



GUS'NECTAR  
[www.gusnectar.com](http://www.gusnectar.com)

## CREATIVE USE IDEAS TO GET YOUR MENTAL JUICES FLOWING - THIS IS EASY, EASY!!

Gus Nectar Seasoned Extra Virgin Olive Oil = GNSEVOO

Fry, bake, grill (even in the winter with propane or electric)= F,B,G

USE EVERY DAY ON EVERYTHING! Studies show - helps lower cholesterol.

TO CHANGE THE FLAVOR of the OIL for VARIATION ON ANY FOOD AND OTHER USES:

2 - 3 TBL of any dried seasoning or 7 - 9 dried leaves will change the flavor of GNSEVOO when heated.

Can add - in addition to GNSEVOO, any 2 or 3 seasonings OR seasoning blend packet you might find, to change the flavor. Heated, GNSEVOO will act like a smooth blended base and NOT FIGHT THE SEASONINGS YOU PUT IN. RICH AND DEVELOPED FLAVOR!!

---

MARINADE: 2 - 3 TBL of rosemary and/or paprika or coriander or a seasoning packet and the juice of three lemons/lemon concentrate (Minute Maid brand = juice of 7 lemons) is great in marinade or for stir fry or coating fish, chicken or meat to F, B, G.

MARINADE: ANY OF VINEGARS OR BALSAMIC WITH GNSEVOO MAKES A GREAT MARINADE. VINEGAR TENDERIZES MEAT. Breaks down tough fibers.

---

Sandwich spread.

Use on potatoes, rice or noodles in micro, oven or grill (wrap in foil on grill).

On pastas and rice, GNSEVOO with or without vinegar (remember vinegar flavor goes away on hot foods when used moderately .

a few splashes for a medium dish).

Use in the place of garlic butter. It melts just like garlic butter and is more well rounded because of seasonings. You can always add more garlic powder (not granulated) and/or cheese if you wish, on bread. TRY THE FONDUE CHEESE (GREAT FLAVOR AND SOFT - EASY TO SPRINKLE ON) IN THE GOURMET OR DIARY SECTION OF YOUR GROCERY. STOCK UP AS IT'S USUALLY AVAILABLE ONLY DURING THE HOLIDAYS. BETTER GOURMET/DELI STORES USUALLY HAVE IT YEAR ROUND.

Mix with GNSEVOO and herbed or balsamic vinegars (ahead of time in a shaker or cup) on pizza. If you mix it in a cup, spread your fingers over it while sprinkling over food. It makes the crust brown and pulls the taste together using all the seasonings.

Fry any food with it. Get ready to smell the uniqueness of GNSEVOO when you use our chrome marinating pour spout with lid.

---

## VINEGAR TIPS:

ALL NATURALLY HERBED WHITE VINEGARS AND VANILLA BEAN AND NUTMEG 15 YR SEASONED BALSAMIC

(keep ingredients in bottle covered at all times)

YOU CAN MIX 2 OF THE VINEGARS AND/OR VANILLA BEAN, NUTMEG 15 YR OLD BALSAMIC TOGETHER FOR A DIFFERENT FLAVOR. TRY DIFFERENT COMBOS TO SEE WHAT SUITS YOU!

BELOW ARE OTHER USES BESIDES SALADS, PASTAS.

REFILL WHITE VINEGARS WITH WHITE, UNSEASONED RICE VINEGAR (FROM ASIAN STORE OR LARGE GROCERY STORE IN ETHNIC SECTION OR VINEGAR SECTION), WHITE WINE VINEGAR OR CHAMPAGNE VINEGAR. CAN CHANGE TYPES. ONCE A MONTH. POUR OUT ONLY HALF THE LIQUID AND REFILL WITH TYPE.

\*\*DO NOT USE UNSEASONED RICE VINEGAR WITH LIME, MINT VINEGAR.

TO MAKE AND SET UP YOUR REFILL JUGS WITH WHITE WINE VINEGAR - Buy 1 gallon of any white vinegar. Pour out half. Pour in Geikkeman's brand SAKE which is a dry rice wine (So, 1/2 gallon). Check around but I've found that that's the cheapest. DO NOT USE SWEET SAKE. You can custom blend it to make it stronger.

**CHAMPAGNE VINEGAR** - Do the same as above but use EXTRA DRY BRUT NOT JUST BRUT CHAMPAGNE. Any inexpensive brand will do.

**FOR FAT FREE FLAVORED ALMONDS**, TAKE A FEW SMALL COREL DISHES OR 9 INCH BAKING PANS - NUTS OF CHOICE - SPLASH GENEROUSLY ANY VINEGAR ON NUTS. ROAST. FREEZE LITTLE MEAL SIZE BAGGIES. DO THEM BEGINNING OF YEAR IN WINTER AND YOU'LL HAVE THEM FOR 6 MONTHS OR LONGER.

THE DILL IMPARTS VERY LITTLE DILL FLAVOR BUT THE OTHERS ARE GREAT.

### **CARMELIZED ONIONS:**

SPLASH HALF ANY OF THE VINEGARS, HALF GNSEVOO.

DO A FEW SMALL FRYING PANS (EACH DIFFERENT FLAVORS OF VINEGARS) WHILE YOU'RE DOING LAUNDRY OR SOMETHING MUNDANE AND STIR OCCASSIONALLY FOR ABOUT 40 MINUTES ON LOW/MED HEAT.

