

MAMO'S COOKBOOK

featuring

MAMO'S GARLIC SAUCES



BY MICHELLE D. DEAN

MAMO'S Family



In loving memory of the grooviest hubby in the universe, Brian Kevin Dean; my soul mate, best friend, eternal partner and baby daddy. **MAMO'S Garlic Sauce** would not be what it is today without Brian and his brilliant vision, enduring support and unwavering confidence in my creation.



Much love and appreciation for our extraordinarily groovy and talented daughter, Kevin Marley Dean. She is STILL MAMO'S Garlic Sauce's biggest fan.

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EVOO = Extra Virgin Olive Oil

Please note: I do not know what I am doing, and it's my cookbook. So feel free to experiment, substitute, exchange, or omit anything from any recipe. All of my recipes are "ish", and every ingredient except MAMO'S Garlic Sauce is optional. These recipes are really more of a guideline than anything else. If you have any recipes you would like me to post on our web site, please email them to me at mamosgarlicsauce@gmail.com. Thanks and enjoy!!!!

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Feel free to exchange garlic sauces in each recipe. Some recipes can be used with both Black and/or Gold; it's really a matter of preference.

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GOLD APPETIZERS

For a delightful yet super simple appetizer, serve **MAMO'S GOLD** Garlic Sauce in a bowl with your favorite veggies, bread, crackers, chips, etc. for a delectable dipping experience.

GROOVY GUACAMOLE

2 avocados
2-6 fresh jalapenos, seeded & chopped
2 Tbs. **MAMO'S Gold**
3-4 Tbs. cilantro, chopped
1 medium tomato, chopped
Juice from medium lemon
Dash of Tabasco

Lightly mash avocados with **MAMO'S** still leaving avocados kind of chunky. Mix in tomatoes, cilantro, jalapenos, lemon juice and a dash of Tabasco. ENJOY!!!!!!!

DELIGHTFUL DEVILED EGGS

6 medium-hard boiled eggs
1 Tbs. **MAMO'S Gold or Black**
2 Tbs. parsley or microgreens, finely chopped
pepper, salt and paprika to taste

Cut eggs in half lengthwise. Spoon out yolk and mix with **MAMO'S** and salt and pepper to taste. Spoon back into egg whites and top with a sprinkle of paprika and parsley.

OYSTERS FOY

1 dozen oysters on the half shell
3 tsp. **MAMO'S Gold**
1 lemon
Tabasco to taste

Preheat oven to 450. Place oysters on their shells on a baking sheet. Dollop each oyster with ¼ tsp. of **MAMO'S** then add a drop of Tabasco on each one. Bake for 3 minutes and then broil until lightly browned. Squeeze lemon over oysters and serve.

SAVORY SHRIMP DIP

8 oz. cream cheese, softened
4 oz. sour cream
3 Tbs. **MAMO'S Gold**
2 Tbs. lemon juice
2 Tbs. capers, chopped
¼ lb. boiled shrimp chopped
3 Tbs. green onion stems
and/or microgreens, chopped

Combine cream cheese, sour cream, **MAMO'S** and lemon juice. Mix well. Fold in capers, shrimp and green onions/microgreens. Chill for 30 minutes and serve with your favorite crackers or chips.

GROOVY GARLIC BREAD

Your fave bread
MAMO'S Gold
Dried oregano

Turn on broiler. Spread **MAMO'S** on bread and sprinkle with oregano. Broil until browned and bubbly.

PIQUANT PARTY WRAPS

8 oz. pkg crescent rolls
8 tsp. **MAMO'S Gold**
3 Tbs. green onions and/or microgreens, chopped
Small sausages
Fresh sage, finely chopped
1 egg yolk, whisked

Cut each crescent roll triangle in half. Spread ½ tsp. **MAMO'S** on dough, add sage, then wrap around a sausage. Brush egg yolk on each party wrap and bake according to the directions on the crescent can.

CRAZY COTTAGE CHEESE DIP

1 pint small curd cottage cheese
2 Tbs. **MAMO'S Gold**
2 Tbs. curly parsley, finely chopped
2 tsp. pimentos, diced
Dash red wine vinegar (optional)

Mix **MAMO'S** into cottage cheese until well combined, Add the rest of the ingredients. Salt and pepper to taste. **This would work with MAMO'S Black as well.*

AT A MOMENT'S NOTICE ONION DIP

16 oz. container sour cream
4 Tbs. **MAMO'S Gold**
4 green onions, chopped

Mix everything together and serve with your fave chips or crackers.

GROOVY GARLIC WINGS

12 chicken wings and/or drumettes
4 Tbs. **MAMO'S Gold**
1 Tbs. olive oil
2 Tbs. thyme, fresh or ground
Salt and pepper to taste

Pat each piece dry. Whisk together garlic sauce and olive oil, then toss with chicken. Sprinkle thyme, salt and pepper and toss again to completely coat. Bake at 350 for 15 minutes, then broil on high for about 5 minutes, or til golden brown. ENJOY!!!

SAVORY SALMON SPREAD

8 oz. can salmon, mostly drained
8 oz. cream cheese
2 Tbs. **MAMO'S Gold**
1/3 cup finely chopped green onions or chives
1 Tbs. fresh parsley, chopped
1/3 capers, drained
1 Tbs. lemon juice
Tabasco to taste

Flake salmon into softened cream cheese and mix. Add capers, chives, **MAMO'S Gold** and lemon juice and mix well. Add Tabasco to taste, sprinkle with parsley and serve with your fave crackers or chips.

Feel free to get creative with MAMO'S Garlic Sauces. We are only limited by our imaginations, after all.

MINI STUFFED SWEET PEPPERS

1 lb. mini bell peppers, cut lengthwise,
seeds removed
8 oz. goat cheese
2 Tbs. **MAMO'S Gold**
1 Tbs. honey
Salt to taste



Preheat oven to 400. Mix goat cheese with **MAMO'S** and spoon into each pepper half. Drizzle a little honey and sprinkle with salt. Bake for 10 minutes, serve warm.

Fresh Garlic has long been used throughout history for its health and medicinal properties. It's a powerful anti-toxin that helps reduce blood pressure and cholesterol and fights infections. Garlic also contains cancer-preventative chemicals, retards heart disease, stimulates the immune system and destroys bacteria. One of the health benefits caused by sulfur compounds formed when garlic is chopped, crushed or chewed is known as allicin. The sulfur compounds from garlic enter the body from the digestive tract and travel all over the body, where it exerts its potent biological effects. It is highly nutritious but has very few calories, making it one of the best healthy foods around. A one ounce serving of garlic contains 23% Manganese, 17% Vitamin B6, 15% Vitamin C, 6 % Selenium and 0.6 grams of fiber. It also contains decent amounts of calcium, copper, potassium, phosphorus, iron and vitamin B1. This with only 42 calories, 1.8 grams of protein and 9 grams of carbs. Garlic contains antioxidants that protect against cell damage and aging. It may reduce the risk of Alzheimer's disease and dementia. It also reduced many clinical signs of toxicity, including headaches and blood pressure. Three doses of garlic each day even outperformed the drug D-penicillamine in reducing symptoms. Garlic also boosts your immune system. One study in menopausal women found that a 2 grams of raw garlic daily significantly decreased a marker of estrogen deficiency.

