

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: Crunchy Greens Smoky Shrimp and Spicy Salad Dressing!

### Smoky Spicy Shrimp Salad

1 ½ Lbs Jumbo Shrimp, peeled and deveined  
3 Heads Romaine Lettuce, Chopped  
¼ Cup Chopped Cilantro  
1 Recipe **Smoky Salad Dressing**  
1 Recipe **Spicy Shrimp Rub**

**Step One** Place the shrimp in a ziplock bag, toss with the rub and set aside for 30 minutes.

**Step Two** Place the shrimp on a baking sheet and roast the shrimp in a 400F oven for about 8 - 10 minutes or until cooked completely. Toss the lettuce and cilantro together. Divide the lettuce onto 6 salad plates and top with the shrimp and a dollop of the dressing. (Or make a

platter like the picture above, and serve the crowd!)

### 2 Kitchen Smidgen

#### Smoky Salad Dressing

¼ Cup Minced Celery  
2 TB Minced Red Onion  
2 TB Chopped Fresh Cilantro  
3 TB Olive Oil or Canola Mayonnaise  
1 TB Chopped Chipotle Chile, canned in adobo sauce  
1 TB Lime Juice  
½ Tsp Ground Cumin  
Whisk the ingredients together in a small bowl.

#### Spicy Shrimp Rub

2 Tsp Sweet Smoked Paprika  
2 Tsp Coconut Sugar  
½ Tsp Cumin

½ Coarsely Ground Black Pepper  
½ Tsp Sea Salt  
½ Tsp Unsweetened Cocoa Powder  
½ Tsp Red Chili Flakes  
Stir all the ingredients together.

### 3 Get Creative

Did you know that a chipotle chili is a smoked and dried jalapeno? The adobo sauce is sweet and spicy thanks to a combo of vinegar, garlic and spices that are mixed with tomatoes - the sauce rehydrates the chilies. Super to use when you want to add a zippy heat to dishes, they also freeze great! So bag up the remaining chilies and sauce and use them in another recipe!

### 4 WINE FIND of the Week

Chateau de la Roulerie  
Les Camillas Rose  
Anjou, Loire Valley  
Total Wine about \$13.00

You may think of Cabernet Sauvignon and Cabernet Franc as deep rich red wines - but this rosé is made with half cabernet sauvignon and half cabernet franc grapes! The beautiful salmon color comes from the grapes just hanging out with the dark grape skins for a little while as the wine ferments. It's dry but full of the aroma and taste of raspberries and strawberries with just the right balance of acidity.