




WUSATA


Western United States
Agricultural Trade Association

Recipes of the West

RECIPE BOOK 2026

Date, Bacon & Blue Cheese skewers

 12 servings

 10 min. prep
12-15 min. cooking



INGREDIENTS


- 12 Mariani Pitted Dates
- 6 oz blue cheese (Gorgonzola or Stilton), cut into 12 small pieces (170 g)
- 6 slices bacon, cut in half crosswise (12 short pieces)
- 2 tbsp balsamic glaze (30 ml)
- 12 small skewers or sturdy toothpicks
- 12 toasted almond or pecan halves, optional


DIRECTIONS

1. Heat the oven to 400°F (200°C). Line a small sheet pan with parchment and arrange the 12 bacon pieces flat on it. Bake for 6–8 minutes until the bacon is partially cooked and pliable, but not yet crisp. Remove from the oven and let cool slightly.
2. While the bacon cools, make a slit in each date (don't cut all the way through) and tuck in a piece of blue cheese (and a nut half, if using) so it just peeks out.
3. Wrap each stuffed date with 1 half-slice of the par-cooked bacon, seam side down, and secure with a toothpick/skewer.
4. Arrange the assembled skewers on the prepared pan and bake for 6–8 minutes more, turning once, until the bacon is crisp and browned and the cheese looks just melty.
5. Transfer to a serving board and drizzle lightly with balsamic glaze.

Golden Pumpkin Pie

BY SENECA FOODS

 8-10 servings

 10 min. prep
55 min. cooking



INGREDIENTS

- 1 can (15 oz) Seneca Pumpkin
- 1 - 9" deep dish pie crust
- 3 eggs, slightly beaten
- 1 cup granulated sugar or light brown sugar
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon EACH of cloves, nutmeg, & ginger
- 1 cup milk or evaporated milk

DIRECTIONS

1. Preheat oven to 450° Fahrenheit (232° Celsius).
2. Prepare 1 pie crust.
3. Combine eggs, sugar, salt, and spices, and beat well. Blend in Seneca Pumpkin, add milk and beat well. Turn into prepared pie crust.
4. Bake in hot 450°F (232°C) oven for 10 minutes.
5. Then reduce heat and bake at 350°F (177°C) for 40-45 minutes. Pie is done when knife, inserted in center, comes out clean.

Farm Fresh Goodness Made Great

Gavory Short Ribs

PAIRED WITH DAMA COWGIRL CABERNET SAUVIGNON



INGREDIENTS

- Beef: 4 lbs bone-in short ribs, seasoned with salt and pepper.
- Aromatics (Mirpoix): 1 onion, 3 carrots, 3 celery stalks (all chopped), 6 cloves smashed garlic.
- Liquid: 2 tbsp tomato paste, 2 cups dry red wine, 2 cups beef broth.
- Herbs: Thyme, rosemary, and 2 bay leaves.
- Gremolata: Mix of fresh parsley, 1 minced garlic clove, and lemon zest.

DIRECTIONS


1. Sear: In a Dutch oven with a touch of oil or butter, brown the ribs in oil on all sides. Remove and set aside.
2. Sauté: In the same pot, cook the onion, carrots, and celery until soft. Stir in tomato paste and garlic; cook for 2 minutes.
3. Deglaze: Pour in the wine, scraping the bottom of the pot to release the flavor. Reduce by half.
4. Braise: Return the ribs to the pot. Add broth and herbs. Cover and bake at 325°F for 2.5 to 3 hours until the meat is fork tender.
5. Serve: Skim the fat from the sauce. Serve ribs over mashed potatoes, drizzle with the sauce, and top with the fresh gremolata
6. Pair with Dama Cowgirl Cabernet Sauvignon - the bright, herbal notes of the gremolata will highlight the wine's fruit and brightness, making every bite and sip feel like a celebration.