GOLD ENTREES

SAVORY MEATLOAF

1 lb. ground beef
1 medium yellow onion, finely chopped
3 bell peppers finely chopped
1 egg, whisked
2 Tbs. **MAMO'S Gold**
½ bunch curly parsley, finely chopped
1 cup Panko breadcrumbs
1/3 cup buttermilk (or your fave milk)
salt and pepper to taste
¾ cup tomato sauce
2 Tbs. **MAMO'S Black**

Preheat oven to 375 F. Mix together 1st nine ingredients. Place in loaf pan, shape evenly and bake at 375 for 40 minutes.

While meatloaf is baking, in a small bowl whisk together ¾ cup tomato sauce with 2 heaping Tbs. **MAMO'S Black**. Remove loaf from oven and spread the sauce over the meatloaf and bake another 15 - 20 minutes. Let rest for 10 minutes before serving. Enjoy!

Take the effort out of gourmet by simply spreading sauce on poultry, fish, meat, pork or veggies before cooking; the garlic roasts into the food and the almonds toast into a savory coating.

PERFECT PORK PICATTA

1 medium pork chop, bone in
Flour for dredging
¼ cup wine
1-2 Tbs. capers
1 Tbs. **MAMO'S Gold**
1 Tbs. EVOO
salt and pepper to taste

Salt and pepper both sides of the pork chop, brush **MAMO'S** on both sides, then lightly dredge through salted and peppered flour. Heat oil to cover bottom of pan, then pan fry 2 - 3 minutes each side. Remove and deglaze the pan with wine and capers and pour the sauce over the pork chop. Serve with some veggies and ENJOY!!!!!!

MARVELOUS GOLD MEAT SAUCE

1 lb. ground beef
½ yellow onion, diced
½ lb. cherry tomatoes, quartered
8 oz. your fave mushrooms, sliced
2 Tbs. EVOO
2 Tbs. **MAMO'S Gold**
½ package wide egg noodles
micro greens or herbs

Brown meat in EVOO. Before completely browned, add onions and garlic sauce and cook until browned. Add mushrooms and cook until softened, then stir in tomatoes until mixed thoroughly. Toss well, serve on pasta and garnish with micro greens and/or herbs.



SUCCULENT GOLDEN CHICKEN

Whole chicken
3 Tbs. EVOO
½ cup white wine
2 Tbs. **MAMO'S Gold**
1 orange, sliced
salt and pepper to taste
Butcher string (optional)

Heat oven to 450. Salt and pepper chicken - inside cavity, under skin and on top of skin. Mix EVOO with wine and **MAMO'S Gold** and brush over entire chicken (inside, underneath skin and outside of chicken). Add orange slices to cavity. Tie legs and bake at 450 for 15 minutes. Remove and baste with juices, turn oven down to 400 and cook for one hour, basting a couple of times. Remove and let rest for 5-10 minutes. ENJOY!!!!!!!!!!

PORK LOIN ROAST WITH FENNEL

2 lb. boneless pork loin roast
6 Tbs. **MAMO'S Gold**
2 fennel bulbs, cored and thinly sliced
2 medium red onions, thinly sliced
2-4 sprigs fresh rosemary
2 Tbs. EVOO
salt and pepper to taste

Preheat oven to 400. In a roasting pan, toss onions and fennel with EVOO and pepper. Coat pork loin with 4 Tbs. **MAMO'S**, sprinkle with rosemary and pepper, and place fat side up on top of fennel/onion mixture. Roast in the middle of the oven for 30 minutes. Remove from oven and reduce temperature to 350. Stir the onion/fennel mix, turn the pork over and baste with remaining garlic sauce. Continue roasting for 45 minutes. Remove from oven and let rest under tented foil for about 10 minutes. Carve the pork into ¼ inch slices and spoon onion/fennel mix over each slice.

TASTY GOLD TACOS

1 lb. ground beef
1 medium yellow onion, chopped
1 Tbs. avocado oil
2 Tbs. **MAMO'S Gold**
1 bunch cilantro, chopped
salt and pepper to taste



Cook onion in oil. Add beef and cook until tender and browned. Add **MAMO'S** and stir evenly throughout dish. Mix in cilantro and sprinkle salt and pepper to taste. Serve with lightly fried street taco shells, grated cheese, chopped cabbage, black olives, tomatoes and avocado.

SAVORY BEEF STEW

1 lb. your fave stew meat, cut into uniformed pieces
1 yellow onion, diced
2-3 Tbs. EVOO
2-3 Tbs. **MAMO'S Gold**
1 cup flour, plus 1 Tbs.
½ tsp. allspice
2 tsp. paprika
½ Tbs. tarragon, plus 1 tsp.
3 Tbs. dried parsley
2 Tbs. Worcestershire
1-2 bay leaves
2 boxes beef broth
4 cups potatoes, diced
2 cups carrots, sliced
½ bunch fresh parsley, chopped
salt and pepper to taste



Salt stew meat and toss with **MAMO'S Gold** until lightly coated. Salt and pepper flour, mix in 1 tsp. tarragon, crushed, and lightly dredge meat through mixture. Brown in your favorite oil on medium heat. While browning, add onion. Cook until the onion is translucent and the beef is browned, stirring gently. Add allspice, paprika, tarragon, dried parsley, Worcestershire, and bay leaves and stir together well. Pour 2 boxes beef broth over meat, stir and simmer for ~ 45 minutes. Add potatoes, bring to a boil, and boil for 10 minutes. Add carrots and reduce to simmer. Mix 1 Tbs. flour with 1/4 cup warm water and while stirring, slowly pour into stew to thicken. Add chopped parsley, and simmer another hour. Serve with hot, crusty bread and wine.

MAMO'S Garlic Sauces cure what ails you. They add a pop of flavor and lots of health benefits to whatever you eat.

FABULOUS FRIED CHICKEN

8 pieces chicken
1 cup buttermilk
2 Tbs. **MAMO'S Gold**
2 cups flour
Avocado oil for frying
salt and pepper to taste

Pat dry and salt the chicken. Whisk **MAMO'S** into buttermilk until well mixed. Split the flour on 2 plates and sprinkle both with salt and pepper to taste. Lightly dredge chicken through flour plate 1. Dip chicken in buttermilk mixture and then dredge through flour plate 2. Place in hot oil and fry until cooked through, about 15 minutes, turning occasionally.

RACK-N-ROLL RIBS

2 lb. rack of baby back pork ribs
½ cup **MAMO'S Gold**
salt and pepper to taste

Heat oven to 250. Salt both sides of ribs. Generously brush **MAMO'S** on each side and pepper to taste. Bake for 1 hour, turning once. Remove and brush remaining **MAMO'S** on both sides and grill over low heat for about 30 minutes.

