

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Almost Spring Salad with Unexpected Flavors and Ingredients!

Family Dinner or Festive Side Dish:

Pinot Noir Salad

¼ Cup Thinly Sliced Red Onions
1 Head Kale
1 Head Napa Cabbage
1 Head Romaine Lettuce
3 Cups Halved Red Seedless Grapes
½ Cup Chopped Apricots
1 Cup Golden Raisins
1 Cup Chopped Toasted Walnuts
1 Recipe Pinot Noir Dressing

Step One *Place the red onions in a bowl filled with ice water and set aside.

Step Two Place a kale leaf flat on a cutting board. Cut the center stem out of the leaf. Take one long side and roll up like a cigar. Take your knife and cut through the roll to create long thin ribbons of kale. After

slicing, put the kale in the salad spinner and rinse well and spin dry. Remove from the spinner and place in a large bowl.

Step Three Cut the Napa head in half lengthways. Place the flat, cut side down on the board and slice thinly. Repeat with the romaine.

Check out my video for a quick lesson on how to cut Napa Cabbage:

<http://bit.ly/1alnDPH>

Put the Napa and Romaine in the salad spinner and wash and spin dry. Remove from the spinner and place in the large bowl with the kale.

Step Four Drain the red onions and pat dry. Add the onions, grapes, apricots, raisins and walnuts to the bowl with the veggies. Toss with the

dressing and serve.

Pinot Noir Dressing:

¼ Cup Pinot Noir
2 TB Rice Vinegar
1 TB Dijon Mustard
½ Small Shallot, coarsely chopped
¼ Cup Extra Virgin Olive Oil
4 TB Goat Cheese
Sea Salt and Pepper to taste
Whirl the ingredients in a blender until completely pureed.

2 Kitchen Smidgen

*Soaking the onions in ice water takes away the sting without taking away all the lovely "onion-ey" flavor.

3 Get Creative

Did you know that both black and golden grapes come from green grapes? Both are dried, but the black ones are dried in the field, goldens are washed and dried inside. You can use either color in this recipe!

4 WINE of the Week

Jean Luc Joillot Pinot Noir

Burgundy, France
Costco about \$19.00

What's the perfect pair with this salad? Pinot Noir, of course! The grapes that make this week's wine are from the town of Pommard, in

Burgundy - France's most celebrated area for Pinot Noir wines. Deep rich cherry flavors are evident in the aroma and the taste.