TEINNOVADORA

Tuna Poke

 2 servings

 15 min. prep

PAIRED WITH DAMA GRENACHE BLANC



INGREDIENTS

- 1 lb sushi-grade Ahi tuna, cut into ½-inch cubes
- ½ cup finely diced cucumber
- ¼ cup finely diced red onion
- 2 tablespoons soy sauce (low sodium preferred)
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 1 teaspoon grated fresh ginger
- ½ teaspoon red pepper flakes (or to taste)
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon toasted sesame seeds (for garnish)
- Optional: Cooked white rice, avocado slices, or seaweed for serving

DIRECTIONS

1. In a medium bowl, gently combine the tuna, cucumber, and red onion.
2. In a small separate bowl, whisk together the soy sauce, sesame oil, rice vinegar, grated ginger, and red pepper flakes.
3. Pour the dressing over the tuna mixture and gently fold until everything is well combined.
4. Stir in the fresh cilantro.
5. Let the poke sit for 5-10 minutes to allow the flavors to meld.
6. Serve immediately, garnished with toasted sesame seeds. Enjoy on its own, or over a bed of warm white rice with avocado slices.
7. Pair with Dama Grenache Blanc - glides in like a soft breeze of blossoms and sunlight, its whispers of white peach and honeysuckle catching the light, while bright citrus zest awakens the senses.



TEINNOVADORA

All-American Meatloaf

WITH NOTA BENE UNA NOTTE RED WINE GLAZE



INGREDIENTS

- 2 lbs ground beef (or beef + pork blend)
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 cup breadcrumbs
- 2 eggs
- ½ cup milk
- 2 tbsp ketchup
- 1 tbsp Worcestershire sauce
- Salt & pepper

For the Nota Bene glaze:

- ¾ cup Nota Bene Una Notte Red Blend
- ¼ cup ketchup
- 1 tbsp brown sugar
- 1 tsp Dijon mustard

DIRECTIONS

1. Build the base - Mix meat, onion, garlic, breadcrumbs, eggs, milk, ketchup, Worcestershire, salt, and pepper until just combined.
2. Shape & start baking - Form into a loaf and place in a baking dish. Bake at 350°F (175°C) for 30 minutes.
3. Create the glaze - Simmer Nota Bene Red Blend with ketchup, brown sugar, and Dijon until slightly thickened and glossy.
4. Finish - Brush glaze over the meatloaf and return to the oven for another 20–30 minutes, until caramelized on top.
5. To serve:
 - Slice thick and serve with creamy mashed potatoes
 - Add green beans or roasted carrots for balance
 - Spoon extra glaze over each portion
 - Serve with a generous pour of Nota Bene Una Notte Red Blend.



TEINNOVADORA

Pork Carnitas

WITH MCM WINE SPECTACULUXE SYRAH



INGREDIENTS

- ¼ cup vegetable oil
- 4 pounds pork shoulder, cut into several large pieces
- 3 tablespoons kosher salt
- 1 onion, chopped
- 1 clove garlic, crushed
- 3 tablespoons lime juice
- 1 tablespoon chili powder
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- 4 (14.5 ounce) cans chicken broth

DIRECTIONS


1. Gather all ingredients.
2. Heat vegetable oil in a large Dutch oven over high heat. Season pork shoulder pieces with salt, then arrange in the Dutch oven. Cook until browned on all sides, about 10 minutes.
3. Stir in onion, garlic, lime juice, chili powder, oregano, and cumin. Pour in chicken broth; bring to a boil. Reduce heat to medium-low, cover, and simmer until pork is very tender, about 2 1/2 hours.
4. Preheat the oven to 400 degrees F (200 degrees C).
5. Transfer pork shoulder to a large baking sheet; reserve cooking liquid. Drizzle a small amount of cooking liquid over pork pieces and lightly season with salt.
6. Bake pork in the preheated oven until browned, about 30 minutes. Drizzle more cooking liquid every 10 minutes; use two forks to shred pork as it browns.
7. Pair with MCM Wine SPECTACULUXE SYRAH.