Pink Himalayan Sea Salt contains several minerals not found in regular salt, such as potassium, magnesium and iron. Due to these minerals, the salt creates an electrolyte balance, increases hydration, and regulates water content both inside and outside of cells. It can also lower blood pressure and help reduce acid reflux.

GROOVY GOLDEN FRIED CATFISH

2 catfish fillets
1 cup flour
1 cup yellow corn meal
½ cup oil for cooking
2 Tbs. **MAMO'S Gold**
1 egg, beaten
salt and pepper to taste

Salt both sides of fish. Beat **MAMO'S** into egg. Put flour, seasoned with pepper to taste, on one plate and cornmeal seasoned with pepper on another plate. Dredge catfish through flour, dip in egg mixture, then dredge through cornmeal. Lightly fry fish in hot oil for about 2 minutes, turn over and fry another 1-2 minutes. Serve hot with lemon slices or tartar sauce.

EASY PASTA DISH

Egg noodles
1 Tbs. **MAMO'S Gold**
8 oz. mushrooms, chopped
Cherry tomatoes, halved
Fresh parsley or microgreens
1 Tbs. EVOO
salt and pepper to taste



Cook noodles per package directions. Heat oil in a pan and saute mushrooms. Add **MAMO'S** and let cook a bit while stirring. Toss in pasta, add tomatoes and greens and salt and pepper to taste. Enjoy!

(YOUR FAVE) FISH PICATTA

2 thin fillets of your fave fish
2 Tbs. **MAMO'S Gold**
1-2 Tbs. cooking oil
3 Tbs. capers
¼ cup wine
Lemon
salt and pepper to taste

Salt your favorite fish and spread **MAMO'S** on both sides. Heat oil and fry fish for 1-2 minutes, then turn and fry another 1-2 minutes. Remove from pan. Deglaze pan with wine until it's cooked down into a sauce. Add capers and stir. Pour on top of fish and serve.

Extra-Virgin Olive Oil is an ancient food that has been used for thousands of years. It is the only oil that is extracted from a fruit rather than a seed, nut, or grain. Extra-virgin olive oil is 100 percent unadulterated olive oil, meaning it is not heated or chemically processed. Instead, it is extracted from the olives purely by mechanical means (either by pressing or spinning the olives after they are mashed into a paste). The most superior of the olive oils, it has the most nutrition, a lower acidity than virgin olive oil, very low rancidity, and the strongest olive flavor. The closer the oil to the original olive source, the greater the concentration of heart protecting chemicals. Extra-Virgin olive oil contains no carbohydrates and is rich in vitamin E, a fat soluble vitamin that supports normal nerve conduction and plays a role in immunity. It is also a good source of vitamin K, which is another fat soluble vitamin that is responsible for blood clotting. In addition, extra-virgin olive oil is high in monounsaturated fat, which has been shown to increase good cholesterol (HDL) and lower bad cholesterol (LDL). Studies suggest that adding extra-virgin olive oil to your diet – about one to two tablespoons per day – can have anti-inflammatory effects by reducing c-reactive protein, which is made by your liver and sent into the bloodstream in response to inflammation. Other research suggests that consuming olive oil could protect us from cognitive decline, osteoporosis, and even improve the balance of bacteria in our guts. It is important to note that many of the healthy components of olive oil, such as phytonutrients, are present in high amounts only in virgin and extra-virgin olive oil.

PAN FRIED PORK CHOPS

2 thinly sliced pork chops, bone in
½ cup flour
2 Tbs. EVOO
1 Tbs. **MAMO'S Gold**
3 Tbs. capers
¼ cup white wine
salt and pepper to taste

Pat pork chops dry and salt and pepper both sides. Heat EVOO on medium. Spread ½ Tbs. **MAMO'S** on each chop, both sides. Salt and pepper flour, then dredge coated pork chops through. Cook until browned, 1-2 minutes each side. Remove and let rest. Deglaze pan with wine, making a roux. Stir in capers and serve over chops.

BEEF LOIN NEW YORK STRIP STEAK

½ lb. New York strip
2 Tbs. **MAMO'S Gold**
salt and pepper to taste

Brush **MAMO'S** on each side of steak, salt and pepper to taste and cook in hot pan about 2 minutes each side, or until desired doneness. Let rest for 5 minutes.

GRILLED GARLIC SHRIMP

12 large shrimp, peeled and deveined
1 Tbs. pepper
1 Tbs. **MAMO'S Gold**

Toss shrimp with **MAMO'S** and pepper and grill until pink, about 1-2 minutes each side. For easier grilling, use skewers.

CHICKEN TENDERS

1 lb. chicken tenders
1 cup buttermilk
2 Tbs. **MAMO'S Gold**
½ cup flour
½ cup flour, peppered
½ cup oil for frying

Pat chicken dry and salt both sides. Mix buttermilk with **MAMO'S**. Dredge chicken through flour, dip in buttermilk mixture, then dredge through peppered flour. Fry on medium high heat until golden, about 4 minutes each side.

SUPER EASY SALMON PATTIES

12 oz. can wild salmon, drained
2 Tbs. **MAMO'S Gold**
2 Tbs. fresh dill, chopped
1 medium shallot, or small onion, finely chopped
2 Tbs. lemon juice
1 Tbs. EVOO
lemon slices
salt and pepper to taste

Use fork to flake salmon into small pieces. Add shallot, dill, **MAMO'S**, lemon juice, salt and pepper and mix until well combined. Cover bowl with wrap and refrigerate at least 10 minutes. Remove mixture and shape into 4 patties. Return patties to fridge for at least 10 minutes. Heat EVOO in skillet until shimmering, and swirl so that it coats bottom of pan. Cook patties 3 minutes each side. Serve with lemon slices.

MAMO'S Garlic Sauces are “all in one” products. From breakfast through dessert, they will carry you smoothly throughout your cooking experiences.



DIVINE GOLDEN FRIED OYSTERS

6 large oysters
¼ cup buttermilk
1 tsp. **MAMO'S Gold**
½ cup cornmeal
Oil for frying

Pat oysters dry. Whisk buttermilk and **MAMO'S** together really well. Lightly dip oysters in buttermilk mixture, then dredge through corn meal. Cook in hot oil for a minute or so, turning once. Serve with your fave sauces and/or lemon slices.

GOLD SIDES

MASHED POTATOES

2 medium size potatoes per person, chopped
¼ cup buttermilk or your fave milk/cream
2 tsp. **MAMO'S Gold**
salt and pepper to taste

Salt potatoes, cover with water, and boil until soft (about 10 minutes). Heat buttermilk on low, then add about 2 tsp. of **MAMO'S Gold** and whisk. After draining the potatoes, pour the mixture over the potatoes and mash. Salt and pepper to taste.

