

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: An Easy to Make, Easy to Give Crunchy Sweet Gift from Your Kitchen!

### Spicy, Different and GOOD:

#### Ginger Spiced Granola

3 Cups Regular Oats  
 ¼ Cup Millet (Optional)  
 ¼ Cup Sesame Seeds  
 ¼ Cup Chopped Walnuts  
 ¼ Cup Chopped Almonds  
 1 ½ Tsp Cinnamon  
 ¼ Tsp EACH Mace and Cardamom  
 ¼ Cup Maple Syrup  
 ¼ Cup Orange Juice  
 Zest of 1 Orange  
 ½ Cup Your Choice of Chopped Dried Fruit  
 2 TB Finely Chopped Crystallized Ginger

**Step One** Preheat the oven to 300F.

In a large bowl, combine all dry ingredients except dried fruit and ginger. Drizzle in the maple syrup and stir well. Add orange juice and zest, stirring so all ingredients are coated. **Step Two** Spread the mix out onto a parchment-paper-lined baking sheet, (don't crowd the mix, you may need 2 sheets), and bake for about 30 minutes, stirring and checking about every 10 minutes so nothing burns. **Step Three** Remove from oven, add the dried fruit and cool completely – if it's still tacky it will be soggy when you store it. Store in an airtight container.

### 2 Kitchen Smidgen

Mace and Cardamom are two spices we don't use often in the U.S. Mace

is the outside covering of the nutmeg, (use nutmeg if you don't have mace on hand), and Cardamom is the resinous, strongly aromatic seed used in India, Asia and the Netherlands. Both are full of warm, spicy flavor that tastes great with ginger!

### 3 Get Creative

The sweet and spicy flavor of crystallized ginger adds an unusual kick to this granola. Crystallized or Candied Fruits have been made since the 14th century all over the world. If you have left overs, try 1/2 teaspoon in a cup of hot tea for a delicious, warm beverage that tastes like the season..

## 4 WINE FIND of the Week

Graham Beck BLISS Demi Sec  
 Western Cape South Africa  
 Total Wine about \$19.00

Whether you're serving this granola as a topper for yogurt or ice cream, enjoying it in a bowl of milk, or eating it out of the jar, this sparkler is sure to be a good pair. Slightly sweeter and rounder, (meaning fuller), it will make the zingy ginger shine. Can't find Graham Beck? Try a bottle of Domaine Chandon instead.