



**LOVEFAMILY**

## **MENU**

Rosemary Dijon Pork Tenderloin

Mac 'n' Cheese

Greek Freak Garlic Bread

S'mores Milkshakes

SPICEOLOGY

# LOVE FAMILY

## ADVENTURE

Bust out of that weeknight routine - Valentine's Day is a great reason to get the family together for a little fun in the kitchen and put the kiddos to work!

### DO AHEAD OF TIME

#### EXPLORE YOUR KIT

Once you've received your **Love Adventure Kit**, get inspired to make a specially-curated dinner on the big day by reading the recipes and tasting the blends.

#### GRAB GROCERIES

Make sure you plan your **Valentine's Day shopping list**. Don't worry, we've made it super easy for you. You'll find a handy dandy list on the next page.

### V-DAY: LET'S DO THIS THING



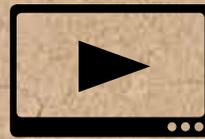
#### PREP KITCHEN

Gather all ingredients and cookware, don your apron, and grab your favorite device to stream our recipe videos in the kitchen so you can cook along with our chefs.



#### QUEUE THE TUNES

Get in the mood even more by putting on the LOVE FAMILY Spotify playlist (did we mention kitchen dancing is highly encouraged?) - it's linked over at [Spiceology.com/](https://www.spiceology.com/) celebrate or simply search "Spiceology LOVE FAMILY" in Spotify.



#### LET OUR CHEF BE YOUR GUIDE

Click play on the recipes video and let our Spiceology chef guide you through experimenting with flavor and making a Valentine's meal to remember. You can pause the video or rewind to your heart's content - we want you to cook at your comfortable pace.



#### SIT, SIP AND SAVOR

You did it! Sit back, relax, cheers and enjoy the meal you just mastered together. And now that you have four new blends to play with in the kitchen, you can continue to do dinner parties no matter what occasion.

A decorative header featuring four hearts of different colors (blue, green, brown, and orange) with white arrows pointing towards the center. The word "SPICEOLOGY" is written in a black, rounded, sans-serif font inside a thin black rectangular border.

SPICEOLOGY

# LOVEFAMILY

## GROCERY LIST

### PRODUCE

- 2 lemons
- 2 garlic cloves, minced

### MEAT & DAIRY

- 1 pork tenderloin, approx 1.5 lbs - we suggest Niman Ranch
- 1/2 lbs smoky bacon, diced
- 8 oz medium cheddar, shredded
- 8 oz smoked Gouda, shredded
- 1/2 cup parmesan cheese
- 3 cups whole milk
- 1 stick + 2 tbsp butter, divided
- 1/2 quart vanilla ice cream

### MISCELLANEOUS

- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1/4 cup olive oil
- Flour
- 1 lb short pasta of choice (shells, elbow mac, etc)
- 1 loaf of French bread
- 1/4 cup chocolate sauce
- 8 graham crackers
- 1 cup (or more) marshmallow cream (you might know it as fluff!)
- kosher salt
- cracked black pepper

The top of the page features a textured brown background. At the top center, the word "SPICEOLOGY" is written in a black, rounded, sans-serif font inside a thin black rectangular border. Below this, the words "LOVE FAMILY" are written in a large, bold, red, sans-serif font. Underneath that, the word "INGREDIENTS" is written in a bold, black, sans-serif font. On the left side, there are three hearts: a blue one at the bottom, a green one in the middle, and a brown one at the top. On the right side, there are two hearts: a brown one at the top and an orange one at the bottom. Each heart has a white arrow pointing to the right, except for the top brown heart which has two white arrows pointing left and right.

## DAY BEFORE

*STEP 1: Kind of a pig deal: let's get your pork ready*

### Ingredients:

- 1 pork tenderloin approx. 1.5 lbs
- 3 tbsp Spiceology Rosemary Dijon Rub
- 2 tbsp dijon mustard
- 2 tbsp honey
- ¼ cup olive oil
- 1 lemon

### Instructions:

24 hours before: Marinate Pork

1. Whisk all marinade ingredients together (minus the lemon). Coat pork and let marinate in a ziplock bag.

## V-DAY DINNER PREP

*STEP 2: Where there's smoke, there's Smoky Mac and Cheese*

### Ingredients:

- 1 lb short pasta of choice (shells, elbow mac, Cavatappi are great choices)
- 8 oz medium cheddar shredded
- 8 oz smoked gouda shredded
- 3 cups whole milk
- ½ pound smoky bacon diced
- ½ tbsp Spiceology Smoky Honey Habanero Blend
- ½ tbsp salt
- 1/3 cup all-purpose flour
- 2 tbsp butter

The top of the page features a textured brown background. At the top center, the word "SPICEOLOGY" is written in a black, rounded, sans-serif font inside a thin black rectangular border. Below this, the words "LOVE FAMILY" are written in a large, bold, red, sans-serif font. Underneath that, the word "INGREDIENTS" is written in a bold, black, sans-serif font. On the left side, there are three hearts: a blue one at the bottom, a green one in the middle, and a brown one at the top. On the right side, there are two hearts: a brown one at the top and an orange one at the bottom. Each heart has a white arrow pointing outwards from its center.

