with all the light fare appetizer recipes in this booklet.*

### INGREDIENTS:

2 oz VH Nasturtium infused Espolon Blanco Tequila

.25 oz Cointreau

1 oz Fresh Lime Juice

1 oz Agave Simple

1 whole/pitted/ripe apricot

\* Agave simple = 1:1 ratio agave:water

2 cups ice



## COCKTAIL 6:



# MISSELTHWAIT MANOR Punch Bowl



### INSTRUCTIONS:

1. In a large punch bowl pour all ingredients over a block of ice.
2. Add sparkling water, and garnish with fresh citrus, Vertical Harvest Flowers, and Mint.

*Named after the estate in the adored book, The Secret Garden, this light, summery punch refreshes with mint and crisp gin. Perfect for balancing out the smoke of charred meats at a garden party barbeque.*

### INGREDIENTS:

1 bottle Astral Pacific Gin  
12 oz Topo Chico  
16 oz Amrita Beverages  
"I Mint to Tell You"

2 oz Cointreau

The juice of two  
mandarins

### GARNISH

Fresh Citrus

Vertical Harvest Flowers

Mint

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