



Taste and Savor

1 Quick Recipe:

Refrigerator Tomato Jam

2 (15 oz) Cans Fire-Roasted Diced Tomatoes

1 Jalapeño, Seeded and Minced

1/2 Cup Turbinado or Raw Sugar

1/2 Cup Sherry Vinegar

1/2 Tsp Fine Sea Salt

In a medium sauté pan, combine the tomatoes with their juice, jalapeno, sugar, vinegar and salt. Bring to a boil over medium-high heat, lower to a simmer and cook and stir every once in a while, for about 30 minutes. When the jam is thick, mash any large chunks to make it a little smoother. Place in a jar and store in the fridge. Serve as a condiment for something meaty like a pork tenderloin or as a topping for goat cheese. Keeps in the fridge for a couple of weeks.

Spiced Nuts

3 Cups Raw Cashews

1 Tsp Extra Virgin Olive Oil

1 Tsp Garam Masala

1 Tsp Sea Salt

Scatter the cashews on a sheet tray and slide into a 400F oven. Set your timer for seven minutes. After the timer

has gone off - check to see if the cashews are lightly golden. If so, remove from the oven and drizzle, (or

spray) with extra virgin olive oil. Sprinkle with garam masala and sea salt. They will crisp up as they cool, but are roasty-toasty good right from the oven.

2 Kitchen Scoop

Try this nut recipe with any kind of raw nut and your favorite spice or spice blend. Almonds with smoked paprika and sea salt or Pecans with five-spice powder and sea salt are two of my favorites.

3 Clever Idea

Always gift something that doesn't have to be fiddled with like a dish that must be cooked immediately or something too large for the fridge. Make sure a note to let your host know who the gift comes from and include any special instructions.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



4 Cheers!

Navaren Rose Cava

Penedes Spain

About \$16.00

It's the sparkling wine time of the year! Festive celebrations call for wine with fizz - like this delicious Navaran Cava from Spain. This one, made entirely with Pinot Noir, uses the exact same method as Champagne - creating tiny bubbles that are moving fast. A champagne style sparkler for under \$20! That's a holiday present for all!