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## dōTERRA Italian **Cuisine Blend Recipes**



#### **MUSHROOM FETTUCINI**

Yield: 4 Servings

#### Ingredients:

1 tablespoon garlic, minced (approximately 3 cloves)

½ onion, chopped

8 ounces crimini mushrooms, sliced

½ cup olive oil

4 servings fettucine pasta, cooked

2 tablespoons toasted pine nuts

Salt and pepper to taste

1 drop doTERRA Italian Cuisine Blend

Basil Leaves (as needed)

- 1. Heat the olive oil in a pan until the surface begins to shimmer. Add the garlic and sauté until golden.
- 2. Add the onions and mushrooms and sauté until the onions begin to brown.
- 3. Add the pasta and pine nuts to the mixture and sauté for 1 minute. Stir the pasta until the ingredients are evenly distributed.
- 4. Season with salt and pepper. Once the desired flavor is achieved, add 1 drop of dōTERRA Italian Cuisine Blend to the dish.
- 5. When plating, use a couple basil leaves for color and added flavor.



#### **HERBED BISCUITS**

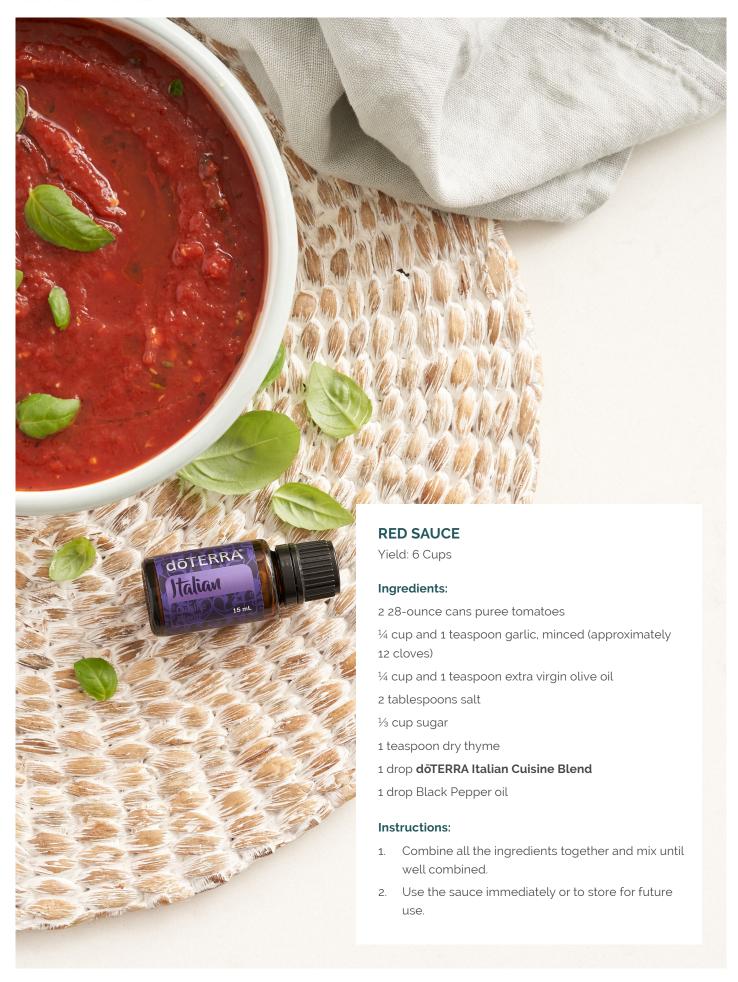
Yield: 12 Biscuits

#### Ingredients:

- 4 cups flour
- 1 tablespoon salt
- 1 tablespoon baking powder
- ½ cup buttermilk
- 1 cup butter
- 1 drop doTERRA Italian Cuisine Blend

- Preheat your oven to 375 °F and grease a baking sheet.
- 2. Stir together the flour, salt, baking powder, buttermilk, melted butter, and doTERRA Italian Cuisine Blend until it all comes together, forming a dough. Mix until the dough doesn't stick to the bowl.
- 3. Cover the dough and allow to rest for 10 minutes.
- 4. Roll out the dough into a long, ¾-inch-thick rectangle and cut into 12 triangles. Place triangles on the baking sheet and allow to rest in the refrigerator for 10 minutes.
- Bake until the biscuits turn golden brown.







