

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Tangy Asian BBQ Sauce Creates a Delicious Dinner!

### Spicy and Rich From the Grill: Chicken with Asian Five-Spice Barbeque Sauce

#### The Chicken

4 Boneless Skinless Chicken Breasts  
1 Tsp Kosher or Sea Salt  
½ Tsp Black Pepper  
Canola, Peanut or Veg Oil  
1 Recipe Five-Spice BBQ Sauce

#### Step One

Slice the chicken breasts in half horizontally. Place them on a plate, lightly drizzle with oil and sprinkle with salt and pepper. Set aside while you prepare the \*BBQ sauce.

#### Step Two

Preheat your grill or a grill pan to high. (Make sure your grill grates are clean. If using a grill pan, oil the

pan well.) Turn the heat down to medium and place the chicken breasts on the grill. Cook for 3 -5 minutes on each side. When almost done, brush the chicken breasts on both sides with the BBQ sauce.

\*Asian Five-Spice Barbeque Sauce  
2 Garlic Cloves  
1" Fresh Ginger, Coarsely Chopped  
1 Small Serrano Chile or Jalapeño Chile, finely chopped OR ½ Tsp of \*Sambal Oelek  
½ Cup Brown Sugar  
2 Tsp 5-Spice Powder  
2 TB Hoisin Sauce  
2 TB Ketchup  
2 Tsp Tomato Paste  
½ Cup Soy Sauce  
2 TB Lime Juice (Plus more to Taste)

Zest of 1 Lime

2 TB Canola, Peanut or Veg Oil  
Place the garlic and ginger in a food processor and finely chop. Add the remaining ingredients and process until smooth. Taste for additional lime juice.

### 2 Kitchen Smidgen

Here's a trick to ensure flawlessly cooked chicken breasts. Place the breast on a cutting board and slice it in half horizontally. This will make a thinner, perfect-sized portion that cooks evenly and quickly.

### 3 Get Creative

\*Sambal Oelek is a popular Asian condiment that is made with a variety of peppers. It's often substituted for chilies. Try stirring 1/4 Tsp in a couple of TBs of mayo for a zesty sandwich spread.

## 4 WINE of the Week

### Luchador Shiraz

#### South Australia

Cost Plus about \$18.00

The rich, smokey and spicy taste of the chicken BBQ calls for a big time red. You'll find it in this 90+ rated Shiraz from down under. Made with Shiraz grapes with just a little Cabernet (5%), it's deliciously fruit forward and intense with flavors of spices, cedar and black fruits. Try pouring it in a decanter for an hour or so before enjoying.