TEINNOVADORA

Mescal Blackberry Bramble

 1 serving

 5 min. prep
5 min. cooking



INGREDIENTS


- 2 ounces Cut Above Mezcal
- 1 ounce fresh lemon juice
- ½ ounce simple syrup
- 4 fresh blackberries, plus more for garnish
- Sprig of fresh mint, for garnish

DIRECTIONS

1. Gently muddle mint and four blackberries in a cocktail shaker.
2. Add mezcal, lemon juice and simple syrup.
3. Shake well and then strain into a rocks glass filled with ice. Garnish with fresh mint and blackberries.

Wafu Style Meatball and Tomato Sauce

 ~50 small meatballs

 15 min. prep
50 min. cooking



INGREDIENTS

For the meatballs:


- 2 tablespoons vegetable oil, for cooking
- 1 small onion (150 g), finely minced
- 1 tablespoon fresh ginger, grated
- 2.25 pounds (1 kg) ground chicken or pork (or a mix)
- 1 ½ cups (76 g) panko breadcrumbs
- 1 large egg
- 2 tablespoons soy sauce
- 1 tablespoon sake (or dry sherry)
- 1 tablespoon potato starch (or katakuri-ko)
- 1 teaspoon kosher salt, or to taste
- 1/2 teaspoon black pepper

For the tomato sauce:

- 2 tablespoons extra virgin olive oil
- 1 small onion (150 grams), finely diced
- 3 garlic cloves, minced
- 1 (28 ounce can) Morning Star Roma Bella Whole Peeled in Puree
- 1 (26 ounce can) Morning Star Passata Pura Strained Crushed Tomatoes
- 2 tablespoons soy sauce
- 2 tablespoons mirin
- ¼ teaspoon crushed red pepper flakes, or to taste
- 1 teaspoon kosher salt, or to taste
- 2 tablespoons fresh basil leaves, thinly sliced
- Freshly grated parmesan, for garnish
- Thinly sliced green onions, for garnish

Wafu Style Meatball and Tomato Sauce

 ~50 small meatballs

 15 min. prep
50 min. cooking





DIRECTIONS

1. To make the meatballs, place a frypan on the stovetop over medium low heat and sauté the minced onion in 1 teaspoon of the oil until translucent, about 5 minutes. Add the ginger and cook one minute more. Remove from the heat and cool completely.
2. Add the onions and ginger to a large mixing bowl along with the remaining meatball ingredients (excluding any remaining oil). Mix all the ingredients together until evenly combined. Portion the mixture into 25-30 gram balls (about 1" in diameter) using two spoons or a small portioning scoop.
3. Heat the remaining oil in a frypan over medium heat. Working in batches, brown all the meatballs on all sides. If needed, finish cooking them in a 180°C (350°F) oven for 8 min until cooked through (74°C/165°F internal).
4. To make the tomato sauce, place a large pot on the stovetop over medium low heat and pour in the olive oil. Add the onion and garlic and sauté until soft, about 5 minutes.
5. Hand-crush the Roma Bella tomatoes (with juice) into the pot. Stir in the Passata Pura tomatoes along with the soy, mirin, red pepper flakes and salt. Reduce the temperature until the sauce barely simmers, then cook for an additional 20 minutes – stirring occasionally, until slightly thickened. Taste and adjust as desired, then stir in the basil.
6. To serve, gently simmer the meatballs in the finished sauce for 10 minutes. Transfer a serving of meatballs to a small bowl and top with a bit of extra sauce. Garnish with parmesan and green onion and serve immediately.

