



Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Orange Ginger Shrimp over Sesame Polenta

2 TB Avocado or Grapeseed Oil
 1 LB Large Shrimp, Peeled and De-veined
 1 TB Grated Garlic
 1 TB Grated Ginger
 1 Large Orange Zested and Juiced
 1 TB Soy Sauce or Tamari
 1 TB Rice Vinegar
 2 TB Nam Ploy (Asian Chili Sauce)
 1 Cup Chopped Cilantro
 *Sesame Polenta

Step One Heat the oil in a large skillet or wok. When hot add the shrimp and stir-fry until no longer translucent. Remove the shrimp from the skillet and set aside.

Step Two Add the garlic and ginger and sauté until fragrant – about 30 seconds, then add the zest and juice, soy sauce, rice vinegar and Nam Ploy. Simmer for a few minutes until warm. Remove from the heat and mix in the shrimp and the cilantro. Serve with rice OR make it special by spooning it on top of polenta cakes made with sesame seeds like the recipe that follows: like the



recipe that follows:

2 Kitchen Scoop

*Make the polenta as the package recommends. (I like Bobs Red Mill Polenta.) Stir in 3 TBs of white or brown sesame seeds when the polenta is done, and pour it out on a parchment lined sheet tray. Pop it into the fridge until it is cold and “set up”. This should take a couple of hours, (make it the night before and it will be firm by dinner time.) Use a round biscuit cutter or just cut the polenta in squares. Sauté it

in about 1 TB of olive oil over medium high heat until warm throughout and crispy on the edges, about 7 to 9 minutes, flipping them once. Remove and top with the shrimp and sauce to serve, garnish with the cilantro.

3 Clever Idea

Nam Ploy is Asian Chile Sauce that you can find in the international section of almost any grocery store. