



LOVEUS

MENU

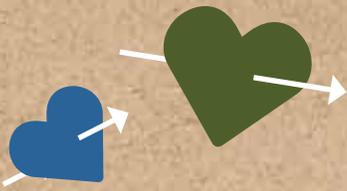
Rosemary Dijon Crusted Rack of Lamb

Greek Freak Roasted Asparagus

Smoky Honey Habanero Sweet Potatoes

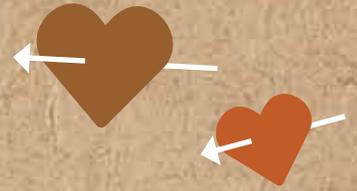
S'mores Ice Cream Cups

SPICEOLOGY



LOVEUS

ADVENTURE



We're here to help you spice things up - whether you're surprising your special someone or cooking together, it's time to turn up the heat in the kitchen.

DO AHEAD OF TIME

EXPLORE YOUR KIT & INSTRUCTIONS

Once you've received your Love Adventure Kit, get inspired by reading your instructions (on the following pages!) 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.

MARINATE YOUR LAMB

You need to do this the night before. Instructions are on the following pages.

V-DAY: LET'S DO THIS THING



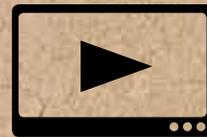
PREP KITCHEN

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 US 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 US" in Spotify.



LET OUR CHEF BE YOUR GUIDE

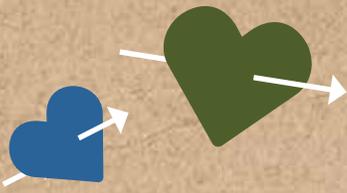
Click play on the recipes video and let our Spiceology chef guide you through experimenting with flavor and making a Valentine's meal to remember. You can pause the video or rewind to your heart's content - we want you to cook at your comfortable pace.



SIT, SIP AND SAVOR

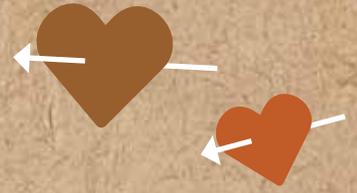
You did it! Sit back, relax and enjoy the meal you just mastered. And now that you have four new blends to play with in the kitchen, you can continue to treat yourself no matter what the occasion.

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GROCERY LIST



PRODUCE

- 2 lemons
- fresh mint
- fresh dill weed
- 2 shallots
- dried oregano, Mediterranean
- 1 garlic clove
- 3 sweet potatoes
- 1 lb asparagus
- 2 cups of raspberries, strawberries, or blueberries

MEAT & DAIRY

- 1 rack of lamb with 8 chops - we suggest Niman Ranch
- 1 stick of unsalted butter
- 1 cup plain greek yogurt
- 1 pint ice cream
- 2 tbsp whole milk

MISCELLANEOUS

- extra virgin olive oil
- 1/4 cup + 2 tsp Sugar
- 4 tbsp honey
- 1 tbsp hot sauce
- 1 tbsp apple cider vinegar
- kosher salt
- cracked black pepper
- chocolate graham crackers
- bag of tiny marshmallows
- bag of semi-sweet chocolate chips



NIGHT BEFORE PREP

STEP 1: The Meat and Marinade Spend the Night Together

Ingredients:

- 1.5 lbs rack of lamb - we suggest Niman Ranch
- minced large shallot
- 10 chopped Mint leaves
- 2 tbsp Olive Oil
- 2 tbsp Lemon Juice
- 2 tbsp Lemon, Zest
- 2 tbsp Rosemary Dijon
- 1 tsp Oregano, Mediterranean
- 2 tsp Sugar

Instructions:

1. Coat the lamb with salt.
2. Mix the remaining ingredients together.
3. Get your hands a little dirty and slather the mixture over the lamb. Place in a dish, cover with plastic wrap, place those babies in the refrigerator and marinate overnight.

DINNER PREP (V-DAY!)

STEP 2: Set Out That Lovingly Marinated Rack of Lamb

Instructions:

Get your lamb out of the refrigerator and let it come up to room temperature.



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INSTRUCTIONS

STEP 3: It's Getting Hot in Here - and Dessert, You Need to Chill

Ingredients:

- 5 chocolate graham crackers (crushed into dust)
- 3 tbsp butter, melted
- 3 tbsp Spiceology S'mores blend
- 1 ½ cups tiny marshmallows
- Your favorite ice cream (We suggest Vanilla Bean)

Instructions:

1. In order to make sure your dessert has had time to set, we're tackling this rich, creamy and oh-so-chocolaty dreamy dessert before we start on dinner. In a ziplock bag, crush your graham crackers into a fine dust. How? Bash them with a rolling pin. Trust us, it's a great way to get out any frustrations from the day.
2. Move to medium mixing bowl and add S'mores blend.
3. In a small saucepan, melt your butter and pour into graham cracker dust/ S'mores mixture. Stir to evenly distribute the butter.
4. Firmly push the graham crackers mixture into muffin tins. Press your thumb in the middle of the graham cracker crumble to create a small bowl/cup.
5. Scoop a perfect round ball of ice cream into the bowl/cup you've created.
6. Cover the ice cream "dome" by pushing tiny marshmallows into the ice cream.
7. Place in the freezer for at least 1 hr (we suggest until after you finish dinner). We'll finish dessert later.