SPICEOLOGY

# LOVE FAMILY

## INGREDIENTS

### **Instructions:**

1. Turn your stove onto medium heat. In a pan, cook up your bacon till it reaches your desired level of crispiness.
2. Preheat your oven to 450 degrees F. This is for our next recipe, Greek Freak Garlic Bread, but you'll want it to be ready!
3. While your bacon is cooking, bring 4 quarts of water to a boil. Once boiling, add pasta and cook till al dente. Drain and rinse.
4. As your bacon finishes cooking, add a little Smoky Honey Habanero to the bacon. Remove from pan, but keep fat in pan.
5. In the pan with the bacon fat, add butter and melt, whisk in flour and cook for one minute. Pour in milk one cup at a time, while continuing to whisk.
6. Bring heat down to the lowest setting, add salt, then add shredded cheese a handful at a time. Whisk constantly until all of the cheese is added and melted, then add your pasta and crispy bacon and incorporate everything.
7. Place lid on mac and cheese to keep warm until serving.

### ***STEP 3: Carbs FTW: Greek Freak Garlic Bread***

### **Ingredients:**

- 1 loaf french bread (whole)
- 1 stick butter
- 2 tbsp Spiceology Greek Freak Blend
- 2 cloves garlic minced
- Juice of ½ lemon
- ½ cup parmesan cheese

### **Instructions:**

1. Make sure your oven is preheated to 450 degrees F.
2. Slice the bread in half the long way, like a hotdog bun.

The top of the page features a textured brown background. At the top center, the word "SPICEOLOGY" is written in a black, rounded, sans-serif font inside a thin black rectangular border. Below this, the words "LOVE FAMILY" are written in a large, bold, red, sans-serif font. Underneath that, the word "INGREDIENTS" is written in a bold, black, sans-serif font. On the left side, there are three hearts: a blue one at the bottom, a green one in the middle, and a brown one at the top. On the right side, there are two hearts: a brown one at the top and an orange one at the bottom. Each heart has a white arrow pointing to the right, and the arrows on the right-side hearts point towards the center of the page.

SPICEOLOGY

# LOVE FAMILY

## INGREDIENTS

3. In a small bowl, microwave the butter for appx 20 seconds or until it just starts to melt. Add Greek Freak, garlic and lemon, mix well.
4. Spread butter mixture evenly on the bread and top with parmesan cheese.
5. Bake for approx. 6 minutes watching it carefully, take it out when cheese just starts to brown.
6. Wrap with foil to keep warm until serving. Drop your oven down to 400 degrees F.

***STEP 4: This little piggy went... onto my plate:***  
***Rosemary Dijon Pork Tenderloin***

**Ingredients:**

- 1 pork tenderloin approx. 1.5 lbs - we suggest Niman Ranch
- 3 tbsp Spiceology Rosemary Dijon Rub
- 2 tbsp dijon mustard
- 2 tbsp honey
- ¼ cup olive oil
- 1 lemon

**Instructions:**

1. Make sure you've dropped your oven to 400 degrees.
2. Retrieve your pork from its marinade. In an oven-safe saute pan over medium, add 1 tbsp cooking oil of choice. Sear on all sides until light brown.
3. Squeeze lemon into pan then place in the oven and let it cook for appx 20 minutes until the internal temperature is 145 degrees.
4. Let the pork rest for a minimum of 5 minutes before slicing the pork across the grain.

***STEP 5: Plate it... plate it real good***

The top of the page features a textured, light brown background. At the top center, the word "SPICEOLOGY" is written in a black, rounded, sans-serif font, enclosed in a thin black rectangular border. Below this, the words "LOVE FAMILY" are written in a large, bold, red, sans-serif font. Underneath "LOVE FAMILY", the word "INGREDIENTS" is written in a bold, black, sans-serif font. On the left side, there are three hearts: a blue one at the bottom, a green one in the middle, and a brown one at the top. On the right side, there are two hearts: a brown one at the top and a red one at the bottom. Each heart has a white arrow pointing to the right, and the arrows on the hearts on the right side point to the left.

**Instructions:**

1. You've made a delicious meal! Enjoy it and we'll see you in a little bit to make that S'mores milkshake.

*STEP 6: Shake it up: S'mores milkshake time*

**Ingredients:**

- ½ quart your favorite vanilla ice cream
- ¼ cup chocolate sauce
- 2 tbsp Spiceology S'mores Blend
- 8 graham crackers
- 1 cup (or more) marshmallow cream

**Instructions:**

1. In a large blender, add all ingredients, making sure to crumble the graham crackers into the blender.

(Pro tip- you can add as many graham crackers as you want.)

2. Blend for a minute and pour into glasses.
3. Garnish it up! Add fun toppings like whipped cream, more crumbled graham crackers, and s'mores seasoning.
4. Sip and enjoy!