HOMEMADE POTATO CRISPS WITH AIOLI

2 medium size potatoes per person, thinly sliced
1 tsp. EVOO
2 tsp. **MAMO'S Gold**
3 green onions, diced



Toss everything together and transfer to baking pan. Spread evenly over pan and bake at 450 for 20 ish minutes, flip and bake another 10 or so. Remove and transfer to paper towels to absorb any excess oil. Dip in **MAMO'S Gold** Aioli and enjoy. Easy to make, fun and healthy to eat. Serve with Golden Aioli.

GOLDEN AIOLI

½ cup mayo
2 tsp. **MAMO'S Gold**

Mix together well and enjoy as a spread, condiment or dip.

SAUTEED VEGGIES

½ bunch dandelion greens, including stems, chopped
½ bunch rainbow Swiss chard, including stems, chopped
1 leek chopped in large pieces
8-16 oz. Mushrooms, sliced
1 Tbs. EVOO
2 Tbs. **MAMO'S Gold**

Sautee veggies in EVOO until slightly softened. Add **MAMO'S Gold** and stir until everything combined and veggies softened.
Makes 4-8 servings.

AVOCADO MUSHROOM SALAD

½ lb. mushrooms, thinly sliced
1 Tbs. tarragon
1 Tbs. EVOO
1 Tbs. **MAMO'S Gold**
1 avocado, sliced
pepper to taste

Saute mushrooms in EVOO. Sprinkle with tarragon, then stir in **MAMO'S** and pepper. Serve over avocado slices.

ROASTED GARLIC ASPARAGUS

1 bunch asparagus, trimmed
1 Tbs. **MAMO'S Gold**
1 tsp. EVOO

Heat oven to 425. Toss ingredients together and roast for about 8 minutes.

GOLDEN RICE PILAF

1 cup rice, I like to mix wild and jasmine
1 Tbs. EVOO
1 medium onion, diced
1 Tbs. **MAMO'S Gold**
1 $\frac{3}{4}$ cup veggie, chicken or bone broth
 $\frac{1}{4}$ cup cashews
salt to taste

Cook onion in EVOO until soft and translucent. Stir rice into pan and cook until fragrant and toasted, stirring often. Add **MAMO'S** and stir well. Add salt, then broth. Bring to a boil, then reduce heat to low, add cashews and cover pot. Cook 15-18 minutes, until broth is absorbed. Remove from heat and let stand for 10 minutes. Fluff rice and serve.

SAUTEED CARROTS WITH SCALLIONS AND THYME

1 lb. carrots, sliced lengthwise and cut $\frac{1}{4}$ " diagonally, all about the same size
2 scallions, thinly sliced diagonally
2 Tbs. oil
1 Tbs. **MAMO'S Gold**
 $\frac{1}{2}$ cup chicken broth
4 thyme sprigs, leaves only
salt and pepper to taste

Heat oil and **MAMO'S** in pan, whisking until well mixed. Add carrots, onions, thyme and chicken broth. Salt and pepper to taste, reduce heat to lowest temp, then cover and cook for 6-8 minutes, until fork tender. Uncover and cook until almost all liquid is gone.

MAMO'S CAESAR SALAD

½ head romaine lettuce, torn
¼ cup EVOO
4 Tbs. red wine vinegar
1½ Tbs. **MAMO'S Gold**
2 Tbs. Parmesan cheese
½ cup croutons
pepper to taste

Tear romaine into smallish pieces. Add vinegar, **MAMO'S** and pepper to EVOO and whisk well. Toss with lettuce and top with croutons and parmesan.

PERFECT POTATO SALAD

2 lbs. new potatoes
3 green onions, chopped
1 cup sour cream
3 Tbs. **MAMO'S Gold**
4 Tbs. capers
2 Tbs. dill pickle relish
salt and pepper to taste

Quarter and boil potatoes. Mix the remaining ingredients together really well, then toss with potatoes. Cover and chill for at least 30 minutes. Salt and pepper to taste.

PAN FRIED OKRA

½ lb. okra
2 Tbs. Buttermilk
1 Tbs. **MAMO'S Gold**
½ corn meal, peppered
cooking oil

Remove tops of okra, then slice about ½ inch thick. Whisk **MAMO'S** with buttermilk. Toss okra in mixture until coated. Dredge okra through corn meal and lightly fry. Serve immediately.



GOLDEN ROASTED VEGGIES

Carrots

Mushrooms

Broccoli

Greens (your choice kale, dandelion, mizuna, swiss chard)

Green onions or leeks

1-2 Tbs. **MAMO'S Gold**, depending on how many veggies you use
salt and pepper to taste

Heat oven to 350. Slice veggies diagonally, then toss with **MAMO'S** and pepper. Roast for 20 minutes or so, and serve hot.

Please note: When it comes to pepper, I prefer freshly cracked.

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Almonds are packed with vitamins, minerals, protein, and fiber, and are associated with a number of health benefits. Just a handful of almonds — approximately 1 ounce — contains one-eighth of our daily protein needs. The health benefits of almonds have been documented for centuries – the multitude of benefits are an excellent reason to include almonds in your diet. Consuming almonds increases Vitamin E levels in the plasma and red blood cells, and also lowers cholesterol levels. Vitamin E is a powerful antioxidant that defends your cells against damage on a daily basis and prevents artery clogging oxidation of cholesterol. Almonds appear to be a protective factor for the development of breast cancer, and are often associated with improved levels of blood lipids.



Caution: The more you eat,
the more you eat

MAMO'S Garlic Sauces boldly go where no product has gone before. Completely addictive, with 6 extra healthy ingredients, MAMO'S adds a dimension to your life you never knew you needed.

BLACK APPETIZERS



BLISSFUL BAKED CREAM CHEESE

4 oz. can crescent dinner rolls

1 Tbs. fresh dill, minced, divided, plus sprigs for garnish

8 oz. cream cheese

1 Tbs. **MAMO'S Black**

1 egg yolk, beaten

Flour

Heat oven to 350. Unroll dough on lightly floured surface and press seams together to form a 12 x 4" rectangle. Slice cream cheese lengthwise down the middle. Spread **MAMO'S** on inside of cream cheese, sprinkle with dill and put back together. Sprinkle the top of the cream cheese with dill, and place in the middle of the dough. Bring the sides of the dough up snugly around cream cheese, pinching to seal. Place seam side down on lightly greased baking sheet, brush with egg yolk and bake for 21-22 minutes. Garnish with dill sprig and serve warm, with your favorite crackers.

CHARCUTERIE

Variety of sliced cured meats; salami, pepperoni

Variety of olives

Cheeses

1-2 oz. **MAMO'S Black**

Artisan Crackers

Serve on a board or tray and enjoy!

MAMO'S BLACK CRACKERS WITH TOMATOES

Your fave crackers

Cherry tomatoes, halved

Scallions, thinly sliced

MAMO'S Black

Spread **MAMO'S** on crackers, top with tomato halves and scallions to taste.

ARTISAN CRACKERS WITH CHEESE

Your fave crackers

MAMO'S Black

Your favorite artisan cheese

Spread **MAMO'S** on each cracker and top with a thin slice of cheese.

