

KICS LEMONADE



BEVERAGES

KICS LEMONADE

(Don't let the kids drink it!)
10 oz club soda
1½ oz vodka or gin
1½ oz KICS Lemonade Syrup

Combine and pour over ice.

HOT RUM TODDY

1½ oz rum
1 tbsp butter
2 oz KICS Lemonade Syrup
6 oz boiling water

Stir with cinnamon stick.

HOT LEMON DRINK

2 oz KICS Lemonade Syrup
8 oz boiling water

Stir with cinnamon stick.

ICED TEA

Brew strong pot of tea.
Mix 1 part KICS Lemonade Syrup with 4 parts tea.

KICS SANGRIA 1

1 cup red wine
½ cup club soda
2 tbsp KICS Lemonade Syrup

Combine ingredients & pour over ice. Garnish with fruit slices.

KICS SANGRIA 2

1 cup red wine
1 cup each cranberry and orange juice
¼ cup KICS Lemonade Syrup
3 cups chopped cantaloupe or watermelon

Combine all ingredients in large pitcher and refrigerate at least 1 hour.

KICS FRUIT SMOOTHIE

1 cup vanilla yogurt
1 frozen banana
½ cup frozen blueberries
2 oz KICS Lemonade Syrup

Puree in blender and add milk to desired consistency.

KICS PUNCH

1 L KICS Lemonade Syrup
2 L ginger ale
1.78 L Cran-Raspberry Cocktail

KICS LEMON VANILLA FRAPPE

6 ice cubes
3 tbsp KICS Lemonade Syrup
1 tbsp sugar
1 tsp vanilla
½ cup 18% table cream
Combine all ingredients in blender and process until smooth.

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ENTRÉES

KICS LEMON BASIL CHICKEN

2 tbsp olive oil
2 tbsp dijon mustard
1 tsp each salt & fresh garlic
¼ cup finely chopped fresh basil
¼ cup KICS Lemonade Syrup
4 skinless, boneless chicken breasts

Combine all ingredients and marinate chicken for at least 1 hour. Bake, broil, or grill chicken.

SALMON MELT

1 can sockeye salmon
2 tbsp mayo
1 tbsp chopped onion
½ stalk chopped celery
1 tbsp KICS Lemonade Syrup
1 tsp TAWABEL seasoning
Swiss Cheese Slices
French Bread

Combine first 6 ingredients and spread over French bread slices. Top with Swiss cheese and broil till bubbly.

SWEET LEMON CHICKEN

1 cup hot water
1 pkg stuffing mix for chicken
4 small boneless, skinless chicken breasts, pounded into ½ inch thickness.
½ cup KICS Lemonade Syrup
2 Tbsp melted butter

Preheat oven to 400 degrees F. Add hot water to stuffing mix; stir until just moistened. Set aside. Place chicken in 13 x 9 baking dish. Mix KICS Lemonade Syrup and butter until well blended and pour over chicken. Top with prepared stuffing. Bake 30 mins. Or until chicken is cooked through.

SALMON CAKES WITH LEMON SOUR CREAM SAUCE

4 oz flaked, cooked sockeye
1 cup leftover brown and wild rice (cooked in chicken broth)
¼ small zucchini, coarsely grated
1 stalk celery, finely minced
¼ small white onion finely minced
2 tbsp toasted bread crumbs
2-3 tbsp reduced fat mayo
1 egg

Combine all ingredients and shape into patties. Saute 5 minutes each side in a frying pan lightly coated with olive oil.

½ cup fat free sour cream
2 tbsp KICS Lemonade syrup
Salt and pepper to taste

Combine above ingredients. Salmon cakes and sauce may be served hot or cold.

CRISPY BAKED SOLE FILLETS

1½ tbsp vegetable oil
1½ lbs sole fillets
3 tbsp light mayonnaise
1 tbsp KICS Lemonade Syrup
½ cup bread crumbs
¼ cup cornmeal
½ tsp salt
¼ tsp cayenne pepper

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper. Brush the paper with oil. Cut the fish into 8 equal pieces; rinse in cold water and thoroughly pat dry. Set the fish in a bowl with mayonnaise and KICS lemonade and toss to coat. Combine remaining ingredients on a sided plate. Coat the fish in the breadcrumb mixture and set on the baking sheet. Bake for 8 minutes then turn each piece over. Bake 4 mins more, or until cooked through. Garnish with fresh lemon slices.

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ENTRÉES

ROASTED CAULIFLOWER WITH CUMIN AND LEMON

1 head of cauliflower
1 minced garlic clove
2 Tbsp KICS lemonade syrup
3 Tbsp melted butter
1 tsp ground cumin
1/8 tsp cayenne
Salt to taste
2 Tbsp chopped fresh cilantro or parsley

Preheat oven to 400 degrees F. Cut the cauliflower into florets and place in bowl. Add all remaining ingredients except cilantro or parsley, and toss to combine. Set the cauliflower in a single layer in a casserole. Roast, uncovered, for 15-20 mins or until the cauliflower is tender and nicely browned. Sprinkle with cilantro or parsley before serving. Variation: replace cumin with grainy mustard.

ASPARAGUS AND SMOKED SALMON PASTA

Saute 1 lb cut-up asparagus in 4 tbsp in melted butter in a large nonstick skillet until crisp tender. Toss with 2 Tbsp KICS Lemonade Syrup, including rind, 1 cup smoked salmon pieces, 3 Tbsp chopped dill and 12 oz cooked pasta.

