



PACIFICA CULINARIA™

All Natural Products

www.pacificaculinaria.com (800) 622-8880

SEPTEMBER 2010



TUSCAN HERB AVOCADO OIL

Pacific Culinary offers a unique line of all-natural infused avocado oils. Blending avocado oil with unique flavors creates many culinary possibilities and maximizes the health benefits of an oil that is high in monounsaturated fats (“good fats”) which help lower cholesterol and promote heart health. The avocado is known to reduce the risk of cancer

and diabetes and enhances the bioavailability of carotenoid-rich fruits and vegetables.

Pacific Culinary’s Tuscan Herb Avocado Oil is a savory infusion of natural avocado oil, Tuscan herbs and sun dried tomatoes. The result is an oil perfect for tossing grilled Roma tomatoes, crisp arugula, shaved parmesan and toasted crostini.



BLACK CURRANT AGAVE SYRUP

Agave nectar comes from the Agave plant. Its fleshy leaves cover the pineapple-shaped heart of the plant which contains a sweet sticky juice. Ancient Mexicans considered the plant to be sacred and that the liquid from this plant purified the body and soul. When the Spaniards arrived they took the juices from the agave and fermented them, leading to the drink

we now call tequila. Unlike the crystalline form of fructose, which is refined primarily from corn, Agave Nectar is sweet in its natural form.

Black Currant Agave Syrup is an explosion of sweet Black Currant juice and Organic Agave Nectar. Make a delicious martini or margarita, or use to flavor a fruit smoothie. Agave Syrup is highly soluble and dissolves easily for use in drinks, sauces and even cereal!

THE PRESS BOX

[Pacific Culinary](#) will be exhibiting at [The Gourmet Experience](#) expo in San Diego, October 9-10, 2010 from 10am—5pm. Experience gourmet cuisine, review the latest in entertaining products, luxury lifestyle destinations and more!

Celebrity Chef Bridget Bueche of [Fixtures Living](#) will be lighting up the stage during a featured gourmet demonstration as she cooks with Pacific Culinary Avocado oils!

Come visit us at Booth #216!

[Pacific Culinary](#) will be featured by Celebrity Chef Bridget Bueche of [Fixtures Living](#) in a FOX NEWS segment Friday, October 8, 2010.

Look for us next at [Head to Toe Women’s Expo](#) at the Del Mar Fairgrounds November 12, 13 & 14, 2010.

EVENT SPECIALS

Enter discount code: **GourmetExpo10** and receive 10% off your online purchase during [The Gourmet Experience](#) weekend event!

Please contact us if you would like more information on our products or to place an order.

Call Toll Free: (800) 622-8880 or visit us online at: [www.pacificaculinaria.com](#)



Think Green! Avocado Green!

FROM FUNCTIONAL TO FANTASTIC

A healthy gourmet choice, the avocado oil has no cholesterol, little to no trans fats and no carbohydrates. It is delicious and delicately buttery creating endless culinary possibilities.

The avocado fruit itself is richly packed with nearly 20 vitamins, minerals and phytonutrients not to mention powerful antioxidants including 4% of the recommended Daily Value (DV) for Vitamin E. Vitamin C and beta

carotene are prevalent antioxidants in avocados as well, which help to fight the free radicals that can lead to a variety of illnesses and conditions.

Cooking with avocado oil will bring an exciting, flavorful and healthy versatility to your culinary dishes. The high content of monounsaturated fat in avocado oil, unlike saturated fats, can aid in weight control with its ability to boost metabolism. Almost 90% of calories in an avocado are fat (“healthy fat”) calories which

will give you a “full” sensation helping you to prevent over-indulging in other non-healthy foods.

A smooth and mild alternative to olive oil, avocado oils are light yet full of flavor and harbor a mild nutty undertone.

Pacifica Culinaría is proud to present a versatile line of fine quality infused avocado oils that bring the healthy function of the fruit to a gourmet and savory infusion of flavors that is fantastic!

TUSCAN HERB HALIBUT STEAKS

Prepare grill. Squeeze juice from lemon into a small bowl and stir in garlic, salt, pepper to taste and Pacifica Culinaría Tuscan Herb Avocado Oil.

Put halibut in a large dish and pour marinade over it, turning fish to coat. Marinate halibut, covered and chilled at least 15 minutes or up to one hour.

Grill halibut on medium—high heat until just cooked through, about 5 minutes on each side.

Garnish with lemon and lime rounds.

Serve with roasted or grilled asparagus, grilled corn and a side of arugula.

Add a medium-bodied white wine for a rich and creamy pairing.

Preparation time approximately 45 minutes.

Yield: 4 Servings



Pacifica Culinaría invites you to submit your gourmet recipe online!

[Click here to submit a recipe.](#)

Ingredients

- 4 1 inch thick Halibut steaks (about 3/4 pound each)
- 2 Tbsp Pacifica Culinaría Tuscan Herb Avocado Oil
- 1 Tsp Coarse salt
- 1 Lemon
- 2 Large garlic cloves, minced
- Pepper to taste

Featured Products

GUACAMOLE BOWL

Perfect for serving dips on any occasion! Includes 7" spoon. Holds up to 1 1/2 cups. Ceramic — Dishwasher safe!

Call to order or [visit us online!](#)

