

Warm Escabeche Grain Bowl

with Latin Citrus Drizzle

RECIPE



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MAXIMALIST FLAVORS

Escabeche Vegetables

INGREDIENTS:

- 2 cups – Cauliflower florets
- 1 cup – Carrot, peeled & sliced
- 1 cup – Red bell pepper, sliced
- 1/2 cup – Red onion, sliced
- 2 tbsp – Olive oil
- 1/4 cup – Sherry vinegar
- 1/4 cup – Water
- 1 tbsp – Latin Chile Flavor Concentrate
- 1 tbsp – Latin Herb Flavor Concentrate
- 2 cloves – Garlic, smashed
- 1 – Bay leaf
- To taste – Sea salt

INSTRUCTIONS:

1. Roast vegetables at 425°F with olive oil and salt for 15 minutes
2. In a saucepan, simmer vinegar, water, garlic, bay, Chile and Herb Flavor Concentrates
3. Pour over roasted vegetables and let steep 30–60 minutes



ASSEMBLE

1. Scoop 1 cup grain-bean mix into bowl
2. Top with 1 cup of escabeche vegetables
3. Drizzle with 2 tbsp Latin Citrus Sauce
4. Garnish with pickled onion, toasted seeds, microgreens, and herbs

Grains & Legume Base

INGREDIENTS:

- 2 cups – Cooked farro (or freekeh)
- 2 cups – Cooked black beans
- 2 tbsp – Olive oil
- 2 tbsp – Lemon juice
- 1/4 cup – Scallions, chopped
- 2 tbsp – Fresh cilantro, chopped
- To taste – Sea salt & cracked pepper

INSTRUCTIONS:

1. Mix all ingredients
2. Serve warm or room temperature

Pickled Red Onion

INGREDIENTS:

- 1 – Red onion, thinly sliced
- 1/2 cup – White wine vinegar
- 1 tbsp – Sugar
- 1 tsp – Salt
- 1/2 cup – Water

INSTRUCTIONS: Marinate for at least 30 minutes.

Latin Citrus Drizzle

INGREDIENTS:

- 3/4 cup – Greek or oat yogurt
- 2 tbsp – Lime juice
- 1 tbsp – Latin Citrus Flavor Concentrate
- 1 tbsp – Olive oil
- As needed – Water to thin

INSTRUCTIONS: Blend until smooth and pourable. Chill until service.