

PIZZA & BOURBON

W/ NUTRITIONIST DJ BLATNER, RDN & EXECUTIVE BOURBON STEWARD CHRIS BLATNER

MAPLE OLD FASHIONED

INGREDIENTS (makes 1 cocktail)

2 ounces bourbon
1/2 - 1 teaspoon maple syrup
2 - 3 dashes bitters (orange or aromatic)
1 orange
Ice

DIRECTIONS

- With a vegetable peeler, peel a piece of orange rind, set aside.
- Combine bourbon, maple syrup, and bitters in a medium cocktail glass with ice.
- Stir for 15-20 seconds.
- Express orange peel over glass & around rim to add orange essence.
- Put peel into glass.

Note: Add a few shakes of bitters in sparkling water for an almost no-proof cocktail anytime.



CHICKPEA SUPERFOOD PIZZA

INGREDIENTS (makes two 8" personal pizzas)

1/2 cup chickpea flour	1/2 cup no-added-sugar marinara sauce
1/2 cup water	1 cup fresh spinach, chopped
1/4 teaspoon sea salt	1/2 cup shredded mozzarella cheese
1.5 tablespoons olive oil, split	<i>Optional: Any other pizza toppers you love!</i>

DIRECTIONS

- Whisk together chickpea flour, water, salt, and 1/2 tablespoon oil until it's a smooth batter.
- Brush 1/2 tablespoon oil on a 10" skillet over medium-high heat & pour in HALF of the batter.
- Cook like you would a pancake for about 6 minutes on the first side, until golden & crisp.
- Flip, cook another 4 minutes, and halfway through put on HALF the marinara, spinach & cheese (*or any other pizza toppers you love*).
- Repeat to make the other pizza.

Note: Serve with a side salad for extra veggie nutrition.



For more superfood recipes visit djblatner.com

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SHOPPING LIST

For each cocktail:

- 2 ounces bourbon
- 1/2 - 1 teaspoon maple syrup
- 2 - 3 dashes bitters* (orange or aromatic)
- 1 orange
- Ice

For chickpea superfood pizza:

- 1/2 cup chickpea flour**
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1.5 tablespoons olive oil, split
- 1/2 cup no-added-sugar marinara sauce
- 1 cup fresh spinach, chopped
- 1/2 cup shredded mozzarella cheese
- *Optional: Any other pizza toppers you love*
- *Optional: Side salad to serve w/ pizza*

*Bitters are found in the grocery store liquor section and also liquor stores.

**Chickpea flour is found in the grocery store baking aisle and also online at places like amazon.com.

SUPPLIES LIST

Medium cocktail glass
Vegetable peeler
Cutting board
Knife
10" skillet (or pancake griddle)
Medium bowl (or 2-cup liquid measuring cup)
Whisk or fork
Pastry brush
Spatula
Measuring spoons & cups

BOURBON RECOMMENDATIONS

If you have Bourbon at home you can use what you have, but if you'd like to buy a bottle for the event here are some suggestions from Chris Blatner, the Urban Bourbonist:

- Wild Turkey 101 Bourbon (\$22) vanilla, baking spices, maple, apple, sweet heat, charred oak.
- ***Old Grand Dad Bonded Bourbon** (\$24) cinnamon spice, stewed fruits, caramel, baking spices, oak.
- Old Forester 100 Bourbon (\$25) sweet vanilla, caramelized banana, cinnamon, tropical fruit.
- Buffalo Trace Bourbon (\$27) tobacco, cherry, toffee, dark chocolate, cedar.
- Four Roses Small Batch Bourbon (\$35) floral honey, cinnamon, cornbread, caramel, black pepper.
- Maker's Mark 101 Bourbon (\$40) caramel, cherries, brown sugar, baking spices.
- Noah's Mill Small Batch Bourbon (\$55) cinnamon, vanilla, oak, herbal, hazelnut, rye spice.

