



Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Florida Fish Sliders

1 Large Egg
 1 TB Soy Sauce or Tamari
 2 Tsp Toasted Sesame Oil
 1 LB Grouper, Cod, Halibut or Other White Fish, Cut into 1/8" Dice
 3/4 Cup Whole Wheat Panko Crumbs, (rice cracker crumbs for gluten-free)
 1/4 Cup Thinly Sliced Green Onions
 2 TBs Sesame Seeds
 Oil for Brushing the Grill
 *Papaya Slaw

Whole Wheat Slider Buns

Step One Whisk together the egg, soy sauce and sesame oil. Add the fish, the panko, onions, sesame seeds and mix. Place in the food processor and pulse 6 times and then stir and pulse 6 more times. Form into 10 - 12 patties. Cover and chill for at least 1 hour. Overnight is best!

Step Two Preheat your oiled grill pan, (or a clean oiled grill outside), and over medium heat, cook the fish sliders on one side for about 2-3 minutes. Turn, and cook for an additional 2 minutes (or until they are cooked through).

Step Three Place each slider on a bun along with the papaya slaw.

Papaya Slaw

1/4 Cup Minced Onion
 1 Tsp Turmeric
 1/2 Tsp Each Sea Salt and Pepper
 1/2 Cup Extra Virgin Olive Oil, divided
 1 TB Grated Ginger
 1 Tsp Grated Garlic
 1/2 Papaya, coarsely chopped
 1 TB Chopped Tarragon
 2 TB Lime Juice
 1 TB Lime Zest
 1 Tsp Louisiana Hot Sauce
 1 TB Honey
 12 - 16 Cups of Shredded Napa Cabbage and Carrots

To make the slaw dressing, sauté the onion with 1 TB oil, turmeric, salt and pepper. Add the ginger and the garlic and sauté til fragrant - about 1 minute. Place the papaya with the sautéed onions and the tarragon, garlic, lime juice and zest, hot sauce and honey blender or food processor and puree. Toss with the cabbage and carrots.



2 Kitchen Scoop

Did you know Papaya is also called pawpaw or papaw? From a large tree-like plant is grown in tropical climates all over the world, papaya can be eaten with or without the skin, with or without seeds, raw or cooked! It's also a great source of Vitamin C, A, B and lycopene!

3 Clever Idea

This slaw is super with Mangoes, too! Just use the fruit from 2 large mangoes instead of the papaya.

4 Cheers!

Crios Torrontes

Mendoza Argentina
 Around \$15.00

If you haven't tried wine made with the Torrontes grape yet - this fish slider gives you the perfect reason! Crisp, Juicy, "Limey" and Delicious are all words that describe this wine made by Susanna Balboa, Argentina's premier women winemaker. You'll enjoy this cool quaffer with the slider - or while relaxing on a beach chair!