

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Great for Breakfast, Brunch, Lunch or Dinner!

Delicious AND Easy:

The Grits

1 ½ cups *Stone-ground Grits
1 Tsp Kosher or Sea Salt
¼ Cup Soft Low Fat Cream Cheese
½ Cup Shredded Parmesan
Bottle of Hot Pepper Sauce

Step One Bring 6 cups of water and 1 Tsp salt to a boil. Whisk in the grits, reduce the heat to a simmer and cook over low heat for about 35 minutes, stirring often.

Step Two When the grits are creamy blend in the cream cheese and the Parmesan. Top the grits with the shrimp and gravy. Serve sprinkled with the bacon and accompanied by hot pepper sauce.

The Shrimp and Gravy

1LB Large Shrimp, peeled, deveined

and halved lengthwise
Juice of 1 lemon
1 Tsp Kosher or Sea Salt
½ Tsp Cayenne Pepper
3 Slices Bacon, Finely Chopped
½ Cup Minced Red Onion
½ Cup Minced Red Bell Pepper
6 Scallions, Chopped
1 Garlic Clove, Minced or Grated
2 TB *Wondra or All-purpose Flour
1 cup Low Fat/Salt Chicken Stock
Kosher Salt and Black Pepper
Step One Toss the shrimp with the juice, salt and cayenne. Set aside.
Step Two Fry the bacon in a skillet until crispy. Remove and set aside. Add the onion, and pepper, sauté until wilted, about 5 minutes. Add the scallions and garlic; sprinkle the flour over the mixture, sauté for 2 minutes. Stir in the stock and cook

for 5 minutes. Add the shrimp to the gravy, sauté until just pink and season with salt and pepper.

2 Kitchen Smidgen

*Stone-Ground Grits are just what they sound like – corn that is ground using millstones, often powered by a waterwheel. Quite coarsely ground, they have a rich taste and a thick and creamy texture. Because they are less processed than instant or quick grits, always store them in the frig or freezer.

3 Get Creative

*Wondra flour is quick mixing flour that dissolves quickly in liquid, making it the perfect choice for any stove top sauce. Other good news is that it's an all purpose flour with no additives. Grab a canister in your grocery store for easy smooth sauces and gravies.

Shrimp and grits – perfect any time of the day! And so is the wine for this week - lightly sweet, slightly fizzy and perfect to drink on its own or with a splash of fresh fruit juice. The grape used is a UC Davis cross between Muscat and Grenache Gris that thrives in the mineral-rich soils of California.

4 WINE of the Week

Ironstone Obsession Symphony
Sierra Foothills, California

Cost Plus, Total Wine about \$8.00