#### **HOMEMADE PIZZA**

#### Ingredients:

#### Pizza Dough

- $3\frac{1}{2}$  cups all-purpose flour
- 2 teaspoons salt
- 1 teaspoon yeast
- 1 cup water
- 1 tablespoon extra virgin olive oil

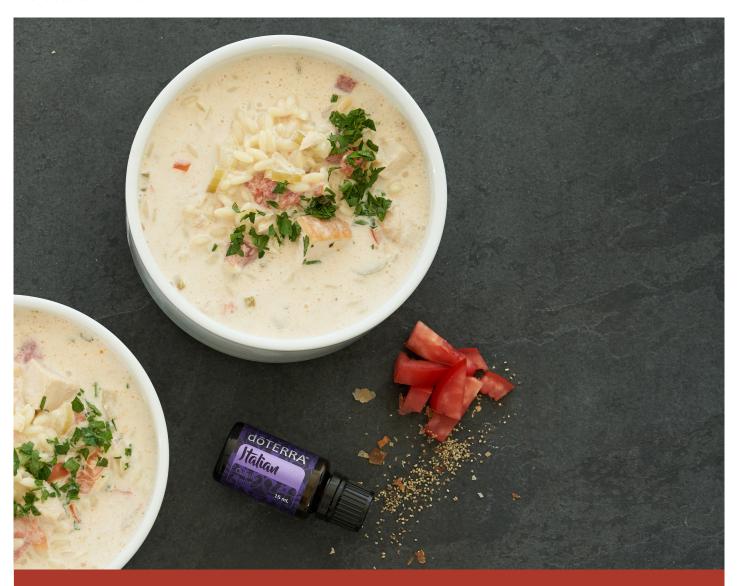
#### Pizza Sauce

See Red Sauce recipe on page page 6.

#### Instructions:

#### Dough

- 1. Combine the flour, salt, yeast, and water in a mixer and mix until just combined.
- 2. Cover the bowl and allow to sit for 30 minutes.
- 3. Uncover the dough, and then add the olive oil and mix until the dough doesn't stick to the bowl.
- 4. Once ready, remove the dough from the bowl and divide into 3 balls. Cover lightly with plastic wrap and allow to rest for 10 minutes.
- 5. Roll out the dough into a large pizza or separate into mini pizzas. Add the sauce and your favorite toppings before baking.
- 6. Bake at 350 °F for 7-10 minutes for mini pizzas or 10-13 minutes for a large pizza.



#### **ITALIAN CHICKEN SOUP**

Yield: 6 Servings

#### Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons garlic, minced (approximately 6 cloves)
- 2 celery stalks, diced
- 1 bell pepper, diced
- 1 onion, diced
- 2 cooked chicken breasts, chopped
- 6 cups chicken stock
- 4 Roma tomatoes, chopped
- 1 cup orzo pasta
- 2 cups cream

Salt and pepper to taste

1 drop doTERRA Italian Cuisine Blend

- 1. Heat the olive oil in a pot until the surface shimmers. Add the garlic and sauté until golden.
- 2. Add the celery, bell pepper, and onions to the pot, sautéing until the vegetables soften.
- 3. Add the chicken, chicken stock, and tomatoes to the pot and bring the soup to a simmer.
- 4. Add the orzo pasta and stir occasionally. Add the cream after the pasta becomes soft.
- 5. Add 1 drop of doTERRA Italian Cuisine Blend and season with salt and pepper until the desired flavor is achieved.
- 6. Turn off heat and allow to rest for 5 minutes. Serve immediately or allow the soup to cool before storing.

