

The Friday 4

4
FRESH
IDEAS
YOU
CAN
USE
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Perfect Cool Summer Dinner for a Hot Summer Weekend!

Fire Up the Grill For:

Mediterranean Shrimp with Orzo and Dill

The Vinaigrette

1/4 Cup Chopped Fresh Dill, plus extra for garnish
1/4 Cup White Wine Vinegar
3 TB Dijon Mustard
1/2 Cup Olive Oil, plus additional for brushing shrimp
Sea Salt and Freshly Ground Pepper

The Orzo

1 LB Orzo, Cooked According to Package Directions
1/2 Head Fennel, Finely Chopped
3 Green Onions, Thinly Sliced
1 Pint Grape Tomatoes, Halved
1 Cup Crumbled Feta cheese
16 Large Shrimp, Peeled

Step One Make the vinaigrette by placing the dill, vinegar, and mustard in a food processor or blender and blending until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Season with salt and pepper to taste.

Step Two To make the orzo, add the cooked orzo, fennel, onions and grape tomatoes to a bowl. Pour the vinaigrette over the mixture and stir well to combine. Gently fold in the feta cheese.

Step Three Preheat the grill or a grill-pan on high. Brush shrimp with oil and season with salt and pepper. Grill for 1-2 minutes per side or until just cooked through. Place the orzo mix on plates and top with the shrimp.

Garnish with additional dill.

2 Kitchen Smidgen

Dill is a versatile soft leaved perennial herb that can be used fresh, as a seed or as dried leaves, called dill weed. It has a unique tangy taste that is especially good with seafood, salads and vegetables.

3 Get Creative

Feta is one of the most famous exports of Greece. This semi soft white cheese can be made with sheep, cow or goat milk! Use it anytime you want strong cheese flavor and a soft texture in your dish. Believe it or not, its salty-briny taste is a great partner for sweet summer watermelon.

4 WINE of the Week

Beach House Sauvignon Blanc Semillon

South Africa

Cost Plus about \$15.00

This zingy wine made with a classic combo of white grapes is a killer pairing with shrimp from the grill. South Africa is the home of some gorgeous white Bordeaux blends - a classic mix of Sauvignon Blanc and Semillon grapes. Douglas Green is the winemaker behind the line of Beach House wines, all of them enjoyable and affordable!