MIGHT NEED ANOTHER GOOD SPRINKLE OF VINEGAR HALF WAY THROUGH FOR EXTRA FLAVOR. \*TASTE AND CK. FREEZE LITTLE MEAL SIZE BAGGIES.

Seasoned aged Balsamic aaahhhhh!!! Sweet and smooth!! If you hate Balsamic because it tasted sharp and vinegary (that means very young) - taste this!! We have a 8.50 oz and 19 oz with a shaker insert.

### **VANILLA BEAN AND NUTMEG 15 YR OLD BALSAMIC VINEGAR**

- Rub raw garlic or powder on meat and splash our Vanilla bean/Nutmeg Balsamic. MARINADE meat, chicken, lamb or pork with our Balsamic.

**LEMON, DILL, GARLIC VINEGAR** - Good for anything you want to brighten up. Hot or cold salads and pastas. Deodorizes fishy fish and the lemon makes anything lively.

**LIME, MINT, GARLIC VINEGAR** - (Combinations of dark greens and rice or pasta with: all fish including salmon, lime chicken with Tabasco, chili powder or paprika (these 2 not hot spices) lamb, beef, pork.

**RED BASIL, GARLIC VINEGAR** - Great for stir frying or on any fresh greens. Obtain that Mediterranean flavor on salads, etc, dipping or marinating tough meats or chicken. Try marinating for 2 -

1/2 hr. Marinating time varies.

Great on all greens, meat, and chicken. Boil turnips or roots with straight red basil, garlic vinegar. Takes all bitterness away and leaves you with a delicate red basil flavor and a soft texture. Can puree and add seasonings to make a turnip soup.

**CHIPOTLE CHILI PEPPERS, CILANTRO, GARLIC VINEGAR** - Mix this with GNSEVOO to taste on salads, pastas, pizzas and sprinkle generously. Pizza will brown better with the GNSEVO mixture. Use on fish, chicken, meat, ribs, tacos and burritos. Also delicious with bell peppers and goat, parmesan, swiss or swiss fondue cheese found year round at large grocery stores in specialty cheese section and specialty stores.

Splash on while F, B, G food to taste.

A LEVEL 2 RE: HOTNESS ON A SCALE OF 1 TO 10. 1 BEING THE WEAKEST.

**BALSAMIC VINEGAR** - Great on strawberries and ice cream. It can be reduced in fry pan for thicker consistency. Make a big batch like a 1/2 pint for future use.

**GINGER, LEMON, GARLIC, SOY LITE** - Good on everything. So zesty - can use on salads without oil for fat free flavor. Just use lemon or Minute Maid lemon juice from frozen section where lemonade is.

**GREAT SALMON MARINADE** works only on salmon.

Marinate overnight or 2 - 3 hrs.

¾ - 1 cup or to taste: GNSEVOO in pan or just use dry seasonings from packet as part of use.

or in pan:

1 can of cheap beer

¾ bottle of lemon/dill/garlic vinegar (acid will cook the flesh through so your cooking time is half.)

Dried onions (not fresh)

Powdered garlic

---

RECIPE: Try adding sage (2 - 3 TBL or 7 dried leaves) to GNSEVOO in a pot ½ submersed with 1 to 2 lbs of shrimp shelled (not worth the time or mess to peel for a \$1-2 more per bag) or chicken strips instead of water to cook.

Stir occasionally until done. This is great on a bed of lettuce or spinach topped or separately on a plate with rice, noodles, potatoes and veggies with our smooth Vanilla bean and Nutmeg 15 yr old smooth Balsamic. Finish, if you have time with feta, parmesan or romano (saltier) cheese!! Should take 15 - 20 minutes total. I have never had a guest say this is not great!!

---

## **Gus' Smoked Turkey Wrap**

1 - Sun-dried Tomato Wrap  
3 slices deli style smoked turkey  
1/2 Ripe Avocado Sliced  
1/2 Roma Tomato Sliced  
1 Romaine Lettuce Leaf  
1 thin Slice Red Onion diced  
1 slice Provolone Cheese cut in strips  
1/4 t Chipotle Dried Pepper Granules  
1 t GNSEVOO

Layer ingredients on wrap  
Sprinkle with Chipotle peppers & GNSEVOO

Wrap it up ENJOY!

---

## **Gus' Marinated Grilled Salmon**

2 - 8 oz Wild Salmon Fillets  
1/4 c GUS' NECTAR  
1/4 c chopped Green Onion  
1 t Chipotle Dried Pepper Granules

Place Salmon in Ziplock Bag  
Add GNSEVOO Green Onion & Chipotle  
Pepper Granules s. Shake well to mix  
ingredients and cover all sides of the  
salmon.

Marinade 1-2 hours

Place Salmon on heated grill

Grill 5-7 min per side or until Salmon flakes

---

## Gus' Easy Chicken w/ the Chicken Baker by Vangeli

Simply fill the inner cup 2/3 full with your favorite wine and herbs.

Rub liberally a mixture of GNSEVOO, more of your favorite herbs, course ground pepper and salt to taste, under the skin , in the cavity and outside of a 4.5 lb chicken. (Let marinade in fridge for 4-8 hrs)

Place the chicken with cavity side down over inner cup of the Chicken Baker by Vangeli so that it is sitting upright. Plug the neck hole with a foil plug.

Place in a cold oven and slide a cookie sheet under pottery.

Heat oven to 500 F and bake for 20 minutes, then turn down to 350 F. Bake for approx another 1.25 to 1.5 hours.

The steam of the liquid will keep the chicken moist as it cooks from the inside.

CAN'T BE BEAT!

