



Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Feast of Seven Fishes Pasta

1 Large Red Onion, Chopped
 1 Large Head Fennel, Chopped
 2 TB Olive Oil
 6 Garlic Cloves, Grated
 4 TB Tomato Paste
 2 Cups White Wine, divided
 4 Cans (15 oz) Chopped Tomatoes
 2 Tsp Crushed Red Pepper Flakes
 2 LB Fresh Mussels
 1 LB Large Shrimp, Peeled and Deveined
 1 LB Sea Scallops, quartered
 1 Box Whole Wheat Spaghetti, prepared as box directs

½ Cup Oil Cured Olives - from the international section of the grocery store
 2 TB Chopped Preserved Lemon*

Step One In a large sauté pan with a lid, cook the onion and fennel together in the olive oil until soft and golden. Add the garlic and cook and stir until aromatic. Stir in the tomato paste and cook until all the veggies are well coated with the paste.

Step Two Add 1 cup of the wine, tomatoes and crushed red pepper flakes to the pot and simmer for 15 minutes.

Step Three Stir in the remaining cup



of white wine and bring to a boil. Add the seafood into the pot and place the lid on the pot. Cook the seafood until done, about 5 minutes. The mussels should be open, and the shrimp and scallops opaque.

Step Four Place pasta in the sauce and stir the ingredients together well, so the pasta is well coated with the sauce. Add the olives and preserved lemon and cook for 2 minutes until warm. Sprinkle with basil and serve.

2 Kitchen Scoop

Don't let mussels intimidate you. Mussels are easy to cook! When you

buy them, look for a bag that looks clean and unopened. When you get them home, rinse them with lukewarm water and inspect each mussel. If any are open, chipped or damaged discard them. Some mussels have "beards", a little fibrous piece that extends out of the shell. Take them off by giving it a sharp yank towards the hinge end of the shell.

3 Clever Idea

*Preserved lemons are lemons that have been preserved or pickled in salt. They are used all over the world to give a distinctive tangy lemon flavor to food. You can find them in speciality stores, online or make your own. Easy directions are here: <http://n.pr/1hPvx28>

4 Cheers!

Kris Pinot Grigio

Delle Venezia NE Italy
 About \$12

Since we're making an Italian inspired recipe with seafood and basil, what could be a better match than Pinot Grigio? This best buy wine with bright flavors of crunchy green apple and citrus zest nicely balances the briny seafood in this easy to make pasta - and its lively lemon acidity makes the sauce sing!