MAMO'S BLACK FRUIT AND CHEESE PLATTER

Apples, sliced
Pears, sliced
Strawberries, halved lengthwise
3 or 4 of your fave artisan cheeses
1-2 Tbs. **MAMO'S Black**

Serve everything on a platter and watch out! YUMMINESS!!!



BLACK BRUSCHETTA

2 roma tomatoes, diced
2 Tbs. fresh basil, chopped
1/8 cup Parmesan cheese, shredded
2 Tbs. **MAMO'S Black**
salt and pepper to taste
Loaf of French bread, toasted and sliced

Toss tomatoes, basil and Parmesan cheese together, then mix in **MAMO'S**, salt and pepper. Serve on toasted bread slices.

CAUTION: The more you eat, the more you eat!!!!!!

BLACK ENTREES

MARVELOUS MEATLOAF

See page 6

NOODLES WITH BOLOGNESE AND MUSHROOMS

½ lb. ground beef or bison
½ lb. ground hot Italian sausage
1 can (15 oz.) tomato sauce
1 can (15 oz.) crushed tomatoes
1 Tbs. EVOO
2 Tbs. **MAMO'S Black**
1 yellow onion, diced
8 oz. mushrooms, thinly sliced
4-5 medium vine tomatoes, chopped
1 bunch fresh parsley, chopped
Basil, ½ bunch fresh, or 2 Tbs. dried
salt and pepper to taste

Heat EVOO in large skillet. Add onions and cook until translucent. Add meat and cook until browned, stirring in **MAMO'S** while cooking. Add mushrooms and cook for a few minutes. Add parsley, tomatoes, tomato sauce, crushed tomatoes, salt and pepper to taste. Cover and simmer for 45 minutes. Serve over your fave pasta.
Buon Appetito!!!



SAVORY STUFFED BELL PEPPERS

- ¼ lb. Bison or ground beef
- ¼ lb. hot Italian sausage
- ½ Tbs. EVOO, plus some for drizzling
- 2 Tbs. **MAMO'S Black**
- ¼ cup tomato sauce
- ½ cup rice, cooked
- 2 small bell or 4 sweet peppers, diced
- 1 yellow onion, chopped
- Small can diced tomatoes, partially drained
- 2 tsp. basil, dried
- Grated cheese
- 4 medium bell peppers, top cut off, seeds and pith removed

Preheat oven to 350. Heat oil in skillet and cook onion until tender. Add bell peppers and cook for a few minutes. Add the meat and cook until browned. Whisk tomato sauce with **MAMO'S** and set aside. Pour diced tomatoes into skillet and stir. Mix in rice, add basil, salt and pepper and stuff the peppers with the mixture. Wipe baking dish with oil and place stuffed peppers in dish. Drizzle with EVOO, sprinkle with grated cheese and bake for about 45 minutes.

BLACK CAT FISH TACOS

1 catfish fillet
½ Tbs. **MAMO'S Black**
Juice from ½ lime
2 Tbs. EVOO
Street corn tortillas
Avocado oil for cooking
salt and pepper to taste

Pat fish dry and salt and pepper both sides. Whisk together lime juice and **MAMO'S**, and spread on both sides of fish. Heat EVOO and pan fry on medium heat for about 2-3 minutes each side. Remove from pan and let rest. Cook tortillas in avocado oil until pliable and let excess oil drain. Serve with chopped red cabbage, chopped greens, chopped green onions, chopped tomatoes, micro greens and lime wedges. YUMMMMMM!!!!



PERFECT PORK CHOPS

2 thick cut, bone in pork chops
2 sprigs fresh rosemary, minced
2 Tbs. **MAMO'S Black**

Preheat oven to 400. Pat each chop dry and salt and pepper each side. Brush 1 Tbs. **MAMO'S** over each chop, both sides. Sprinkle rosemary on each side and bake 6-10 minutes. Tent with foil and let rest for 5 minutes.

BLACK(ENED) SALMON

2 salmon fillets, about 6 oz. each
2 Tbs. EVOO
1 Tbs. **MAMO'S Black**
2 Tbs. parsley, finely chopped
salt and pepper to taste

Heat oven to 375. Pat salmon dry and salt and pepper skinless side. Lightly oil baking dish. Whisk EVOO and **MAMO'S** and spread over one side of each fillet. Skin side down, bake for about 20 minutes, remove and rest for a couple of minutes.

BLACK FLAT IRON STEAK FAJITAS

½ lb. flat iron steak
1 Tbs. **MAMO'S Black**
1 bell pepper, sliced
1 medium yellow onion, sliced
1 tsp. avocado oil
Juice from one lime
salt and pepper to taste



Whisk **MAMO'S** with oil and lime juice. Pat steak dry and salt and pepper both sides. Brush mixture over both sides of steak and pan fry on medium heat for 2-3 minute each side. Remove and let rest for 5 minutes, then slice. Serve with tortillas and your fave sides.

BAD ASS BLACK BURGER

½ lb. ground beef
½ Tbs. **MAMO'S Black**
1 tsp. cooking oil
Salt and pepper to taste

Mix beef with **MAMO'S**, salt and pepper to taste, then form 2 patties. Pepper one side of each patty and either pan fry or grill until desired doneness. Top with your fave veggies & condiments.

BLACK NEW YORK STRIP

½ lb. New York strip steak
½ Tbs. **MAMO'S Black**
1 tsp. EVOO
1 Tbs. avocado oil
salt and pepper to taste

Pat steak dry and salt and pepper both sides. Mix EVOO with **MAMO'S** and brush liberally on each side. Heat cooking oil over medium high heat and pan fry for 2-3 minutes each side. Let rest for 5 minutes before serving.

Black Garlic is raw, white garlic that has been treated with heat and humidity for a 30-120 day long fermentation process under strictly controlled heat and humidity. This very specific process results in a soft, jelly-like texture that is free from odor and has a taste similar to figs. The black color comes from the melanoidins, which are a product of the reaction between the sugar and amino acids naturally present in the garlic. During this process, the non-volatile ingredients of the raw garlic are preserved. From a nutritional point of view, black garlic has a similar content of allicin, the active ingredient in white garlic that imparts its benefits, but without the odor. Additionally, black garlic is rich in amino acids and has almost double the amount of antioxidants when compared to white garlic. It also contains an additional very specific compound called S-Allylcysteine (SAC) in very high concentrations, compared to white garlic, which is water soluble and thus absorbed easily within the body. S-Allylcysteine has been shown to assist with the absorption of allicin. This makes black garlic much more effective than white garlic for all the benefits mentioned above, and additionally it is well tolerated by the digestive system so the chance of gastric distress is completely minimized.

BLACK SIDES



ROASTED VEGGIES

Asparagus, cut diagonally
Leeks, cut diagonally
Brussel sprouts, halved, outer leaves removed
Pattypan Squash, chopped
Carrots, sliced in circles
Cherry tomatoes, whole
½ Tbs. EVOO
1 Tbs. **MAMO'S Black**

Preheat oven to 350. Whisk **MAMO'S** with EVOO, then pour over veggies and toss until coated. Roast for about 30 minutes. Tasty and healthy!!!!!!!!!!

