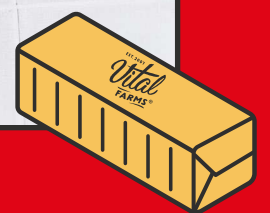
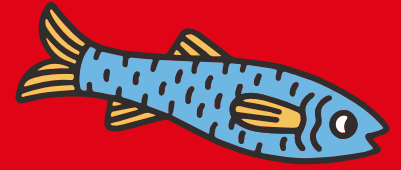


# VITAL FARMS® x Fishwife

## RECIPE BOOK





## Spicy Lemony Sardine Bucatini

SERVES 4

### INGREDIENTS

- ½ pound bucatini
- sea salt
- 2 tablespoons olive oil
- big pinch chili flakes
- 4 cloves garlic, thinly sliced
- 2 lemons
- ½ cup Vital Farms® Unsalted Butter
- 1 tin Fishwife Sardines with Preserved Lemon
- fresh oregano, finely chopped

### INSTRUCTIONS

1. Bring a large pot of water to a boil. Add in a generous few pinches of salt then add in the pasta and boil according to the package directions to al dente.
2. Meanwhile, make the sauce. Slice one of the lemons into very thin rounds. Zest and juice the other lemon.
3. Heat a large skillet over medium heat. Add in the olive oil, chili flake, and garlic. Sauté until garlic is just starting to get a little color on it.
4. Add in the lemon juice and slices then add in the butter, 1 tablespoon at a time, stirring after each addition to emulsify the sauce.
5. Add in the sardines along with their oil and stir gently to warm them through.
6. When the pasta is al dente, reserve about 1 cup of pasta water then drain the pasta and add it to the sauce, tossing to combine. Drizzle in some pasta water, a few tablespoons at a time until you have a glossy sauce. Stir in the lemon zest and sprinkle over the fresh oregano. Serve immediately.



## Brown Butter Bagna Cauda Dip

SERVES 4

### INGREDIENTS

For the dip:

- ½ cup Vital Farms® Unsalted Butter
- ½ cup olive oil
- 1 head garlic (about 8-10 cloves), finely chopped
- 1 tin Fishwife Anchovies

To serve:

- fresh radishes
- green beans
- small potatoes, boiled
- fresh fennel
- crusty bread

### INSTRUCTIONS

1. Heat a medium skillet over medium-low heat and add in the butter. Allow to melt then brown, swirling the pan occasionally until butter has foamed slightly and turned a deep brown color and smells nutty.
2. Immediately add in the olive oil to prevent the butter from browning further. Turn heat down to low then add in the garlic and anchovies along with their oil.
3. Allow the oil/butter mixture to infuse with the garlic and the anchovy fillets to melt, breaking up gently with the back of a wooden spoon.
4. Once mixture is well combined, transfer to a serving bowl and serve warm with veggies and bread.



## Rice Bowl with Jammy Eggs and Albacore Tuna

SERVES 1

### INGREDIENTS

- 1 Vital Farms® egg
- 1 cup cooked rice of choice
- 1 tin Fishwife Albacore Tuna in Olive Oil
- ½ avocado, cubed
- ½ cup English or Persian cucumber, roughly chopped
- 2 tablespoons mayo
- 1 tablespoon sriracha
- toasted sesame seeds, to garnish
- chili crisp, to garnish
- thinly sliced scallions, to garnish

### INSTRUCTIONS

1. Bring a medium pot of water to a boil. Add in the egg using a slotted spoon and boil for 6 minutes.
2. Prepare an ice bath by filling a medium bowl with ice and water. Add the egg to the ice bath. When cool to the touch, peel and set aside.
3. Whisk together the mayo and sriracha.
4. Add the rice to a large bowl or shallow dish. Top with tuna, avocado, and cucumber. Slice your jammy egg in half and nestle it on top.
5. Top your bowl with sesame seeds, a drizzle of chili crisp, a sprinkle of scallions, and the spicy mayo.



## Spicy Smoked Salmon Eggs Benedict

SERVES 1

### INGREDIENTS

For the sandwiches:

- 2 Vital Farms® Eggs
- 1 tin Fishwife Smoked Salmon with Sichuan Chili Crisp
- 1 sourdough English muffin
- 1 tablespoon chives, finely chopped

For the hollandaise:

- 2 yolks from Vital Farms eggs
- ¼ cup Vital Farms Unsalted Butter, melted
- 1 ½ teaspoons lemon juice
- pinch of salt

### INSTRUCTIONS

1. Fill a medium pot about halfway up with water and bring water to boil over medium-high heat.
2. While water is coming to a boil, add the butter to a microwavable bowl and melt. Add egg yolks, lemon juice, and salt to a jar then slowly stream in the melted butter while blending mixture with an immersion blender (you can also do this in a regular blender). Set hollandaise sauce aside.\*
3. Once water is just starting to boil, turn the heat down to medium and add 2 eggs. Poach eggs for 3 minutes then remove them to a paper towel-lined plate with a slotted spoon.
4. While the eggs are poaching, split the English muffin in half and toast. Divide the smoked salmon between the two English muffins, placing on top, lightly mashing into an even layer.
5. Top each English muffin with a poached egg followed by a generous layer of hollandaise and a sprinkle of chives.

\*Consuming raw or undercooked eggs may increase your risk of food borne illness, especially if you have certain medical conditions.