

SOUTHBROOK VINEYARDS

bioflavia[™]

organic red wine grape skin powder

Bioflavia Recipes

Volume 1



Bioflavia Lamb Rissoles

You will need the following:

1. Minced Lamb
2. Eggs
3. Shallot Finely Diced
4. **Bioflavia** Powder
5. Sea Salt and Black Pepper
6. Fresh Parsley (Chopped)
7. Fresh Mint (Chopped)
8. Mustard and a splash of low sodium Soya sauce

There are no quantities as they change depending on how much I am making and how moist the lamb is. I will put in a lot of mint, you can add as you are mixing and smell it to judge, one egg is good for approx. one pound of meat. I add enough powder to bind the meat but not so much to make it dry. Common sense is your guide with this favourite.

Put all the ingredients in a bowl. I prefer to mix by hand.
Form into small 2oz. patties.

To cook, heat skillet, with a drop of oil, brown and flip, finish in 350 degree oven for 12 to 15 minutes.

Server them with a salad, or as part of a mixed grill.



Bioflavia Pizza Dough

You will need the following:

1. 1 pound (or about 3 1/2 cups) high gluten flour
2. 2 ounces **Bioflavia**
3. 3/4 cup warm water
4. 1 tablespoon vegetable oil
5. 1 1/2 teaspoon active dry yeast
6. 1 1/2 teaspoon sugar
7. 1 teaspoon salt

In a heavy-duty stand mixer fitted with dough hook, add the water, oil, yeast, salt, and sugar. Mix thoroughly until yeast has fully dissolved. Add flour and mix on low speed until all of the flour and water have mixed and a stiff dough ball forms, about 3 to 4 minutes. Stop mixing as soon as the dough ball forms as this type of dough should not be kneaded.

Place the dough ball into a large bowl and cover tightly with plastic wrap. Let the dough rise for 24 hours in the refrigerator before using. Please note that I cannot over-emphasize the importance of a 24-hour rising time since it is absolutely essential for the dough to develop its signature texture and, more importantly, its unique flavor! Do not skip this step!

Preheat your oven to 500 °F about one hour before you plan to bake the pizza.

Turn the dough out onto a large surface and dust with flour. Using a heavy rolling pin, roll the dough out very thin to form a large crust or cut ball in half to make smaller crusts, dust the pan lightly with flour or corn meal, place the dough in the pan and dock. Use the rolling pin to trim off the excess dough drooping over the sides of the pan. If you wish to cook the pizza directly on a pizza stone, then place the dough on a dusted pizza-peel, dock, and fold the edge over 1-inch all the way around and pinch it up to form a raised lip or rim.

Bake, on the lowest oven rack, rotating the pan half way through so that it cooks evenly, until crust is sufficiently browned and crisp, about 15 to 20 minutes. Remove the pizza from the oven and slide pizza out of cooking pan onto a large wire cooling rack or cutting board. Allow to cool for 5 minutes before transferring to a serving pan. This step allows the crust to stay crisp while it cools, otherwise the trapped steam will soften the crust.

Depending on my mood I top this pizza with things that might seem non traditional, I use roasted tomatoes and herbed oils instead of tomato sauce, also adding fennel or caraway seed in with the corn meal adds a nice variation.

- Brush the crust with oil, then top with caramelized Vidalia onions, and bake, as it comes out of the oven smear it with rich sour cream, chopped dill, cappers and smoked salmon, open a crisp Chardonnay, enjoy;
- A recent favorite, top with grated mozzarella, white cheese curds, roasted mushrooms and sprouted hemp seeds, great with wine or ale;
- Brush with oil, potatoes thinly sliced on mandolin, fresh rosemary, old white cheddar and smoked sea salt.



Bioflavia Pork Tenderloin

You will need the following:

1. 12 pcs of Pork Tenderloin Medallions (60-70 g each)
2. 125 g of **Bioflavia**
3. Salt and Pepper to Taste
4. 60 ml of Oil
5. 100 ml of Malivoire Rosemary Wine Syrup

Season Medallions and dredge one side with Bioflavia. Heat oil in an oven proof pan and sear pork - flour side down for about two minutes. Turn pork over and place in 375 degree oven for 5-6 minutes. Remove from pan and deglaze the pan with wine syrup to make a glaze.

Makes 4 servings.