Balasmic Vinegar contains antimicrobial compounds, acetic acid, and antioxidants. These components may help improve a person's complexion over time. Balsamic vinegar helps regulate blood sugar when eaten as part of a meal. Balsamic vinegar has an antiglycemic impact when consumed, meaning a person's blood sugar will spike less drastically after a meal and could help create a blood sugar plateau for a period of up to 5 hours following a meal. Acetic acid is the active compound in balsamic vinegar. This acid contains strains of probiotics that aid digestion. The probiotics found in acetic acid can help promote good gut health and digestion while supporting overall immune function. The probiotics in balsamic vinegar can also help make a person feel full for longer. Balsamic vinegar contains very few calories, is low in natural sugar, and is fat-free.

PERFECT POTATO WEDGES

4 yukon gold potatoes
1 Tbs. sour cream
2 Tbs. capers
1 tsp. EVOO
1 Tbs. **MAMO'S Black**
salt and pepper to taste

Preheat oven to 400. Cut potatoes into wedges and toss with EVOO. Salt and pepper to taste and bake for 20-30 minutes. Serve topped with sour cream, **MAMO'S** and capers. ENJOY!!!!!!!!!!

BALSAMIC GLAZED BRUSSEL SPROUTS

1 lb. brussel sprouts, outer leaves removed and then halved
1 tsp. EVOO
1 Tbs. **MAMO'S Black**
salt and pepper to taste

Heat oven to 400. Whisk EVOO with **MAMO'S** and thoroughly toss with brussel sprouts. Bake for 30 minutes and savor the taste.

BALSAMIC ROASTED POTATOES

2 lbs. small potatoes, halved
6-8 shallots, halved
rosemary sprigs
½ cup EVOO
2 Tbs. **MAMO'S Black**
1 bulb garlic, cloves separated and peeled
salt and pepper to taste

Heat oven to 400. Whisk the EVOO and the **MAMO'S** together well and toss with potatoes, garlic and shallots. Salt and pepper to taste and arrange in a single layer on baking pan. Sprinkle with rosemary and roast for 45-50 minutes, tossing twice, until crispy and golden. Serve warm.

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CAUTION: The more you eat, the more you eat!!!!!!

EASY EGG WITH AVOCADO

½ medium avocado
1 egg
Oil for cooking
½ Tbs. **MAMO'S Black**
salt and pepper to taste

Cut avocado in half. Remove seed and skin. Spoon **MAMO'S** into pit. Cook egg sunny side up and serve over avocado, with your fave sides.

BASIC BREAKFAST POTATOES

2 lbs. potatoes, chopped
1 medium yellow onion, diced
1 bell pepper, diced
1 Tbs. **MAMO'S Gold**
1 tsp. oil
Fresh parsley, diced
salt and pepper to taste

Heat oven to 350. Rub oil in baking dish. Toss together potatoes, onion, bell pepper, salt, pepper and **MAMO'S** and bake for 20 minutes. Remove and toss again, and bake for about 10 more minutes. Sprinkle with parsley and enjoy.



MAMO'S BLACK BAGEL

Bagel
Lox
Red onion, diced
MAMO'S Black
Capers
Cream cheese



Toast bagel, then spread cream cheese. Next, spread **MAMO'S** and add lox and sprinkle onions and capers on top. YUMMY!!!!

DELECTABLE GOLDEN TWO EGG OMELET

2 eggs, whites separated from yolks
1 tsp. water
½ Tbs. butter
1 tsp. EVOO
1 green onion, diced
8-10 mushrooms, sliced
½ Tbs. **MAMO'S Gold**
¼ cup grated cheese
salt and pepper to taste

Heat oil over medium. Sauté mushrooms and green onions until softened, then add **MAMO'S** and stir together well. Add salt and pepper to taste. Set aside. Beat egg whites until fluffy. Beat in yolks, then add water and whisk. Melt butter over medium heat and swirl pan until bottom is coated. Pour eggs into hot oil and let cook until eggs start to set, carefully lifting the edges with spatula throughout process to prevent sticking. As often as needed, tilt pan to let uncooked eggs fall to the edge of the pan. Once the bottom is set, but top is still a little wet, add veggies and cheese to one half, bring the other half over to cover, and serve.

POSITIVELY PERFECT PIZZA

Your fave pizza crust
Your fave toppings
3-4 Tbs. **MAMO'S Gold**

Heat oven to 375. Spread **MAMO'S** over the entire pizza, then top with fave toppings. Bake 10-15 minutes, depending on which crust you use. Now, step back because everyone will want a piece. **MAMO'S** makes a yummy substitute for pizza sauce.

NO BEANS CHALUPAS

8 street corn tortillas
oil for frying
2 Tbs. **MAMO'S Black**
Red cabbage, sliced
Avocados, cut into small pieces
Cherry tomatoes, quartered
Black olives, chopped
Microgreens, chopped



Fry tortillas in oil until crispy. Set on paper towels to drain. Spread **MAMO'S** on chips and top with veggies. Serve with your fave hot sauce. *Buen provecho!*

MAMO'S Garlic Sauces add a flair of gourmet to any dish. They are clean, simple and exceptionally healthy. They enhance the flavor of your food instead of masking it, allowing you to enjoy your food at its best.

BLACK VEGGIE SANDWICH

Your fave sandwich bread
½ Tbs. **MAMO'S Black**
½ Tbs. cream cheese
Cherry tomatoes, diced
Cucumbers, thinly sliced
Micro greens, chopped
salt and pepper to taste

Spread **MAMO'S** on one slice of bread and cream cheese on the other, top with veggies, salt and pepper to taste and serve with your fave chips.

FANCY FOCACCIA CHICKEN SANDWICH

Focaccia, sliced lengthwise in half
1 Tbs. butter
1 Tbs. **MAMO'S Black**
Sliced chicken breast (see chicken recipe p 11)
Slice Swiss cheese
Dandelion greens
Microgreens
Tomatoes

Melt butter in skillet.
Place the inside of
the bread down and
cook in butter for a
minute. Remove and
spread **MAMO'S** on
the inside of each
slice. Add sliced



chicken and cheese, put back together, and cook for about 2 minutes on each side, pressing down with spatula. Remove again, add veggies and microgreens, put back together and cook about a minute each side. Add butter as necessary while cooking.

TASTY BLACK TOMATO SOUP

6 cups fresh tomatoes, chopped
1 leek, chopped
Fresh basil, chopped
1 quart vegetable broth (or bone or chicken broth)
2 Tbs. butter
2 Tbs. flour
4 Tbs. **MAMO'S Black**
salt and pepper to taste

Place tomatoes, leeks and broth in a large soup pot. Bring to a boil and then reduce heat to low and let simmer 20 minutes until the tomatoes burst and the onions are soft. Season with salt and pepper. Transfer mixture in batches to a blender, and puree until smooth. Heat butter in another large soup pot over medium heat. Add flour, whisking until mixture turns golden brown. Season with salt and pepper. Whisk some of the pureed tomato soup into butter-flour roux. Stir in **MAMO'S Black**, add the rest of the soup, and heat until tomato soup thickens. Ladle the soup into bowls, and serve, garnished with chopped fresh basil, and/or basil micro greens. Serve with grilled cheese. Dip sandwich in **MAMO'S Black** for a decadent flavor experience. YUM!!!!



