

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious and Easy Cookies for Dessert or Snacks

Three Kinds of Ginger Create:

Triple Ginger and Toasted Pecan Cookies

2/3 Cup Sugar
1/3 Cup Unsalted Butter, Softened
1/4 Cup *Blackstrap Molasses
1 Large Egg
1 TB Grated Fresh Ginger
1 Cup All-Purpose Flour
3/4 Cup Whole Wheat Pastry Flour
1/4 Cup Finely Chopped
Toasted Pecans
2 Tsp Baking Soda
1 Tsp Ground Ginger
2 Tsp + 3 TB Finely Ground
**Crystallized Ginger
3 TB Raw Sugar
Non-Stick Spray

Step One Preheat oven to 350F.
Cream the sugar and butter with a

mixer until fluffy. Add the molasses, egg and fresh ginger. Beat well.

Step Two Combine flours, pecans, baking soda, and the ground and 2 Tsp crystallized ginger, in a bowl. Add the flour mixture to the sugar mixture. Stir until well blended. Divide the dough in half. Wrap each half in plastic wrap, and place in the refrigerator for at least 2 hours or overnight.

Step Three Mix the 3 TB crystallized ginger and the raw sugar together. Place on a plate. Remove the dough from the refrigerator and roll into 1-inch balls; roll in ginger-sugar mixture on the plate. Place, 2 inches apart, on baking sheets coated with non-stick spray. Flatten a little with a fork dipped in the sugar. Bake at

350 for 10-12 minutes or until lightly browned. Let cool on wire racks.

2 Kitchen Smidgen

*Blackstrap molasses is a byproduct of the process of refining sugar cane into table sugar. Its dark bittersweet flavor adds a big punch of taste to these cookies as well as an excellent source of nutrients including iron.

3 Get Creative

**Crystallized Ginger is fresh ginger that has been slowly cooked in sugar water and rolled in coarse sugar to preserve it. It may also be called candied ginger or glace ginger. For a gingery-good treat try dipping crystallized ginger in melted dark chocolate.

4 WINE of the Week

Kafer Eiswein

Rheinhessen, Germany

Total Wine - around \$20.00

It's hard to find an delicious ice wine in the \$20 price range, but this golden colored one is a good value. Ice wine (Eiswein) is made with grapes that are picked and pressed when frozen, creating a very sweet or "luscious" dessert wine. (Ice wine is sweet, but should be balanced with a good acidity.) Kafer is medium bodied with a tropical flavor of apricots and peaches.