

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Spicy, Flavorful and What a Crowd Pleaser!

### Travel to The Caribbean Tonight:

#### Jerk Chicken Skewers

4 Cloves Garlic  
1 Large Yellow Onion, Chopped  
2 Habanero OR Jalapeños, Seeded  
1 Bunch Green Onions, Chopped  
1 TB Dried Thyme  
1 1/2 Tsp Ground Allspice  
1" Piece Fresh Ginger  
1 Tsp Each Salt and Black Pepper  
3/4 Cup Dark Rum  
1/4 Cup Molasses  
4 Limes, Zested and Juiced  
4 Large Boneless Skinless Chicken Breasts, in 1" Pieces  
Fresh Fruit Skewers  
\*Pomelo, Grapefruit or Pineapple to Place the Skewers

**Step One** Place garlic, onion, peppers, green onions, thyme, allspice,

ginger, salt and pepper into a food processor; blend until smooth. Transfer the mixture to a large bowl, and stir in rum, molasses, lime zest and juice. Place chicken in bowl, and turn to coat. Marinate an hour.

**Step Two** Remove the chicken from the marinade, and thread onto skewers. Boil the marinade in a small saucepan for at least 5 minutes.

**Step Three** Preheat the grill or a grill pan.

**Step Four** Brush grate or pan with oil, and slowly cook the chicken until slightly charred and cooked through, brushing with the marinade when you turn the meat. They will cook quickly: 5 - 10 minutes. Place the skewers in the large fruit and serve with the Fruit Skewers.

## 2 Kitchen Smidgen

Jerk is a style of cooking native to Jamaica in which meats or fish are dry-rubbed with a tangy spice mixture. Three things are included in every jerk rub, chile peppers, allspice and thyme, along with the cook's choice of onions, citrus, herbs and other spices. To kick up the "heat" in this recipe, use habaneros or scotch bonnet peppers. If you want the meat to be flavorful without the burn, stick to the jalapeños.

## 3 Get Creative

The \*Pomelo is the largest member of the citrus fruit family and is grown and enjoyed all over the world in tropical climates. Delicious and juicy, it tastes like a grapefruit with out any bitterness.

## 4 WINE of the Week

Indaba Chenin Blanc  
Western Cape, South Africa

Total Wine around \$9.00

This 100% Chenin Blanc is a crisp, crowd pleaser loaded with luscious tropical fruit, lime and floral aromas. These same fruit flavors follow through in the taste, with refreshing acidity and a slightly spicy finish. The African word Indaba derives from a Zulu term meaning "an assembly of the chiefs."