BBQ Chicken

WITH GREEN ONIONS AND TOGARASHI SERVED WITH
APPLE HONEY APPLE CIDER VINEGAR SPRITZ

 1-2 servings

 10 min. prep
20 min. cooking



INGREDIENTS

For the grilled chicken:


- 8 ounces (230 grams) boneless, skinless chicken (thighs or breast)
- 1 teaspoon vegetable oil
- 1 teaspoon kosher salt
- 4 tablespoons (60 ml) American Classic Hickory BBQ Sauce
- 1 to 2 teaspoons togarashi, for garnish
- 1 green onion, thinly sliced, for garnish


For the Apple Honey Apple Cider Vinegar Spritz (makes one drink):

- Ice cubes, as needed
- 1/2 cup (120 ml) apple juice
- 1 tablespoon (15 ml) Bragg Apple Cider Vinegar
- 2 teaspoons (10 ml) honey, or to taste
- Scant 1/2 cup (100 ml) chilled sparkling water
- Thin sliced apple, for garnish
- Shiso leaf, for garnish

BBQ Chicken

WITH GREEN ONIONS AND TOGARASHI SERVED WITH
APPLE HONEY APPLE CIDER VINEGAR SPRITZ

 1-2 servings

 10 min. prep
20 min. cooking





DIRECTIONS

1. Preheat a grill or place a frypan on the stovetop over medium high heat. Lightly coat the chicken with oil and season it with salt. Cook until the chicken is lightly browned, turning as needed, about 6–8 minutes depending on thickness, or until cooked through (74°C/165°F internal).
2. Reduce the heat to low and brush the chicken all over with the American Classic Hickory BBQ Sauce. Warm gently for 1–2 minutes, turning once, just until the sauce is glossy and clings to the chicken without burning.
3. Transfer the chicken to a serving plate or cutting board, slice if desired, and sprinkle with togarashi and green onion. Serve immediately.
4. To make the spritz, fill a tall glass with ice cubes. Add the apple juice, Bragg Apple Cider Vinegar, and honey to the glass. Stir gently until the honey is fully dissolved and the mixture is well combined.
5. Top with the sparkling water and give it one brief stir to combine without losing too much carbonation. Garnish with an apple slice and shiso, if desired, and serve immediately.

Banana Pudding

WITH VANILLA AND CHOCOLATE LATTE STONE
SHORTBREAD COOKIES

 4-6 servings

 15 min. prep
30 min. cooking



INGREDIENTS

- 2 cups (480 ml) whole milk
- 4 egg yolks
- 3/4 cup (150 g) granulated sugar
- 1/4 cup (30g) cornstarch
- 1/2 teaspoon kosher salt
- 3 tablespoons unsalted butter (45 g), cut in 1/2" dice
- 1/2 teaspoon vanilla extract
- 4 to 5 ripe bananas, peeled and cut into 1/2" rounds
- 1 package each Chocolate and Vanilla Latte Stone Cookies


DIRECTIONS

1. Pour the milk into a medium saucepan and place on the stovetop over medium heat. Cook, stirring occasionally, 4 to 5 minutes or just until it begins to steam and form small bubbles around the edges of the pan. Remove from the heat.
2. In a large mixing bowl, whisk together the egg yolks and sugar. The mixture will be quite thick but whisk for at least one minute until fully combined, meaning the sugar just begins to dissolve and the yolks turn a paler yellow. Sift the cornstarch over the top and add the salt, then whisk to combine.
3. While whisking constantly, slowly pour in 1 cup of the warm milk. Once the 1 cup of milk is fully incorporated, pour the entire yolk mixture into the saucepan and whisk to combine.
4. Place the saucepan back on the stovetop over medium-low heat and cook, stirring constantly, for 7 to 8 minutes or until thickened to a pudding consistency – use a silicone spatula for this step to ensure you can scrape the bottoms and sides of the saucepan while the mixture is thickening, for even results.
5. Transfer the pudding to a clean mixing bowl, passing it through a fine mesh strainer to ensure there are no lumps. Whisk in the vanilla, followed by the butter, 1 tablespoon at a time. Taste and adjust as desired with vanilla and salt. If the pudding thickens up a bit too much, adjust by whisking in a small amount of milk.
6. Allow the pudding to cool fully, then layer into individual serving glasses or bowls along with slices of fresh banana and slightly crumbled Latte Stone Cookies. Serve chilled or room temperature with more, whole, Latte Stone Cookies for dipping.

