

***Dorot Gardens®* Fresh-To-Frozen Herb Cubes are the Ultimate Kitchen Hack**

***Cooking Hacks from Celebrity Chef George Duran for October National Vegetarian Month***

BAYONNE, NJ [October, 2022] – ***Dorot Gardens is the Ultimate Kitchen Hack***, offering innovative flash-frozen packages of fresh, pre-portioned herbs and garlic that eliminate the process of peeling, chopping, and measuring. All it takes to season and flavor a dish is a cube of the right spice, and ***Dorot Gardens*** is there to make flavoring quick and easy, so you can focus on enjoying the finished product. They’re perfect for adding robust flavor to all your meat-free recipes this October for National Vegetarian Month.

***Dorot Gardens’*** current lineup consists of **Garlic, Ginger, Basil, Onions, Cilantro, Turmeric, Parsley,** and **Dill** that are perfectly portioned and super convenient to add to all your favorite ideas and recipes. With a two-year shelf life, you can have fresh garlic, onions, and herbs year-round with the simple pop of the tray!

***Dorot Gardens’*** products are free of gluten, dairy, soy, nuts, and artificial preservatives and ingredients. They are proudly vegan, OU kosher, halal, and non-GMO verified. Simply pop the frozen cube out and use for simple ideas from salad dressings, sauces, omelets, dips, and much more.

**Here are 8 kitchen hacks using Dorot Gardens from Celebrity Chef George Duran:**

1. **Quick-Fry Garlic**: pop a couple Dorot Gardens garlic cubes in a bowl with a teaspoon of olive oil and microwave it for about a minute and a half on high. You’ll instantly get gently “fried” minced garlic for your recipes.
2. **Herbed Hummus**: add cubes of Dorot Gardens parsley and garlic directly into the food processor before processing hummus to get a delicious, herbed twist on hummus.
3. **Instant Herbed Butter**: allow your favorite Dorot Gardens herbs to become room temperature in a bowl, and mix it in with a stick of your favorite butter (room temperature). Then roll into a tube with wax paper and place back in the refrigerator for instant herbed compound butter.
4. **Pasta Ready**: add an instant burst of herbs to any boiled pasta with a cube of Dorot Gardens herb (of your choice), butter and grated parmesan cheese.
5. **Herbed Rice or Couscous**: need to bring your rice game to another level? Simply add Dorot Gardens herb cubes to your rice or couscous once it’s done cooking. Mix and serve!
6. **Roasted Herbed Potatoes**: add Dorot Gardens Garlic and Herb cubes to your bowl of raw potatoes and olive oil. Once the cubes thaw, mix everything up and roast for an instant herb and garlicky potato side dish.
7. **Bread Dip Anyone?**: add Dorot Gardens garlic and herbs with some olive oil in your microwave until fully melted, about a minute. Then add some grated parmesan and serve with fresh crusty bread as a dip.
8. **Instant Herbed Vinaigrette**: in a jar, combine your favorite Dorot Gardens herbs with olive oil, vinegar, mustard, salt and pepper. Shake hard until emulsified. Serve on your favorite salad.

According to Celebrity Chef George Duran, “It’s the perfect kitchen hack! I’ve created so many shortcuts for countless dishes using Dorot Gardens!”

***Dorot Gardens*** is all about embracing the many benefits of frozen foods. Some benefits of keeping frozen herbs and garlic include:

* Saving time on cooking prep – having ready-to-go cubes of herbs and garlic saves time on chopping, crushing, and preparing
* Having fresh options anytime – even without an at-home herb garden or a quick trip to the store, a dish can be flavored with fresh and delicious additions
* Retaining vitamins and minerals – as a rule, when foods are frozen while fresh and ripe, they can hold onto their nutrients for longer
* Preserving flavor and aroma – when herbs and spices are frozen, they can maintain their taste and smell for longer than if they are dried

“There is a real difference you can taste when you use fresh herbs as opposed to dried spices, but not everyone has the space or green thumb needed to grow their own” says Laura Morris, Associate Marketing Director of ***Dorot Gardens***. “Frozen, prepared, and pre-portioned ingredients are an amazing way to get that top-notch flavor without the fuss.”

***Dorot Gardens’*** colorful history dates to the late 1980s on a Kibbutz—an agricultural communal settlement in Israel. Initially seeking to make garlic more appealing and easier to prepare, ***Dorot Gardens’*** founder set to work, experimenting in his home laboratory until he developed the frozen Crushed Garlic that customers still know and love today. The brand ***Dorot Gardens*** was established in 1992 and is still fully owned by the Kibbutz Dorot, where more than 3,500 acres of field crops of garlic and herbs are grown.

Since its inception, the brand has grown to its current lineup of 8 high-quality products, which are produced to meet the strictest industrial standards. To ensure maximum flavor, nutritional value, and freshness***,*** the herbs and garlic are picked straight from the fields, processed, and flash frozen into their packaging trays within 90 minutes of harvest. Once frozen, the products have an expected **two-year shelf life**, giving customers fresh seasonings even when they are out of season.

***Dorot Gardens*** products can be found in the frozen veggie aisle of grocery stores including **Kroger**, **Walmart**, **Trader Joe’s, Safeway, Albertsons,** and **Whole Foods.** For more recipes, nutritional information and more, visit [www.dorotgardens.com](https://www.dorotgardens.com/) or follow ***Dorot Gardens*** on Facebook and Instagram (@DorotGardens on both).

**About Chef George Duran**

Author of *Take This Dish and Twist It*, George Duran is a polylingual chef and comedian known for his Food Network show *Ham on the Street* and host of TLC’s *The Ultimate Cake Off*. He has appeared as host and culinary contributor for *Good Morning America*, and as a guest on *Live with Kelly*, NBC’s *Today Show*, *CBS This Morning*, *The Wendy Williams Show*, *The Dr. Oz Show*, *The Tamron Hall Show* and many others.

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