

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: The Bright Taste of Cilantro and Lime - Quick and Easy Shrimp and Dip!

Everyone will Return for Seconds!

Cilantro Shrimp and Dip

The Shrimp

- 2 TB Extra Virgin Olive Oil
- ½ Cup Cilantro Stems & Leaves
- 4 Cloves Peeled Garlic
- 1 Tsp Sea Salt
- 1 TB Ground *White Pepper
- 2 TB Light Brown Sugar
- 2 TB **Fish Sauce
- 2 LB Large Shrimp, Peeled

Step One Put the oil, cilantro, garlic, salt, pepper, sugar and fish sauce in a food processor or blender. Mix to form a paste.

Step Two Place the shrimp and the cilantro paste in a zippy bag. Place in the fridge for at least 1

hour - up to 3 hours.

Step Three Remove the shrimp from the fridge, discard the marinade. Preheat a grill, grill pan or broiler on high. Cook the shrimp until just pink - about 1 minute per side.

The Dipping Sauce

- ¼ Cup Cilantro Stems and Leaves
- 2 Cloves Peeled Garlic
- 1 Jalapeño Pepper, Seeds and Ribs removed

1/3 Cup Fresh Lime Juice

Zest of a Lime

2 TB Light Brown Sugar

2 TB Fish Sauce

Chopped Cilantro for Garnish

Step One Place all the ingredients in the food processor or blender. Mix

until well combined. Serve the shrimp with the Cilantro Dip, garnished with chopped cilantro.

2 Kitchen Smidgen

*White Peppercorns start out the same as black peppercorns, but are allowed to ripen longer on the vine. The hard black shell is removed to produce a spice with a slightly hotter flavor than black peppercorns.

3 Get Creative

** Fish Sauce is an essential ingredient in Thai and other Asian cuisines. Called "Nam Pla" in Thai, it is used liberally to marinate fish and meat, or mixed with chilies and lime juice for a dipping sauce. This use fish sauce as a condiment just like we use salt and pepper. Next time you want to add a little Asian flair to a dish - try fish sauce!

4 WINE of the Week

Pine Ridge Chenin Blanc-Viognier
California

Total Wine around \$14.00

Savoring a glass of Pine Ridge with the limey-fresh taste of Cilantro Shrimp is a match made in heaven. The Chenin Blanc grape is native to France's Loire Valley - but is expressed perfectly in the tang of acidity, green apple and pear flavors of this wine. The Viognier contributes a plush mouth feel and some light floral notes.