

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: How about a Thai Twist on American Classic Burger?

Better Than Takeout:

Thai Turkey Sliders

1 LB Ground Turkey
2 TB Low-sodium Soy Sauce
2 TB Hoisin Sauce
1 Clove of Garlic, Grated
1 Shredded Carrot
2 TB Chopped Cilantro
½ Tsp each Salt and Pepper
6 - 8 Whole Wheat Dinner Rolls
2 Cups Shredded *Napa Cabbage
Peanut Ginger BBQ Sauce
Fresh Jalapeño Slices (if desired)

Step One In a medium bowl, combine the first 8 ingredients. Using your hands, mix to distribute the seasonings evenly throughout the meat. Form 6 to 8 half-inch thick sliders. (They will be very moist.)

Step Two Make sure your grill is clean and oiled. Preheat the grill, or a grillpan on high. Cook the burgers for about 5 minutes per side. Remove and set aside. Split and spray the dinner rolls with Pam, (or brush with oil). Place on the grill for 1-2 minutes or until crusty and brown.

Step Three Toss the napa cabbage with the BBQ Sauce. Assemble the sliders by placing the meat on the bun, and top with the napa cabbage and jalapeños.

2 Kitchen Smidgen

*Hailing from China, tall and thin Napa Cabbage is slightly sweeter and milder in flavor than standard green cabbage. You can substitute

Napa in almost any recipe calling for cabbage.

3 Get Creative

Ginger Lime BBQ Sauce

1 TB Canola or Vegetable Oil
½ Cup Chopped Red Onion
2 TB Minced Fresh Ginger
2 Garlic Cloves, Minced
1/2 Cup (Your Choice) Mustard Based BBQ Sauce
1 TB Lime Juice and 1 TB Honey
In a large skillet, sauté the red onion in the vegetable oil for 3 minutes. Add the ginger and garlic - sauté for a minute longer. Remove from the heat. Add the BBQ sauce to a bowl and mix in the sautéed vegetables, vinegar and honey.

4 WINE of the Week

E. Guigal Cotes du Rhone Rose

Rhone, France

Total Wine about \$12.00

This lovely pink wine from one of France's wine giants is a delicious cool match for the Asian grill. Made from a blend of Grenache, Cinsault, Mourvedre and Syrah, it's crisp strawberry and cherry flavors combine with a smooth texture and a dry finish to make this a refreshing summertime quaff.