

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Juicy Shrimp with Asian Flavors Topping Sesame Polenta Cakes

Orange Ginger Shrimp on Sesame Polenta

- 2 TB Canola or Grapeseed Oil
- 1 LB Large Shrimp, Peeled and Deveined
- 1 TB Grated Garlic
- 1 TB Grated Ginger
- 1 Large Orange Zested and Juiced
- 1 TB Soy Sauce or Tamari
- 1 TB Rice Vinegar
- 2 TB Nam Ploy (Asian Chili Sauce)
- 1 Cup Chopped Cilantro
- 1 Recipe of *Polenta

Step One Heat the oil in a large skillet or wok. When hot add the shrimp and stir-fry until no longer translucent. Remove the shrimp from the skillet and set aside.

Step Two Add the garlic and ginger

and sauté until fragrant – about 30 seconds, then add the zest and juice, soy sauce, rice vinegar and Nam Ploy. Simmer for a few minutes until warm. Remove from the heat and mix in the shrimp and the cilantro. Serve with rice OR make it special by spooning it on top of polenta cakes made with sesame seeds like the recipe that follows:

2 Kitchen Smidgen

*Make the polenta as the package recommends. (I like Bobs Red Mill Polenta.) Stir in 3 TBs of white or brown sesame seeds when the polenta is done, and pour it out on a parchment lined sheet tray. Pop it into the fridge until it is cold and “set

up”. This should take a couple of hours, (make it the night before and it will be firm by dinner time.) Use a round biscuit cutter or just cut the polenta in squares. Sauté it in about 1 TB of olive oil over medium high heat until warm throughout and crispy on the edges, about 7 to 9 minutes, flipping them once.

3 Get Creative

Nam Ploy is Asian Chile Sauce that you can find in the international section of almost any grocery store. Sweet from sugar and zesty from chilies, it's a good condiment to have on hand. Recap it well, and it will last 3 – 6 months in your fridge.

4 WINE FIND of the Week

Berger Gruner Veltliner

(grooner velt-LEEN-er)

Kremstal Region, Austria

Whole Foods about \$17.00

Austria's premier white grape is getting famous! If you like the crisp refreshing snap of a good Pinot Grigio, you're in for a treat when you taste the subtle familiarity and pleasant distinctiveness of Gruner Veltliner. This Lemon and Lime Zest, Peachy-good wine is a super pair with Asian food, whether Chinese, Thai or even Indian. Shake up your regular white wine routine with “Gruener”!