

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: How About a New and Creative Way to Serve Salmon?

Delicious and Full of Flavor: Salmon *Tikka with Mint Chutney

The Salmon

- 4 Skinless Salmon Filets
- 2 Tsp Sea Salt
- 2 TB Fresh Lemon Juice
- 1/2 Cup Yogurt
- 1 TB White Vinegar
- 1 TB Garam Masala
- 1 TB Ground Cumin
- 1/2 Tsp Cayenne Pepper
- 1 TB Grated or Minced Garlic
- 1/2 Tsp Freshly Ground Black Pepper

Step One

Cut the fish filets in cubes or long slices. Sprinkle with the salt and juice and set aside for 30 minutes.

Step Two

Place the remaining ingredients to-

gether in a zippy bag. Place the fish in the bag and massage to coat the pieces. Set aside to marinate for an hour.

Step Three

After taking the fish from the zippy bag, remove any excess marinade by patting with paper towels. If desired, place on skewers. Cook (on grill pan, grill or under the broiler) for 2 - 4 minutes on each side over medium high heat. Garnish with Cilantro if desired and serve with:

Mint Chutney

- 2 Garlic Cloves
- 8 -10 Mint Leaves and Stems
- 1/2 Cup Chopped Cilantro
- 1 Jalapeño, Ribs & Seeds Removed
- 1 Large Mango, Peeled and Pitted

- 1 Tsp Ground Cumin
 - 6 Whole Grape Tomatoes
 - Kosher or Sea Salt to Taste
- Place all the ingredients in a food processor and finely chop.

2 Kitchen Smidgen

The word *Tikka means everything from "woodpecker" in Finnish to the mark Hindu men may wear on their foreheads. In our case it refers to the marinade used in the preparation of salmon - made with a mixture of aromatic spices and yogurt.

3 Get Creative

You can call it Salsa, Relish or Chutney - but it's the same idea the world over. Sweet and sour, chutneys are usually made with fruit and sugar. Try serving this mint chutney with corn chips, it's delicious!

4 WINE of the Week

Yalumba Y Viognier

Southeastern Australia

Kroger, Publix about \$10.00

Fresh, crisp and aromatic Viognier (vee-ohn-yay) is a perfect match for this flavorful way to cook up salmon for family and friends. Originally from France's Rhone Valley, the name of the grape and wine are the same. The Yalumba winery began making Viognier in 1980, and every vintage just gets better. A great bargain wine for a weeknight - you'll enjoy this wine with any seafood!