Bioflavia Blend Baguette

You will need the following:

1. 5 1/2 cups of Unbleached Bread Flour
2. 1 cup **Bioflavia**
3. 2 tbs of olive oil
4. 1 tbs dry yeast
5. 1 tsp sea salt
6. 2tsp honey
7. 1 litre of luke warm water around 38 degrees Celsius

Add yeast to half of the water. In a mixing bowl, add all other ingredients. Use remaining water to rinse out yeast bowl.

Mix at low speed with dough hook for about 2 minutes. Set on speed 2 to knead for about 8 minutes. Take dough to a floured surface and cover for 30 minutes. Place on dusted baking trays and proof until double the size.

Make angled slices on top of bread, bake @ 365 degrees for 17-22 minutes.

Let cool on rack.

For the bread shots, cut baguette into pieces and roll into ball. Add whatever ingredient to customize your shot.

- Wild mushrooms
- Pearl onion and cheddar
- Olives and sun dried tomato

Bioflavia Oat Squares

You will need the following:

1. 3/4 cups of all-purpose flour
2. 1/4 cup of **Bioflavia**
3. 1/2 tsp of baking soda
4. 1/4 tsp cinnamon
5. 3/4 cup butter (add a pinch of salt if using unsalted)
6. 1/2 cup of brown sugar
7. 1/2 cup of granulated sugar
8. 1 egg
9. 2 tbsp milk or water
10. 1 tsp vanilla
11. 2 cups quick-chopped oatmeal (not instant)
12. 1/2 cup of chopped nuts or raisins (optional)

Preheat oven to 325 degree. Grease one 7x11" baking pan.

Prepare dry ingredients by measuring out flours, then baking soda, and cinnamon into large bowl. Stir together with a fork until well blended. Place butter in a large bowl. Stir, preferably with a wooden spoon, until creamy. Gradually stir in brown and granulated sugar. Then add egg, milk and vanilla. Stir vigorously until well mixed. Gradually stir in flour mixture until combined. Stir in oatmeal, then raisins or nuts, if using.

Pour the batter into the baking pan and smooth out with a spatula. Bake in center of 325 degree oven for 20-40 minutes or until a toothpick comes out clean.

Remove to a rack to cool. Keeps for about a week.

Bioflavia Granola

You will need the following:

1. 3 cups rolled oats or oat flakes
2. 1 cup rye flakes
3. 1 cup wheat flakes
4. 1 cup barley flakes
5. 1 cup spelt flakes
6. 1 cup sunflower seeds
7. 1 cup shredded coconut
8. 1 cup cashew pieces
9. ½ cup ground flax seed
10. ½ cup **Bioflavia**
11. 1 cup raisins or other dried fruit
12. ¼ cup oil
13. ¼ cup real maple syrup

Preheat oven to 375 F. Mix all grains, seeds, and coconut together in a large bowl.

Pour contents into a large baking pan or roasting pan. Drizzle oil over mixture and “chop” it in with a spatula, making sure it is well mixed in. Bake for 15 minutes.

Remove from oven, drizzle on maple syrup, and chop it in.

Bake for another 15 minutes.

Let cool for five minutes, place in a large container, and mix in raisins and or other dried fruit.



Crisp Bioflavia Flatbread

Scratch made crackers, easy as easy can be.

Hands-on time: 15 minutes

Time to table: 30 minutes for first tray, more for others

Makes 3 large rounds or a dozen individual size rounds or 4 dozen small crackers

1. 1 1/2 cups all-purpose flour, fluffed to aerate before measuring
2. 1/4 cup of **Bioflavia**
3. 1 teaspoon baking powder
4. 2 teaspoons kosher salt
5. 1 tablespoon fresh herbs, chopped (rosemary and chive work well)
6. 1/3 cup of olive oil
7. 1/2 cup of water

1 tablespoon olive oil, for brushing (optional, or other flavour oil)

More chopped fresh herbs (optional)

A flaky salt, such as Maldon (don't skip)

Toasted sesame seeds (optional)

Place a heavy baking sheet into the oven. Preheat to 450 degrees.

Break the dough into three parts. (For smaller individual rounds, divide each further into four pieces.) On a sheet of parchment paper the size of the baking sheet, roll the dough as thin as possible, working from the center out to fill the sheet (pasta roller can be used).

Brush the top with olive oil, sprinkle with fresh herbs and salt, any other toppings.

Slip the parchment onto the hot baking sheet and bake for 8 - 10 minutes until the edges are brown and crispy and the top is golden and browned in places. For the most crispness, err on the side of brownness.

Remove the parchment from the oven (cut into smaller size while still hot if required) and let cool. Cover tightly to store. Repeat with remaining pieces.