Pro Tip: We're ready to move on to the main course and it's time to mise en place! Don't know what that is? Mise en place is the culinary process in which ingredients are prepared and organized before you start cooking. And, if you watch Chef Tony Reed and his wife Emily in the LOVE US cooking video you'll see the perfect example! Trust us. It makes life so much easier in the kitchen.



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STEP 4: Yogurt Sauce - You're Up Next

Ingredients:

- 1 cup plain Greek yogurt
- 1 tbsp fresh lemon juice
- 1 tbsp mint leaves, chopped
- 1 tbsp dill weed
- 1 garlic clove, minced

Instructions:

Mix all ingredients in a small bowl and refrigerate until ready to serve.

STEP 5: Veg Prep is Very Necessary

Ingredients:

- 3 sweet potatoes
- 1 lb of asparagus
- 2 tbsp Spiceology Greek Freak

Instructions:

1. Cut your sweet potatoes into wedges, skin on and place in a sauté pan.
2. Cut the fibrous ends off of each asparagus, coat with olive oil and toss with Spiceology's Greek Freak in medium-size bowl.
3. Lay asparagus on a sheet pan.



STEP 6: Rack of Lamb, We're Ready To Do You Right

Instructions:

1. Preheat your oven to 400 degrees.
2. While the oven is preheating, heat a cast iron pan over medium-high heat
3. Coat the pan with olive oil.
4. When hot, sear the lamb on all sides quickly. Don't know what a sear is?
Searing is a technique in which the surface of the food is cooked at high temperature until a browned crust forms.
5. Once seared, and the oven is up to temperature, insert an instant-read thermometer into the lamb and place the cast iron pan in the oven. We suggest using a MEATER® thermometer. You control them from your iPhone... RAD.
6. Cook until the internal temperature of the lamb reaches 140 degrees.
Entertain each other with a glass of wine and witty banter... or just more wine. OR, better yet, finish the sides (See below) while you drink wine.
7. Allow lamb to rest for 10 minutes before serving. What's resting? It's exactly what it sounds like. You leave your lamb alone for 10 minutes.

STEP 7: Sweet Potato and Asparagus - You're Up!

Ingredients:

- coarse salt, to taste
- 1 tbsp Spiceology Smoky Honey Habanero
- 4 tbsp your favorite local honey
- 1 tbsp hot sauce
- 1 tbsp unsalted butter
- 1 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil



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Instructions:

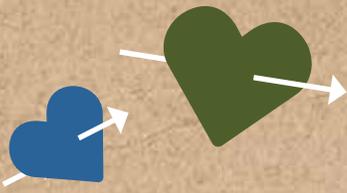
1. Once you put the lamb in the oven, add the yams to a sauté pan and coat with oil and toss with salt.
2. Cover the sweet potato pan and place in the oven for 25 minutes. It's okay, the lamb doesn't mind sharing the oven.
3. Remove from the oven and uncover. Place butter and Spiceology Smoky Honey Habanero seasoning into a pan and toss to coat the wedges.
4. Put back in the oven uncovered for 25 minutes.
5. Once again remove from oven and add in apple cider vinegar.
6. Let sweet potatoes cool. Combine honey and the hot sauce, drizzle over potatoes and serve as side dish or a good snack.
7. Once you remove the lamb from the oven, drop the temperature to 400 degrees and place the asparagus tray in oven for 10 minutes and roast until tender.
8. Remove the asparagus from the oven and toss in medium bowl with parmesan cheese.

STEP 8: Plating Your Labor of Love

You did it! Three delicious dishes and it's time to undo those aprons and indulge in the meal you just made together.

Grab two plates and turn up your artsy instincts. Grab a pair of tongs and place the yam wedges and asparagus to the side. Use those same tongs to place your rack of lamb and spoon on the yogurt sauce.

Pour a glass of wine (**our friends over at Wine Access recommend a 2018 County Line Syrah Sonoma Coast (or any Syrah)**), turn up the Spotify playlist, light those candles - it's time to dig in and cheers to you both.



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STEP 9: Time for Dessert. Things are Getting (Chocolate) Saucey

Ingredients:

- ½ cup chocolate chips
- 2 tbsp Whole Milk
- 2 cups raspberries, quartered strawberries, blueberries, blackberries, etc
- ¼ cup Sugar

Instructions:

1. In a small pot, heat your milk and chocolate chips over medium heat, stirring often to make it doesn't burn. Once the chips are completely incorporated into a smooth chocolate sauce remove from the heat and set aside while you "macerate" the berries.
2. In a medium size bowl, pour the sugar over the fruit and mix vigorously with a spoon to release some of the fruit juices.
3. Turn your broiler onto high and move your rack in your oven to the top of the oven. Place your S'mores cups (still in muffin tins) to "roast" your marshmallows on top of cups for about 30 seconds (just long enough to brown).
4. Remove from the oven and top with macerated berries, chocolate sauce and finish with Spiceology S'mores dusting. Serve immediately.

Enjoy. The rest of your night is up to you two.