#### **CREAMY ITALIAN DRESSING**

Yield: 1 ½ Cups

#### Ingredients:

2 tablespoons Dijon mustard

½ cup red wine vinegar

½ cup honey

- 1 tablespoon garlic powder
- 1 teaspoon red pepper flakes
- 1 teaspoon thyme

Salt and pepper to taste

34 cup canola oil

1/4 cup extra virgin olive oil

2 drops doTERRA Italian Cuisine Blend

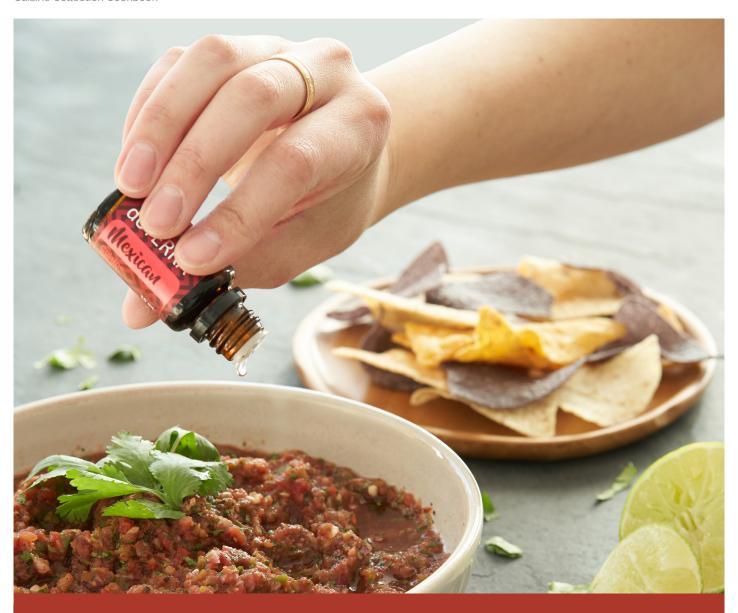
- 1. Combine the mustard, red wine vinegar, honey, garlic, red pepper flakes, thyme, and salt and pepper until the mixture is smooth and even.
- 2. Slowly whisk in the canola oil, olive oil, and dōTERRA Italian Cuisine Blend until the mixture is smoothly combined.
- 3. Use immediately or store in the refrigerator for future use.





## dōTERRA Mexican **Cuisine Blend Recipes**





#### SIMPLE SALSA

Yield: 2 ½ cups

#### Ingredients:

½ red onion, chopped

1 Roma tomato, chopped

2 jalapenos, chopped\*

1<sup>1</sup>/<sub>4</sub> tablespoons garlic, minced (approximately 4 cloves)

½ cup cilantro (approximately 1 bunch of cilantro)

1/4 cup lime juice

1 28-ounce can ground tomatoes

Salt and pepper to taste

2 drops doTERRA Mexican Cuisine Blend

\*Note: If a less spicy salsa is desired, either use fewer jalapenos or seed them.

- Using a food processor, mince the onion, tomatoes, jalapenos, and garlic. Place into a bowl.
- Mix the remaining ingredients into the salsa base and season with salt and pepper until the desired flavor is achieved.

#### **SWEET PORK**

Yield: 5.5 pounds

#### Ingredients:

- 1 pork shoulder or Boston butt
- 5 tablespoons onion powder
- 5 tablespoons garlic powder
- ½ cup sugar
- 1/4 cup salt
- 3 tablespoons black pepper
- 1 liter Coca-Cola
- 2 drops dōTERRA Mexican Cuisine Blend

#### Instructions:

1. Combine all the dry ingredients, along with 2 drops

- of dōTERRA Mexican Cuisine Blend. Generously coat the pork cushion and place in an appropriately sized crockpot.
- 2. Pour in the liter of Coca-Cola, turn the crockpot to low, and allow to cook overnight (approximately 8-10 hours).
- 3. Once the pork has cooked, pull it out of the crockpot, strain, and set aside the liquid.\*
- 4. Shred the pork, placing it back in the crockpot for immediate use or cooling and storing properly for future use.

\*Note: Set aside the liquid to make the Sweet Pork Sauce on page page 14.





#### **SWEET PORK SAUCE**

Yield: 1½ quarts

#### Ingredients:

½ cup canola oil

½ cup chili powder

½ cup rice flour

1 quart sweet pork liquid\*

½ cup sugar

1-2 drops **dōTERRA Mexican Cuisine Blend** 

Salt and pepper to taste

\*Note: Save the liquid from the Sweet Pork recipe on page 13. If the liquid from the pork isn't quite a quart, then add water or stock to increase.

