

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Perfect for a Halloween Celebration!

Light and Luscious:

Orange Oil Olive Cake

1 1/3 Cup Sugar
Zest of 2 Oranges
2/3 Cup All Purpose Flour
1/3 Cup Whole Wheat Pastry Flour
2 Large Eggs
1/4 Cup *Light Olive Oil
1 Tsp Natural Orange Flavoring
2/3 Cup Skim Milk
1/2 Tsp Baking Powder
1/2 Tsp Salt

Step One Preheat the oven to 350F. Prepare 1 Large Bundt Pan or 4 smaller Bundt pans by spraying with Bakers Joy.

Step Two In a food processor, combine the sugar and the orange zest until combined. Using the pulse function, add the eggs, then the oil, fla-

voring and milk, processing only until blended into a thin batter.

Step Three In a bowl, whisk together the flours, baking powder and salt. Add the flour mixture to the batter, whisking only until combined. Pour into the prepared pan(s) and bake for 30 minutes for a single Bundt, 25 minutes for the smaller pans. Cool in the pan(s) for about 10 minutes, run a knife around the edge and remove from the pan - then drizzle the Glaze over the top of the cake(s).

The Glaze

2 TB Unsalted Butter, Melted
1/2 Cup Orange Juice
Zest of 1 Orange
1 1/2 Cups Confectioners Sugar
Whisk the butter, juice and zest to-

gether. Add in the confectioners sugar and stir until smooth.

2 Kitchen Smidgen

*Yes, you can use olive oil for baking - but you probably want to use an oil labeled light or mild, so that the sweet taste of your ingredients can shine through.

3 Get Creative

Did you know that you could substitute baking soda for baking powder and vice versa? Here's the secret: To replace 1 Tsp Baking Soda you'll need 2 Tsp of Baking Powder. For a Baking Powder replacement, mix 2 Tsp cream of tartar with 1 Tsp baking soda - then add the exact amount of your homemade baking powder mixture called for in the recipe.

4 WINE of the Week

Tattinger Domaine Carneros Brut
Carneros, California

Cost Plus around \$30.00

Although James Bond's favorite Taittinger Champagne hails from France, this sparkler is a joint venture between France's Taittinger Champagne house and the Kobrand Corporation in California. You'll enjoy this lovely sparkler with its rich flavors of citrus, melon and toasted nuts with the orange cake, and as an refreshing aperitif.