The Friday 4

4 FRESH IDEAS YOU CAN USE IN 4 MINUTES OR LESS

1 Quick Recipe: Earthy and Rich Balsamic Chicken and Sausage!

Layers of Flavors in a Flash:

Balsamic Chicken Pasta
2 TB Vegetable Oil
1 TB Unsalted Butter
1 LB Chicken Sausage (any flavor)
4 Boneless Skinless Chicken Breasts
Kosher Salt and Black Pepper
1 Cup Chopped Pepperoncini
1 Cup Chopped Kalamata Olives
1/2 Cup Capers, Rinsed
1/2 Cup Balsamic Vinegar
1/2 Cup Red Wine
1 TB Unsalted Butter, softened
1 TB All Purpose Flour
2 TB Chopped Rosemary
Whole Wheat Pasta to Serve
Grated Parmesan to Serve

Step One In a heavy skillet, heat the oil and butter over medium high heat. Cut the sausage into 1/2" rounds. Add the sausage, brown and transfer to a rack to drain.

Step Two Slice each breast into 6 pieces. Season with salt and pepper, brown in the skillet. Set aside.

Step Three Add the pepperoncini, the olives and the capers to the skillet. Cook the mixture for 1 minute, stirring. Add the vinegar and the wine and boil, scraping up any brown bits, until it is reduced by about half.

Step Four In a small bowl make a **beurre manié* with the butter and flour, by mixing them together to form a paste. Whisk it into the liquid in the skillet and stir to incorporate it and thicken the sauce.

Step Five Add the sausage and the chicken back into the skillet. Sprinkle with rosemary and serve with whole wheat pasta and parmesan.

2 Kitchen Smidgen

**Beurre Manié* is a thickening agent consisting of equal parts of soft butter and flour. When the beurre manié is whisked into a warm liquid, the butter melts, releasing the flour particles without creating lumps.

3 Get Creative

Pepperoncini are peppers of the same species as bell peppers. They are not just for sub sandwiches! Try adding them to any kind of sauce or soup where you want some "vinegary" acidity and a little heat and crunch.

4 WINE of the Week

Domaine Perrin Cote du Rhone
The Rhone, France

Total Wine/Cost Plus about $10.00

This Rhone red is deep-flavored enough to cope with the balsamic tang yet round and warm enough to match the chicken and sausage. It's a blend made from the Grenache grape with a little Syrah and Mouvedre. Domaine Perrin is full of ripe fruit taste at a great price. Try it with any dish featuring Balsamic.

Nancy Waldeck - nwaldeck@tasteandsavor.com

404.483.7829