Crispy Rice Steak Bites

WITH LOCAL JERK DINANCHE AND GREEN ONION

 2-4 servings

 20 min. prep
25 min. cooking



INGREDIENTS

For the crispy rice:

- 2 cups (400 grams) uncooked short grain rice
- 1 tablespoon rice vinegar
- 1 teaspoon kosher salt, or to taste
- Neutral oil (such as vegetable), for crisping

For the steak:

- 1 1/2 pounds (680 grams) ribeye or NY strip steak
- 1 tablespoon neutral oil, for searing
- Kosher salt and black pepper, to taste

For serving:


- 1/4 cup Local Jerk Dinanche, or to taste
- Thinly sliced green onions, for garnish


DIRECTIONS

1. Cook the rice according to package directions. While still hot, fold in the rice vinegar and salt until evenly distributed. Spread onto a lined sheet pan or tray in an even layer about 1/2 inch (1 cm) thick. Cover tightly with plastic wrap, pressing down firmly to compress and prevent drying. Refrigerate until firm, at least 1 hour (or overnight).
2. Cut the chilled rice into 2-inch squares or rounds. Brush lightly with oil on both sides. Air fry at 200°C (390°F) for 8 to 10 minutes, flipping halfway, until golden and crispy on both sides. Hold warm in a low oven while cooking the steak.
3. Season the steak lightly with salt and pepper. Heat oil in a frypan over high heat. Sear the steak strips 30 to 60 seconds per side, rotating until it reaches medium rare (internal 52–55°C/125–130°F). Transfer to a plate and keep warm.
4. To assemble, slice the steak thinly and place a piece on top of one crispy rice. Finish with dollop of Local Jerk Dinanche and top with green onion. Serve immediately.

Yogurt Parfait

WITH MISO CARAMEL, SUMO MANDARIN (DEKOPON)
AND GRANOLA

 4 servings

 10 min. prep
15 min. cooking



INGREDIENTS

For the miso caramel:

- 1/2 cup (100 grams) granulated sugar
- 2 Tbsp (30 ml) water
- 1/4 cup (60 ml) heavy cream, warmed
- 1 Tbsp unsalted butter
- 1 Tbsp (20 grams) white miso paste
- 1/2 tsp kosher salt, or to taste
- 1 tsp vanilla extract (optional)

For the parfait:


- 2 cups (500 grams) plain Greek yogurt
- 4 Sumo mandarins (Dekopon), peeled & in segments
- 1 1/2 cups (150 grams) Asiga Guam Tropical Granola
- Extra Sumo mandarin zest, for garnish


DIRECTIONS

1. To make the miso caramel, place the sugar and water in a small saucepan over medium heat. Cook, swirling occasionally but not stirring, until the sugar dissolves and turns a deep amber color, about 5 to 7 minutes.
2. Remove from the heat and slowly whisk in the warm cream (it will bubble vigorously). Whisk in the butter, miso paste, salt, and vanilla until smooth. Taste and adjust salt if needed. Cool completely.
3. Spoon a bit of yogurt into the bottom of a glass or bowl. Add 3 to 4 Sumo mandarin segments, along with any juices. Top with 2 tablespoons of Asiga Guam Tropical Granola, along with a drizzle of the miso caramel. Repeat the layers once more. Top with a bit of mandarin zest if desired, then serve immediately.

Crunchy Vegetable Slaw

WITH NONI CITRUS DRESSING

 4-6 servings

 10 min. prep
10 min. cooking



INGREDIENTS

For the slaw:

- 1/2 head (about 500 grams) green cabbage, finely shredded
- 1 medium daikon radish (400 grams), julienned
- 2 large carrots (200 grams), julienned
- 2 medium cucumbers (200 grams), thinly sliced into half-moons
- 1/2 cup (20 grams) mixed fresh herbs (cilantro, mint, Thai basil), roughly chopped
- 1/4 cup (30 grams) toasted sesame seeds or crushed peanuts, for garnish


For the citrus-noni dressing:


