

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Spicy Corn Cakes, Sweet Shrimp and Lime-y Drizzle!

Corn Cakes with Shrimp and Jalapeño Lime Drizzle

1 Large Egg
1 ¼ Cups Light Buttermilk
1 TB Olive Oil
¼ Cup Chopped Red Jalapenos (or other red pepper), Seeds and Ribs removed
1 TB Minced Cilantro
½ Cup Cornmeal
½ Cup Whole Wheat Pastry Flour (or all Purpose Flour)
½ Tsp Baking Soda
1 Tsp Baking Powder
¼ Tsp Sea Salt
1 Cup Grilled Corn - cut from the cob, (From about 2 ears of grilled corn)
12 Large Broiled, Roasted or Grilled Shrimp
Jalapeño Lime Drizzle*

Step One Mix together the egg, buttermilk, olive oil, chopped chile and cilantro together in a bowl.

Step Two In another larger bowl whisk the cornmeal, flour, baking soda, baking powder and salt.

Step Three Stir the egg mixture into the cornmeal mixture and mix until JUST combined. Stir in the corn.

Step Four Preheat a sauté pan or a griddle, coated with oil. Drop about 2 TB of Corn Cake batter onto the pan, and cook until firm, flipping only once. You should have between 12 - 16 corn cakes. Serve the shrimp topping the corn cakes and add the Jalapeño Lime Drizzle.

2 Kitchen Smidgen

Grilling the corn for this recipe is

easy. Simply shuck the corn and place it right on the grill, a grill pan or using tongs, toast the corn over the burner on your gas stove.

3 Get Creative

Don't use this delicious lime drizzle just for the corncake, it makes a super salad dressing, too!

*Jalapeño Lime Drizzle

1 Cup Regular Nonfat Yogurt
¼ Cup Light Buttermilk
2 Minced Jalapenos - Seeds and Ribs removed
¼ Cup Chopped Cilantro
Zest and Juice of 1 Lime
Whisk together the ingredients and drizzle over the shrimp.

4 WINE FIND of the Week

Chateau Ste Michelle Eroica Riesling
Washington State
Kroger, Publix- around \$19.00

What's better than a dry, fresh, amazing Riesling accompanying a shrimp dish with a kick? I can't think of anything. Chateau Ste Michelle has a winning partnership with Germany's Dr Loosen, a famous vintner who is known for his luscious food friendly wines. If you don't think you like Riesling - this one will change your mind!