

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: A Dessert that's Perfect for a Holiday Dinner, Potluck or Picnic!

A Super Crowd Pleaser!

Sweet and Tangy Cinnamon Oranges

8 Large Navel Oranges,
Peeled and Sliced into
Thin Rounds
8 Large Dates, Pitted and
Chopped
1/4 Cup Pistachios, Al-
monds, Walnuts or Pecans,
Toasted and Chopped
3 TB Honey
3 TB ***Pomegranate Mo-
lasses** (or to Taste)
1/2 Tsp Cinnamon
Pinch of Salt
Place the orange slices on

a large platter, overlap-
ping. Top with the dates
and nuts. Whisk together
the honey, pomegranate
molasses, cinnamon and
the pinch of salt and driz-
zle over the platter.

2 Kitchen Smidgen

***Pomegranate Molasses** has
nothing to do with the sticky
brown syrup from the South that
topped "Grandma's Biscuits".
Instead the word molasses refers
to the viscosity of the syrup.
Pomegranate molasses is simply
reduced pomegranate juice. You
could make your own by buying

pomegranate juice and simmer-
ing it on the stove until it coated
the back of a spoon. But that
would be expensive. If you can't
find pomegranate molasses in a
speciality store near you, (or on-
line), you can use maple syrup as
a substitute.

3 Get Creative

Although pistachios and almonds
are the traditional nut used in this
Middle Eastern inspired fruit
dessert, you can substitute your
favorite nut or seed in the recipe -
just make sure you roast (toast) it
before using. Roasting brings out
all the nutty flavor!

4 WINE of the Week

Cava Parxet Cuvee 21 Brut
Spain

Costco about \$12.00

This dessert's bright and citrus flavors
makes it an easy wine pair. Although I've
enjoyed these sweet and tangy oranges with lots of different wines, my favorite
match is Cava. Cava is Spain's answer to Champagne, made in the same method,
but made most often with indigenous Spanish grapes. Pop open a bottle and cel-
ebrate the weekend with an easy and delicious dessert and a sparkler!