PATTYPAN SQUASH SOUP

1 leek, chopped
2 cups potatoes, chopped
1 Tbs. **MAMO'S Gold**
4 Tbs. EVOO
3 cups broth
2 small sweet yellow onions, chopped
1 cup carrots, chopped
2-3 pattypan squash, chopped (Should equal about 2 cups)
1 Tbs. flour
2 Tbs. mint
2 Tbs. Sage
¼ cup your fave milk (I use buttermilk)
salt and pepper to taste

Sautee onions in EVOO until soft. Slowly add flour, whisking until thickened. Add carrots, squash and potatoes and stir until soft. Add **MAMO'S**, mint and sage and cook for a few more minutes, stirring. Salt and pepper to taste, add broth and bring to a boil. Turn down to simmer, and cook covered for about 15 minutes. Let cool for about 10 minutes, then put in blender and blend in batches. Transfer back to pot, stir in milk and simmer for another 10 minutes or so. Top with your fave garnish and enjoy!!!!!!!!!!



Y'ALL'S RECIPES

Tons of thanks to our loyal supporters, faithful customers, and all of **MAMO'S** fans. Thanks a bunch for sharing your recipes; I encourage everyone to continue to share. Be prepared for yumminess ahead.....

MARINATED KALE AND GREEN BEAN SALAD

1 bunch kale, leaves torn off stem and blanched
½ cup sliced almonds
½ lb. green beans, ends snapped off
Juice from ½ lemon
Juice from ½ orange
1 Tbs. EVOO plus a titch
½ Tbs. **MAMO'S Black**
½ Tbs. **MAMO'S Gold**
salt and crushed red pepper to taste

Heat oven to 400. Whisk orange juice and lemon juice with **MAMO'S Black**, pour half over kale, toss and put in fridge. Spread almonds in roasting pan, add a titch of EVOO and a pinch of salt and roast for 15 minutes. Set aside. Heat EVOO and toss green beans in, adding salt and pepper flakes to taste. Remove from stove while still crispy and toss with **MAMO'S Gold**. Toss almonds into kale, toss in green beans and serve.

Courtesy of Sarah Jackson

BAKED KALE CHIPS

1 bunch kale, leaves torn off of stem
2 Tbs. **MAMO'S Gold**
salt to taste

Heat oven to 400. Use hands to toss **MAMO'S** with kale until all coated. Add salt to taste and bake for 10 minutes. Remove from oven, toss again and bake for 2-3 minutes. Let rest a few minutes to allow them to crunch up.

Courtesy of Sarah Jackson

BLACK SALMON WITH GOODIES

Salmon
Mushrooms
Capers
Onion sliced
EVOO
Brussel Sprouts
Leaks
MAMO'S Black



Liberally smear salmon with **MAMO'S**, place on heavy duty foil. Toss mushrooms, capers and onions with EVOO and cook all together on the grill til done. "I do it in a skillet sometimes too. I made Brussel sprouts and leaks with **MAMO'S** last night in a skillet. Delicious!!! I could drink that stuff."

Courtesy of Jennifer Jackson

BLACK TURKEY MARINARA

1 lb. ground turkey
1 jar Racconto marinara sauce
2 Tbs. **MAMO'S Black**
Garlic Salt
Egg noodles

Brown turkey and season with garlic sauce while cooking. Stir in **MAMO'S** until well mixed, then add marinara. Serve over noodles.

Courtesy of Abigail Kostroun

CHRIS' PLANT POWERED PASTA WITH MAMO'S PESTO!

2 cups spinach
2 cups frozen peas
3 Tbs. **MAMO'S Gold**
3 Tbs. olive oil, plus 1 Tbs.
3 Tbsp Parmesan cheese
1 cup fresh basil, chopped
1 onion, chopped
8 oz. mushrooms, sliced
salt and pepper to taste
Your fave pasta

Boil pasta. Add spinach and peas near the end of the cooking time. In a large skillet, heat 1 Tbs. olive oil and cook onions and mushrooms, salt and pepper to taste. In a small food processor, add **MAMO'S**, olive oil, Parmesan cheese and fresh basil. Combine pasta with mushrooms and onions when al dente and add pesto. "Holy Crap! Plant powered pasta with pesto is a winner! Stir and enjoy! Come on, man!"

Courtesy of Chris Kirkpatrick

MICHAEL'S MAGNIFICENT MUSHROOMS

Large portabella mushrooms caps

Fresh mozzarella cheese, grated

Fresh tomatoes, chopped

MAMO'S Black

Oregano

Olive oil

salt and pepper to taste

Heat oven to 350. Spread **MAMO'S** in the mushrooms, add tomatoes, sprinkle cheese, add spices and bake for about 40 minutes.

Courtesy of Michael Coppola and Marcey White

GOLDEN HONEY GRILLED CHICKEN

1 part **MAMO'S Gold**

2 parts honey

Chicken or salmon

Mix honey and **MAMO'S** and glaze chicken or salmon with it. Grill until done. Drizzle glaze on top before serving.

Courtesy of Michael Coppola and Marcey White

EASY MAMO'S GOLD GARLIC DRESSING & MARINADE

2 Tbs. **MAMO'S Gold**

1 Tbs. Dijon mustard

1/3 cup balsamic vinegar

2/3 cup EVOO

salt and pepper to taste

Whisk together all ingredients except EVOO. After whisking, slowly add EVOO and continue to whisk. "Viola"

BAKED GOLDEN OKRA

Fresh okra, cut in half lengthwise
1 tsp. **MAMO'S Gold**
1 tsp. EVOO
Pepper
Onion powder
Smoked paprika
salt and pepper to taste



In a bowl mix olive oil with **MAMO'S** and mix. Drizzle over the okra and sprinkle with seasonings. Put into air fryer for 5-10 minutes or bake in the oven. “Let your imagination go wild by trying different seasonings, or just **MAMO'S** with salt & pepper.”

Courtesy of Fifi Patterson Compton

QUICK AND EASY MAMO'S GARLIC TOAST

Bread of your choice
MAMO'S Gold
Everything but the bagel seasoning

Spread **MAMO'S** on the bread and sprinkle, sprinkle seasoning and toast under broiler. “Cut and serve with pasta or anything your heart desires! If it has **MAMO'S** on it, you can't go wrong.”