- 1. Heat the canola oil in a sauce pot until the surface begins to shimmer. Add the chili powder and rice flour and sauté for about 1 minute, stirring often.
- 2. Whisk quickly as you add the sweet pork liquid and sugar to avoid clumps. Bring the sauce to a simmer and allow to thicken.
- 3. Season with doTERRA Mexican Cuisine Blend, salt, and pepper until the desired flavor is achieved. Serve immediately or store for future use.







#### **SPANISH RICE**

Yield: 1 Quart

#### Ingredients:

 $2\frac{1}{2}$  cups water or stock 3/4 cup Simple Salsa (from **page 12**) Salt and pepper to taste 2 drops doTERRA Mexican Cuisine Blend ½ cup canola oil 1½ cups rice

\*Note: This recipe can be prepared in an Instant Pot® or rice cooker.

- 1. In a separate container, combine the water or stock, Simple Salsa, dōTERRA Mexican Cuisine Blend, and salt and pepper. Set aside.
- 2. Heat the canola oil in the pot until the surface shimmers. Add and sauté the rice until the grains begin turning golden.
- 3. Add the combined ingredients from the separate container to the rice. Allow the mixture to come to a boil for 1 minute, stirring so nothing sticks to the bottom of the pan.
- Turn the heat down to low and place a heavy lid on top. Allow to sit for 20-30 minutes.



#### **POZOLE**

Yield: 2 Quarts

#### Ingredients:

½ cup canola oil

2 cups pork or chicken, chopped

2 tablespoons garlic, minced (approximately 6 cloves)

½ cup hatch peppers, diced

2 cups Simple Salsa (from **page 12**)

2 cups hominy

1½ quarts chicken stock

3 drops doTERRA Mexican Cuisine Blend

- Heat the canola oil in a pot until the surface shimmers. Add and sauté the pork or chicken, garlic, and hatch peppers until the meat is almost cooked.
- 2. Add the remaining ingredients to the pot and bring to a simmer for about 30 minutes.
- 3. Serve immediately with shaved cabbage, lime wedges, radish slices, and sour cream. Or cool and store properly for future use.

# döTERRA Tropical Cuisine Blend Recipes





#### **HONEY SOY DRESSING**

Yield: 2 Cups

#### Ingredients:

1/4 cup soy sauce

½ cup honey

- 1 tablespoon garlic powder
- 2 tablespoons green onion, chopped
- 1 cup canola oil
- 2 tablespoons sesame oil
- 1 tablespoon sesame seed
- 2 drops doTERRA Tropical Cuisine Blend

- Combine the soy sauce, honey, garlic, green onion, and sesame seeds until the mixture is smooth and even.
- 2. Slowly whisk in the canola oil, sesame oil, and dōTERRA Tropical Cuisine Blend until the mixture is smoothly combined.
- 3. Use immediately or store properly for future use.





2 tablespoons garlic, minced (approximately 6 cloves)

½ cup crushed pineapple, strained

1/4 cup macadamia nuts

2 tablespoons pickled ginger, chopped

- 1. Combine all the ingredients and mix thoroughly.
- 2. Serve cold and enjoy!



#### **FRUIT DIP**

#### Ingredients:

2 cans full-fat coconut milk

2 tablespoons honey

1 drop doTERRA Tropical Cuisine Blend

1/4 teaspoon cinnamon (optional)

Pinch of salt

- 1. Place the 2 cans of coconut milk in the refrigerator overnight, solidifying the coconut cream.
- 2. Spoon the coconut cream out of the cans and into a bowl, making sure to leave the liquid behind.

- Whip the coconut cream with a hand mixer until smooth and creamy.
- 3. Add the honey, dōTERRA Tropical Cuisine Blend, and salt, as well as the cinnamon if desired.
- 4. Mix again using the hand mixer to ensure everything is evenly combined.
- 5. Serve cold with bananas, strawberries, blueberries, kiwis, or your favorite fruits.
- 6. Use an airtight container to store in the refrigerator for up to a week.

