

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Tangy, Sweet and Spicy, Accented with a POP of Fresh Tarragon Flavor!

Distinctive Flavor from Your Grill: Maple Mustard Grilled Chicken

Marinade

- ¼ Cup Whole Grain Mustard
- 2 TB Lemon Juice
- 2 Tsp Worcestershire Sauce
- 1 Tsp Minced Tarragon
- ¼ Tsp Freshly Ground Black Pepper
- 4 Boneless Skinless Chicken Breasts
– Halved Horizontally

Sauce

- ½ Cup Whole Grain Mustard
- ¼ Cup Lemon Juice
- 2 – 4 TB Maple Syrup
- 1 TB Worcestershire Sauce
- 1 TB Minced Tarragon
- Dash of Cayenne Pepper
- ¼ Tsp Freshly Ground Black Pepper
- ½ Tsp Sea Salt

Chopped Fresh Tarragon for Garnish
Step One Whisk together the marinade ingredients in a large bowl. Add the chicken and coat. Cover and marinate for up to 1 hour.

Step Two Whisk the sauce ingredients together in a small saucepan, place over medium heat and warm for about 10 minutes.

Step Three Remove the chicken from the marinade and pat dry. Grill over medium heat for 5 - 7 minutes. Turn it only once during cooking. Remove, dunk in the warm sauce and garnish with tarragon if desired.

2 Kitchen Smidgen
When buying tarragon, make sure you buy French tarragon instead of Russian. French tarragon is extreme-

ly fragrant with a pronounced anise flavor. Yet another tarragon variety – often called Mexican tarragon – can stand in for the French in a pinch, but is a little “spicier”. Tarragon’s species name, “dracunculus”, comes from the Latin for dragon, and reflects the shape of its leaves as well as its middle ages reputation for curing snake bites.

3 Get Creative

You probably know that maple syrup is a delicious sweetener made from the sap of maple trees. But did you know that it’s available in four different grades from “golden color with a delicate taste” to “very dark and strong”? The third designation, “amber color and rich taste” is my favorite, its darker color more intense flavor is worth the work to seek it out!

4 WINE of the Week

George Duboeuf Fleurie Flower Label

Beaujolais, Fleurie, France
Total Wine around \$19.00

This flavorful wine is from Georges Duboeuf - the “king” of Gamay. Gamay is the primary grape grown in the Beaujolais area and Fleurie is one of the top ten wine areas or “Crus”. This bright and lighter red wine has a potent aroma of ripe strawberries and cherries with a juicy ripe taste to match.