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SAUCES

MARINADE FOR CHICKEN OR PORK

- 2 tbsp soya sauce
- 2 tsp finely grated ginger
- 1 clove finely minced garlic
- 2 tbsp KICS Lemonade Syrup

TAWABEL CHICKEN MARINADE

- ½ cup KICS Lemonade Syrup
- 2 tbsp TAWABEL seasoning

MARINADE FOR FISH

- ½ cup KICS Lemonade Syrup
- ½ tsp dill
- 1 clove finely minced garlic
- salt & pepper to taste

KICS BRINE FOR TURKEY, CHICKEN OR PORK

Try soaking your turkey, chicken or pork in this brine for 24 hours before cooking in your usual manner. The flavour and moistness will amaze you!

- 1 cup KICS Lemonade Syrup
- 1 cup Orange juice
- 1 cup salt
- 1 chopped onion
- 2 tbsp chopped fresh garlic
- 1 tbsp chilli powder
- 1 tbsp ground cumin
- ½ tsp oregano
- 1 gallon water

Combine all ingredients in a big bowl and stir till salt is dissolved.

LEMON SOUR CREAM SAUCE

- ½ cup fat free sour cream
- 2 tbsp KICS Lemonade syrup
- Salt and pepper to taste

Combine above ingredients. Salmon cakes and sauce may be served hot or cold.

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DESSERTS

KICS FROZEN LEMON YOGURT SQUARES

- 1 cup graham wafer crumbs
- ½ cup melted butter
- 4 cups frozen vanilla yogurt, softened
- ¾ cup KICS Lemonade Syrup melted white chocolate whipped cream

Combine graham crumbs and butter, press into 9-inch square pan. Beat yogurt and KICS Lemonade Syrup together till well blended. Spread over crust. Freeze 4 hours till firm. Drizzle melted chocolate over top. Cut into 9 squares to serve. Garnish each piece with a dollop of whipped cream.

LEMON BLUEBERRY CAKE

- 1 cup fine cornmeal
- 1 cup kamut flour
- ¼ cup white sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 2 tbsp KICS Lemonade Syrup, including rind
- 1 cup plain low fat yogurt
- ¼ cup skim milk
- ¼ cup honey
- 2 eggs
- ¼ cup vegetable oil
- 1 cup frozen blueberries

Preheat oven to 375 degrees F. Lightly oil a 9 inch round baking pan. In a medium bowl, whisk together cornmeal, flour, sugar, baking powder, baking soda and salt. Place 2 tbsp of this mixture in a small bowl. Combine KICS Lemonade Syrup, yogurt, milk, honey, eggs and oil. Whisk to combine. Add half the dry ingredients to the wet, whisking to combine, then add the other half and combine. Add frozen blueberries to the small bowl with the remaining cornmeal mixture, tossing to coat. Gently fold all the berries and cornmeal mixture into the cake batter. Pour the mixture into

the prepared pan and bake 35-40 minutes or until golden on top and a cake tester comes out clean. Let stand 5 minutes, then remove from pan and transfer to a rack. Let cool completely.

SHIRLEY'S KICS COOKIES

- 1 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 3 cups all purpose flour
- 1 tsp baking soda
- ½ cup KICS lemonade syrup (or frozen lemonade concentrate thawed)

Cream butter or margarine with sugar. Add eggs beating till light and fluffy. Sift together flour and soda, add alternately to creamed mixture with the lemonade syrup. Bake 375°F for 8-10 minutes till lightly browned. Brush cookies with additional lemonade syrup while still fairly hot. Sprinkle lightly with sugar. Cool on rack. Makes 4 dozen.

LEMON CREAM CHEESE FREEZE

- 1 ¼ cup graham cracker crumbs
- ¼ cup melted butter
- 2 pkg. softened cream cheese
- 1 ¼ cup KICS Lemonade Syrup (strain lemon peel and set aside)
- 1 1 L Tub frozen whipped topping

Line a 9-inch square pan with foil, with ends of foil extending over sides of pan. Mix graham cracker crumbs with butter and press into pan. Beat cream cheese until creamy. Gradually add KICS Syrup, beating well after each addition. Add 3 ½ cups of the whipped topping; stir with wire whisk until well blended. Spoon evenly over crust. Freeze 3 hours or until firm. Remove from freezer 15 minutes before serving. Lift dessert from pan, using foil handles, before cutting into squares to serve. Top each square with about 1 ½ tbsp of whipped topping and a bit of reserved lemon peel.

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DESSERTS

CREAMY LEMON SQUARES

- 1 cup graham wafer crumbs
- ½ cup flour
- ¼ cup firmly packed brown sugar
- ¼ cup butter
- 1 8 oz pkg cream cheese
- ¾ cup granulated sugar
- 2 eggs
- 2 tbsp flour
- ¼ cup KICS Lemonade Syrup
- ¼ tsp baking powder
- 2 tsp icing sugar

Preheat oven to 350 degrees F. Line an 8 in. Square pan with foil, with ends extending over sides of pan; set aside. Combine crumbs, ½ cup Flour with the brown sugar in medium bowl. Cut in butter with pastry blender until mixture resembles coarse crumbs.; press firmly into bottom of pan. Bake 15 mins. Meanwhile, beat cream cheese and sugar until well blended. Add eggs and 2 Tbsp flour, mix well. Blend in KICS Lemonade Syrup and baking powder. Pour over crust. Bake 25-28 mins, or until centre is set. Cool completely. Cover and refrigerate at least 2 hours. Sprinkle with icing sugar before cutting into squares to serve. Store leftovers in refridgerator.