

The Friday 4

4
FRESH
IDEAS
YOU CAN
USE IN
4
MINUTES
OR LESS



1 Quick Recipe: Smoky Paprika and Caramelized Plantains!

Plantains are a fast and delicious side for chicken, fish or pork...

Spanish Paprika Chicken

2 Garlic Cloves
1 Tsp Kosher Salt
1/2 Tsp Cracked Black Pepper
1TB Smoked Spanish Paprika*
2 TB Olive Oil
6 Boneless and Skinless Chicken Thighs
Chopped Cilantro to Garnish

Step One Roughly chop the garlic, then make a paste by chopping it with the kosher salt. Place the garlic paste, pepper, paprika and the oil in a zippy bag. Add the chicken and massage to coat the thighs well. Set

aside while you preheat the grill for 10 minutes.

Step Two Over medium heat, place the chicken on the grill and cook for 3-5 minutes per side or until the juices run clear when you cut into it.

Caramelized Plantains

1 TB Olive Oil
4-6 Very Ripe Plantains*
1 Tsp Kosher Salt

Step One Peel and cut the plantains into 1/2" slices. To make peeling easier, turn the plantain 4 times and run your knife down the sides. Then you can peel off the skin in quarters. Heat the oil in a large non-stick skillet. Over medium heat, saute the plantains on one side and then the

other until brown. Remove from the pan, sprinkle with salt and keep in a very low oven until ready to serve.

2 Kitchen Smidgen

If you didn't know what to look for - you would pass up Very "Ripe" Plantains* at the store. Look for ones that are almost black, or bring them home and leave them on the counter until they are dark. With plantains - the riper the sweeter!

3 Get Creative

And try *Spanish Smoked Paprika. Paprika is made from pimentos - the same pepper found in martini olives, or much-loved Southern pimento cheese. It is available in sweet, semi-sweet or hot varieties. Try them all, they add irresistible flavor!

4 WINE of the Week

Nora Albarino, 2006

Rias Baixas, Spain
About \$14.00 at Cost Plus

Albarino (ahl-bah-Ree-nyoh) may be hard to pronounce, but it's extremely easy to drink. This wine from the thick-skinned grape of the same name comes from the area of Rias Baixas in Spain. Nora's color is rich gold and it has a peach, pineapple and mango aroma accompanied by a zingy citrus clean taste and creamy texture. It's the perfect foil for the combination of sweet plantains and smoky chicken.