



# FARMERS & FISHERMEN PURVEYORS' JUNE 29, 2020 EDITION

*Proudly taking care of you and your family in your Greater Atlanta neighborhood*

## THRILL ON THE GRILL IN AMERICAN FASHION, ARCTIC CHAR ADDED TO LINEUP, MONKFISH & ATL CHEF RECIPE

### GRILLING SPECTACULARS

**30Z USDA IOWAS ANGUS FILETS:  
BEST BUY OPPORTUNITY!  
(APPROX. JUST \$2.90/EACH FILET!)**

4 per pack | 4 packs per box | 45.95/box

**200Z USDA CHOICE ANGUS BONE-IN  
KANSAS CITY (KC) STRIPS**

4 packs per box | 59.95/box

**USDA PRIME ANGUS TRI TIPS**

2 packs per box | 59.95/box

**40Z HORMONE-FREE GROUND BEEF PATTIES 5LBS**

5 per pack | 4 packs per box | 29.95/box

**SKINLESS BEEF FRANKS, LOCALLY PRODUCED**

5 per (1lb) pack | 2 packs per box | 17.95/box

**FRESH FISH OF THE WEEK - MONK FISH FROM RHODE ISLAND**



**MONK FISH FROM RHODE ISLAND**

4(7oz) portions | 19.50/pkg



# ATLANTA CHEFS' RECIPES - OUR NEW PROGRAM CELEBRATING TALENTED

## ATLANTA CHEFS THROUGH THEIR RECIPES & COOKING RECOMMENDATIONS

We are proud to share with you legendary recipes and thoughtful recommendations from some of Atlanta's most talented chefs to help you further enjoy our products while bringing loved ones together in the most special way possible. This week's featured recipe comes from Chef Adrian Gutierrez of Paces & Vine, which is nestled in Vinings, GA



### PAN ROASTED MONKFISH WITH PROVENCAL STYLE GREEN LENTILS AND TOMATO VINAIGRETTE WITH A BABY HERB SALAD

Ingredients for the dish: 7oz Monkfish portion, lentils de puy, shallots, garlic, white wine, champagne vinegar, green olives, Roma tomatoes, fish stock, Extra virgin olive oil, Dijon mustard, herbs de Provence, fine sea salt, french butter, chives fresh, frisse, arugula, micro greens

**7OZ MONKFISH PORTION**

**1 CUP LENTILS DE PUY**

**1 SHALLOT FINELY CHOPPED**

**3 CLOVES GARLIC FINELY CHOPPED**

**3 CUPS FISH STOCK OR CHICKEN**

**1 EACH ROMA TOMATOE PEELED & DESEEDED; DICED SMALL**

**2 TSPN HERBS DE PROVENCE FINE**

**2 TBSP CHIVES FRESH FINE**

**1/2 TBSP FINE BLACK PEPPER**

**1/2 OZ OF EACH FRISSE, ARUGALA BABY, MICRO GREENS**

**1 TBSP DIJON MUSTARD**

**1 BAY LEAF OR THYME SPRIG**

**1/2 CUP WHITE WINE**

**1 TBSP CHAMPAGNE VINEGAR**

**THE FOLLOWING ITEMS THAT HIS RECIPE CALLS FOR ARE ALL AVAILABLE FROM US...**

# MALDON SEA SALT TO TASTE

8.5oz box | 6.95/each

## 2 TBSP PLUGRÁ EUROPEAN STYLE BUTTER

1lb block | 6.95/each

## 1/4 CUP EXTRA VIRGIN OLIVE OIL: ORGANIC BONO SPECIAL RESERVE

500ml bottle | 16.95/each

Cooking instructions from Chef Adrian:

- 1) Sweat shallots and garlic in small sauce pot on low heat
- 2) Add bay leaf or thyme with no salt
- 3) Add lentils
- 4) Sweat a little more and turn up heat
- 5) Add 1/2 cup white wine and reduce heat by 1/2
- 6) Add 3 cups fish stock and bring to a boil
- 7) Once at a boil turn down to a simmer and add Dijon mustard
- 8) Once stock is almost reduced check for doneness
- 9) If not cooked through add more stock.
- 10) Now season with black pepper and Maldon sea salt flakes
- 11) Once cooked through add butter, chives, and olives with heat off so butter can enrich the lentils to a gloss
- 12) Set aside
- 13) For the monkfish, season with salt and pepper and Herbs de Provence
- 14) Pan sear on medium high heat in a sauté pan. Sear on all sides and roast in oven at 400 degrees. Cook for about 5 or 6 minutes. Pull out of the oven and let it rest for 10 minutes
- 15) While fish is resting lentils should be done but remain on light heat such as a simmer to keep warm.
- 16) For the final step, in a small mixing bowl, add 1/4 teaspoon of Dijon mustard, champagne vinegar salt and pepper....mix well and slowly add olive oil to make a vinaigrette.
- 17) Now add the tomatoes diced to the vinaigrette.
- 18) Place about a cup of lentils to a shallow bowl
- 19) Slice Monkfish in 5 nice medallions and place on top of lentils.
- 20) Mix baby greens together with a bit of the vinaigrette
- 21) Scatter over Monkfish and lentils
- 22) Now spoon tomato vinaigrette over plate to complete (Fine sea salt for garnish is recommended)







@farmersandfishermenpurveyors

We'd love to see how your Monk Fish turns out! We welcome you to show off your culinary skills on Instagram Story or Facebook throughout the cooking process by tagging us @farmersandfishermenpurveyors. This unique and delicious dish was inspired by the talented Chef Adrian Gutierrez of Paces & Vine (Vinings, GA). We're proud to share with you a little bit about the talent that comes out of this neighborhood restaurant!

## **CHEF ADRIAN GUTIERREZ OF PACES & VINE (VININGS, GA)**

Chef Adrian Gutierrez, who has served as the Culinary Specialist for the US Navy from 95' to 2000, serves up delicious Contemporary American Cuisine at this award-winning Vinings restaurant! It has been rated one of the 'Best Atlanta Restaurants' and is beloved by many!

**FOR EVERY PACKAGE OF STAR-K KOSHER GROUND BEEF OR RIBEYE**

**STEAKS, AND FOR EVERY POUND OF KOSHER BRISKETS SOLD THRU JULY**

**3RD SHIPMENT, WE WILL CONTINUE TO SPLIT \$1 EVENLY BETWEEN**

**FRIENDSHIP CIRCLE ATLANTA & ATLANTA SCHOLAR'S KOLLEL**

**4TH OF JULY SWEETNESS**

**KEY LIME PIE BY LINTON HOPKINS**

1 per pack | 25.95/each

**PECAN PIE BY LINTON HOPKINS**

1 per pack | 25.95/each

**DESSERTS BY PROOF OF THE PUDDING**

4 great options | 12.95/each



**PLEASE SHARE YOUR EXPERIENCE ON YELP/GOOGLE | 770.441.1100 | WWW.FARMERSANDFISHERMEN.COM**