

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



Mouthwatering SALAD Ready for the Asian Dressing, Herbs and Nuts!

1 Quick Recipe: STILL HOT, Still Time for Delicious and Refreshing Summer Salads

A Twist for Your Melons!

Summer Shrimp and Melon Salad with Asian Lime Dressing

Summer Shrimp and Melon Salad with Asian Lime Dressing

6 Cups Honeydew, Cantaloupe
or Watermelon in Balls
1 LB Large Shrimp, Cooked,
Peeled and Deveined
1 Thinly Sliced Red or Green
Jalapeño
¼ Cup Chopped Red Onion
12 Cups Butter or Bibb Lettuce,
(1 Large Plastic Container)
¼ Cup Lime Juice, Plus the Zest
of 1 Lime
3 TB Hoisin Sauce
1 TB Extra Virgin Olive Oil
Sea Salt and Freshly Ground

Black Pepper to taste
3 TB Chopped Fresh Cilantro
2 TB Chopped Fresh Mint
½ Cup Chopped Dry Roasted
Peanuts or Cashews
Place the melon, shrimp, jala-
peño and onion on the lettuce.
To make the salad dressing,
whisk the lime juice, zest, hoisin
sauce and oil together in a small
bowl. Drizzle the dressing over
salad. Season to taste with salt
and pepper. Sprinkle with cilan-
tro, mint and nuts.

2 Kitchen Smidgen

*Hoisin Sauce is sometimes called,
"Chinese BBQ sauce. Its thick, salty
and sweet at the same time. The
word is Cantonese and means sea-*

*food - but there's no seafood in the
ingredients!*

3 Get Creative

Want to make your own Hoisin Sauce,
instead of buying it in the store? Here's a
quick and easy recipe:

Homemade Hoisin

1 TB Grapeseed Oil
1 Tsp Grated Garlic
1/2 Tsp Chinese Five Spice Powder
1/2 Cup Shiro or Mild Miso Paste
1 TB Tamari Sauce
1/2 Cup Maple Syrup
2 TB Unseasoned Rice Vinegar

Step One Heat the oil in a saucepan.
Add the garlic and five spice powder
and cook for until fragrant, about 1
minute.

Step Two Whisk in the remaining
ingredients, bring to a boil, and cook
and stir until the sauce is slightly
thickened. Store in the fridge for 1 week.

4 WINE of the Week

Pine Ridge Chenin Blanc/Viognier
Napa Valley California
World Market about \$15

This interesting blend of two French
grapes was the result of an experiment
in the early 1990s. I'm not the only fan
of this refreshing white - its one of the winery's best sellers. When served with
this week's salad, the wine picks up on the sweet taste of the melon and shrimp.

