

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Put These Salmon Sesame Sliders in Buns or Lettuce Cups!

Either Way, They Are Delicious:

Grilled Salmon Sesame Sliders

- 1 Large Egg
- 1 TB Soy Sauce or Tamari
- 2 Tsp Toasted Sesame Oil
- 1 LB Skinless Salmon Fillet, Chopped into 1/8" Pieces
- 3/4 Cup Panko Crumbs (Whole Wheat)
- 1/4 Cup Thinly Sliced Green Onions
- 2 TBs Black, Tan or White Sesame Seeds, plus more for garnish
- Oil for Brushing the Grill
- *Wasabi Mayonnaise
- Lettuce Cups or Whole Wheat Slider Buns

Step One In a medium bowl, whisk together the egg, soy sauce and sesame oil. Add the salmon, the panko, green onions, sesame seeds

and mix. Form into 2" wide and 1/2" tall patties. Cover and chill for at least 1 hour.

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

Step Three Place each slider in a lettuce cup and top with *Wasabi Mayo. (Or place in a grilled whole wheat bun along with shredded napa cabbage.) Garnish with sesame seeds.

2 Kitchen Smidgen

*Wasabi Mayo is super easy to make. Just buy a tube of wasabi

horseradish from the sushi bar at your local grocery store. Start with about a tsp and mix it into 1/2 cup of olive oil mayo. Taste and add more wasabi as desired.

3 Get Creative

Sesame is an annual plant that grows about 3 1/2 feet tall. Whether its seeds are black, tan or white, whole, ground into a paste or pressed for oil, sesame probably originated in Africa and is now grown mostly in India, China, Mexico, and the Sudan. Did you know that you should store sesame seeds and opened sesame products in the frig? With their high oil content, they can spoil quickly. Try topping your salads and stir fries with a combination of white and black seeds for variety, color and flavor.

4 WINE of the Week

Domaine de la Fruitiere Muscadet Serve et Maine

Muscadet, Loire Valley, France
About \$15.00

Crisp and clean, tart and bone-dry, Muscadet is the traditional quaff for seafood in France. Pronounced MOO-ska-day, it's an affordable, low alcohol companion to fish off the grill and wonderful with raw oysters and boiled shrimp or crab, too. Look for a bottle with "Sevre et Maine" on the label, this is the highest quality wine, the two words naming rivers that cross in the region.