Courtesy of Fifi Patterson Compton

PERFECT PASTA

Your fave pasta

½ cup plant based butter or olive oil

1 Tbs. **MAMO'S Gold**

1 onion, chopped

3 carrots, sliced

8 oz. mushrooms, sliced

Kale, torn

Cherry tomatoes

Fresh basil

salt and pepper to taste



Prepare pasta as directed. In separate skillet heat butter or olive oil and **MAMO'S**. Cook onions, mushrooms, kale and carrots in the garlic butter sauce. Cut cherry tomatoes in half and add towards the end. Throw in some fresh basil and pour over pasta. “Simple and YUMMY.”

Courtesy of Fifi Patterson Compton

MAMO'S CREAM GRAVY

4 Tbs. flour

2 Tbs. plant based butter

Almond milk

1 tsp. **MAMO'S Gold**

Smoked paprika

salt and pepper to taste

In skillet, melt butter with **MAMO'S**. Whisk in flour, then add milk a little at a time, whisking constantly until thickened. Add spices. Serve with your fave sides.

Courtesy of Fifi Patterson Compton



1997



2012



2016



ZUCCHINI SQUASH MEDLEY

- ½ Tbs. cooking oil
- 1 medium yellow crookneck squash, sliced
- 1 medium zucchini, sliced
- ¼ cup onion, any variety, sliced
- 1 Tbs. **MAMO'S Gold or Black**
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ cup Parmesan, shredded
- Fresh parsley, chopped (optional)

Heat oil in large skillet over medium heat. Add onions and cook until translucent, but not browned. Add **MAMO'S** and cook for 1 more minute. Add zucchini, squash, salt and pepper, reduce heat to low and cook for 15-20 minutes. Remove from heat and add Parmesan. “Add fresh chopped parsley to be fancy 😊”.

Courtesy of Victoria Glomb

WENDY'S SASSY SALSA

6 lbs. tomatoes
1 onion, diced
1 Tbs. chili powder
1 Tbs. **MAMO'S Gold**
1 tsp. Cumin
½ green pepper, chopped
½ red pepper, chopped
3 jalapeno peppers, chopped
Cilantro to taste, chopped
½ cup vinegar
½ cup sugar
Juice from 1 lime
salt and pepper to taste

Put first 9 ingredients into a food processor or blender. Pour into sauce pan, add sugar and vinegar and cook to simmer. Mix in lime juice.

Courtesy of Wendy Drush

CROCKPOT SHOULDER ROAST

Rub **MAMO'S Gold** on roast. Stick in sprigs of fresh rosemary. Add carrots potatoes and onions in crockpot. Let cook with enough water to come to bottom of roast. Should fall apart when done.

Courtesy of Wendy Drush

MAMO'S TASY GARLIC & OLIVE SALAD DRESSING

½ cup EVOO
2 Tbs. kalamata olive spread
2 tsp. Braggs or soy sauce
2 Tbs. **MAMO'S Gold**

Mix all ingredients really well and toss with your fave salad.

Courtesy of Paula Trujillo

CREAMY GARLIC TORTILLA SOUP

2 Tbs. olive oil
2 Tbs. butter
4 medium onions, chopped
2 quarts chicken broth
2 Tbs. ground cumin
1 Tbs. pepper
1 tsp. cayenne pepper
1 cup **MAMO'S Gold**
10 oz. tortilla chips, slightly crumbled
4 oz. can diced green chilis
1 cup cream

Heat oil in soup pot on medium high. Add onions and sautee until translucent. Add butter and **MAMO'S**, reduce heat to medium low, stirring occasionally until onions begin to caramelize, about 20-30 minutes. Add broth and spices and bring to a boil. Stir in chips and remove from heat. Cover and let stand 10 minutes. With hand blender or food processor, process until all chips are finely chopped. Add green chilies and cream, and heat until just under a boil. Enjoy.

Courtesy of Delaine Jechow

MAMO'S CUBAN BEEFSTEAK

6 beef loin strip steaks, trimmed, about 2 lbs.

3 Tbs. **MAMO'S Gold**

1 tsp. dried oregano

1 tsp. pepper

2 Tbs. vinegar

2 Tbs. olive oil

6 large sourdough bread slices

1 Tbs. **MAMO'S Gold**

¼ cup softened butter

3 Tbs. olive oil

2 cups onion, sliced

6 oz. jar roasted sweet red peppers, drained

½ cup stuffed Spanish olives, coarsely chopped

2 Tbs. cilantro, chopped

Pound beef with mallet to tenderize and thin out. Mix **MAMO'S** with oregano, pepper, vinegar and olive oil in small bowl. Rub on steaks and refrigerate 30-45 minutes. Remove.

Mix **MAMO'S** with butter in a small bowl, spread on bread slices and pan grill over medium high heat until toasted, then remove and set aside.

In same skillet, cook the onion in olive oil over medium heat until golden. Set aside. Increase heat to high and sear the steaks on both sides until brown. Add cooked onions, peppers, olives and any remaining garlic mixture. Cover and reduce heat to medium low, and cook for 2 more minutes. Place a steak on each grilled bread slice, top with veggies, pan juice, and cilantro. Serves 6.

Courtesy of Melissa Juarbe

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Vegan! Low Carb! Absolutely NO Gluten, Soy, MSG, Artificial Preservatives, Cholesterol, Trans Fat, Corn Syrup or added Sugar.

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Serv. Size 1 Tbs (16g)	Total Fat 6g	9%	Total Carb. 2g
Serv. Per Cont. 10,45	Sat. Fat .05g	4%	Dietary Fiber 1g	2%
Calories 70	Trans Fat 0g		Sugars 1g	
Fat Cal. 50	Cholesterol 0g	0%	Protein 1g	
	Sodium 35mg	2%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 2%

Ingredients: Almonds, extra virgin olive oil, garlic, water, balsamic vinegar & sea salt

*No need to refrigerate, even after opening.
Shelf life: One year after opening, garlic will lose flavor.*

Groovy Garlic Gals LLC
Lockhart, Texas
(512) 627-3989

***MAMO'S Garlic Sauces are so good, even
vampires love them.....***



Vampire tested, vampire approved

MAMO'S GARLIC SAUCE

A Unique Taste Surprise



- *DIP for veggies, fruit like apples and pears, wings, bread, crackers, french fries, crab, shrimp, oysters, chicken, steak;*
- *SPREAD for sandwiches, burgers, bagels, bread;*
- *ADD it to your mayo for your own aioli, or add to butter for a kick;*
- *PESTO for simple and incredible pasta dish, use instead of chopping your own garlic, or use on pizza instead of red sauce;*
- *COOKING ENHANCER in casseroles, crock pot meals, salads, soups, sauces, dips, veggie dishes;*
- *BUTTER SUBSTITUTE for garlic bread, corn on the cob, baked potatoes, sweet potatoes, rice, veggies;*
- *USE AS A BINDER in meatballs, hamburgers, salmon patties;*
- *USE AS A GLAZE for steaks, veggies, wings, pork, salmon, beef, brussel sprouts, as a healthier alternative to sugar laden glazes;*
- *USE AS A CHUTNEY on cream cheese, artisan cheeses, charcuterie boards, bagels, toast, etc.*



CAUTION: The more you eat, the more you eat!!!

\$20.00