



Taste and Savor

1 Quick Recipe:*Cilantro Fish Tagine***Cilantro Fish Tagine**

7 Garlic Cloves, divided
 1 Tsp Each: Sea Salt, Cumin,
 Smoked Paprika
 2 TB Lemon Juice
 ½ Cup Packed Cilantro
 3 TB Olive Oil
 2 LB Fish Cut into 1" chunks
 2 Cups Gold Potatoes, chopped
 ¼ Cup Olive Oil
 2 (15 oz) Cans Fire Roasted Tomatoes, Drained
 2 Roasted Red Peppers
 1 Cup Chopped Kalamata Olives
 ½ Cup White Wine
 Sea Salt and Black Pepper

Step One Add 2 cloves of garlic, salt, cumin, paprika, lemon juice, cilantro and oil to the bowl of a food processor and process until pureed.

Step Two Reserve 1 TB of the * mixture. Toss the rest with the fish and set aside while you prep the rest of the dish.

Step Three Place the potatoes in a saucepan and cover with water by 1". Bring to a boil, add salt and cook for about 10 minutes or until just barely done.

Step Four Grate the remaining 5 cloves of garlic. To make the tomato

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



sauce, heat the oil in a large sauté pan, add the garlic and tomatoes. Chop the peppers and olives and add to the tomatoes, add the reserved * mixture and cook and stir for 5 minutes.

Step Five Place the potatoes in the bottom of the tagine. Spoon ¾ of the tomato sauce on top of the potatoes. Add the marinated fish chunks next, and top with the rest of the tomato sauce. Pour the wine over it all.

Step Six Over medium heat, bring the tagine to a simmer. Cover and cook for 15 minutes, or until the fish is done. Taste for Salt and Pepper. Sprinkle with Cilantro and serve.

2 Kitchen Scoop

The Tagine (Tah-gene) may be one of the world's first slow cookers! The conical lid captures steam and condenses inside. The food simmers slowly in the circulating steam which keeps it from drying out and infuses it with flavor, herbs and spices. NO Tagine? NO problem - just use a heavy lidded pot.

3 Clever Idea

*What's the mixture we have created? A **Chermoula** is a marinade used in Middle Eastern Cooking. It is usually used to flavor fish or seafood. Chermoula is often made of a mixture of fresh herbs, oil usually olive, lemon juice, garlic, cumin and salt - but always with garlic and cilantro.

4 Cheers!**Kitchen Sink White Blend**

Italy
 Around \$10.00

Yes, the wine I'm suggesting this week is only \$10! You'll have to find it at Total Wine - their winery direct program imports this from Italy - and you'll be happy it does!) A hearty fish dish full of tomatoes and olives calls for a crisp white wine like "Kitchen Sink". A blend of Chardonnay, Chenin Blanc and Gewurztraminer, it's crisp and dry with flavors of citrus, green apple and pears. Try serving it with any of your fish or seafood favorites - Wine Enthusiast gives it a 90, and I do too!