- 3 Tbsp (45 ml) noni juice
- 2 Tbsp (30 ml) fresh citrus juice (yuzu, lemon)
- 2 Tbsp (30 ml) rice vinegar
- 1 Tbsp (15 ml) soy sauce or tamari
- 1 Tbsp (20 grams) honey, or to taste
- 1 tsp fresh ginger, finely grated
- 1 small garlic clove, minced
- 1/2 tsp kosher salt, or to taste
- 1/4 tsp black pepper
- 1 to 3 Tbsp neutral oil (vegetable)

DIRECTIONS

1. In a large mixing bowl, combine the cabbage, daikon, carrots, cucumbers, and fresh herbs. Toss gently to distribute.
2. For the dressing, whisk together the noni juice, citrus juice, rice vinegar, soy sauce, honey, ginger, garlic, salt, pepper, and oil in a small bowl until smooth and emulsified. Taste and adjust for balance as desired.
3. Pour the dressing over the slaw just before serving and toss thoroughly to coat every piece evenly. Taste and adjust with salt as desired.
4. Transfer the slaw to a large serving bowl or platter. Sprinkle with sesame seeds or peanuts and serve immediately.

Air Fried Cauliflower

 6-8 servings

 15 min. prep
20 min. cooking

WITH DUO OF SAUCES: GOMA-AE STYLE HAZELNUT DRESSING,
AND MEDITERRANEAN HAZELNUT TAHINI DRESSING



INGREDIENTS

For the air fried cauliflower:

- 1 large head (1.2 kg) cauliflower, cut into uniform 1 to 1 1/2" inch florets
- Sciabica's Mediterranean Medley Olive Oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

For the Goma-Ae Style Hazelnut Dressing (Japanese-inspired):

- 1/4 cup (35 grams) roasted hazelnuts, finely ground or chopped
- 1/4 cup (70 grams) Laurel Tree Roasted Hazelnut Butter
- 2 tablespoons (30 ml) soy sauce
- 1 tablespoon (15 ml) rice vinegar or mirin
- 1 1/2 teaspoons granulated sugar
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon kosher salt, or to taste
- Water, to thin (1 to 2 tablespoons)


For the Hazelnut Tahini Dressing (Mediterranean-inspired):


- 1/4 cup (35 grams) Laurel Tree Roasted Hazelnut Butter
- 2 tablespoons (30 ml) lemon juice (or yuzu), more to taste
- 2 tablespoons (30 ml) water, to thin
- 1 tablespoon tahini
- 1 teaspoon fish sauce, optional
- 1 small garlic clove, grated
- 1 teaspoon honey, or to taste
- Kosher salt, to taste

Finishing:

- Laurel Tree Hazelnut Oil, for drizzling
- Toasted chopped hazelnuts, for garnish
- Thinly sliced chives, for garnish

Air Fried Cauliflower

 6-8 servings

 15 min. prep
20 min. cooking

WITH DUO OF SAUCES: GOMA-AE STYLE HAZELNUT DRESSING,
AND MEDITERRANEAN HAZELNUT TAHINI DRESSING



DIRECTIONS

1. Preheat air fryer to 200°C (390°F). Toss florets with oil, salt, and pepper. Air fry in batches, in a single layer to avoid overcrowding, for 12 to 15 minutes. Make sure to shake the basket halfway for even results. Hold warm in a low temp oven while making the dressings.
2. For the goma-ae hazelnut dressing, combine the ground hazelnuts, Laurel Tree Roasted Hazelnut Butter, soy, rice vinegar, sugar, sesame oil, and salt in a bowl. Add water to create a thick sauce consistency that is just thin enough to coat the cauliflower. Taste and adjust as desired.
3. For the hazelnut tahini dressing, combine the Laurel Tree Roasted Hazelnut Butter, lemon juice, water, tahini, fish sauce (if using), garlic, and honey until smooth. Thin as needed with a bit more water and season to taste with salt.
4. To serve, lightly toss warm cauliflower with 1 to 2 tablespoons of each dressing (separately, not mixed). Drizzle each style of cauliflower with a bit of the hazelnut oil and top with chopped hazelnuts and chives. Serve immediately.



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