

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Flavors of Asia in a Bowl!

Rich Coconut Shrimp Soup, Easy Enough to Make at Home:

Thai Coconut Shrimp Soup

1 TB Canola Oil
3 Cloves Garlic, Minced
2 TB Fresh Ginger, Minced
1 Tsp *Chili Garlic Sauce, or more to taste, (in the international section of your grocery store)
1/2 Tsp Cracked Black Peppercorns
1 1/2 Tsp Cumin
4 Cups Chicken Broth
1 Pkg *Chinese Noodles (Mein) or Angel Hair Pasta
1 Cup Julienned Carrots
1 1/2 Cups Light Coconut Milk
1/2 Pound Medium Shrimp
1 TB Fresh Lime Juice

2 TB Chopped Cilantro
3 TB Sliced Green Onions

Step One In a stockpot, heat the oil over medium high heat. Add the garlic, ginger, chili garlic sauce, pepper and cumin. Stir fry for about 1 minute to release the flavors. Add the Chicken Broth and simmer for 10 minutes.

Step Two Add the noodles and carrots to the broth and simmer for 1 minute. Add the coconut milk and simmer for 5 minutes.

Step Three Add the shrimp, lime juice and cilantro. Cook until the shrimp are just pink about 2-3 minutes. Taste for seasoning - add a little more chili garlic sauce if necessary. Serve garnished with the sliced green onions.

2 Kitchen Smidgen

*Chinese Noodles (Mein) The noodles used in Lo Mein or Chow Mein are made of wheat, so thin angel hair pasta can be substituted. For a change, use rice noodles: simply soak them in hot water for 5 minutes before adding them to the soup at the last minute.

3 Get Creative

*Chili Garlic Sauce is an international ingredient that deserves a place in your pantry. I like the "Sriracha" brand. When you combine it with ketchup it makes a zingy dip for boiled shrimp or baked fries. Add it to a little mayo and you have a great spread for a sandwich. There's no limit to the fun you can have with this tangy, flavor filled condiment!

4 WINE of the Week

Michel Leon Gewurztraminer
Alsace, France

Trader Joe about \$8.00

Rich golden color, honey and apricots and a full mouth feel make this a perfect pairing for the slightly spicy shrimp soup. You'll be drinking Gewurtz from its homeland - Alsace still grows the most of this spicy, aromatic grape. You can also find some good examples from California, Oregon and Washington State.