****Chris will be using Old Grand Dad Bonded Bourbon***

BOURBON TASTING

WITH THE URBAN BOURBONIST

NAME OF WHISKEY/BOURBON:

WHISKEY DETAILS

PROOF / % ABV:

SOURCE / STATE OF ORIGIN:

MASH BILL:

DISTILLERY:

AGE:

PRICE:

NOSE NOTES (AROMAS)

Round 1:

Round 2:

Round 3:

PALATE NOTES (MAIN/DOMINANT FLAVORS)

Round 1:

Round 2:

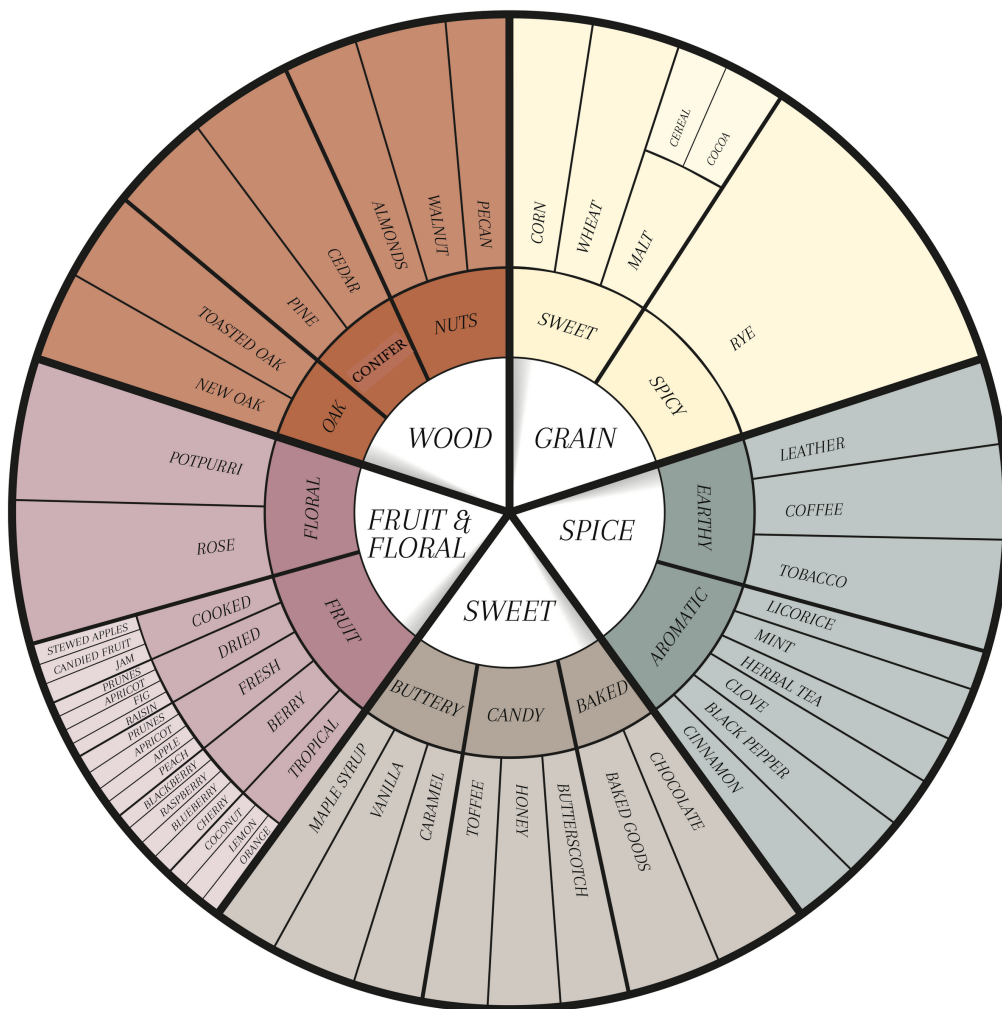
Round 3:

FINISH NOTES (NEW/LINGERING FLAVORS)

Round 1:

Round 2:

Round 3:



BASIC DEFINITIONS

•**Whiskey:** a spirit distilled from a fermented mash of grains that has been stored in an oak container.

•**Bourbon:** a whiskey made from a mash that is a minimum of 51% corn, distilled to no higher than 160 proof, and stored at no higher than 125 proof in charred new oak containers. Can only be produced in the USA.

•**Rye or Wheat or Malt Whiskey:** same definition as Bourbon but must contain at least 51% rye or wheat or malted barley.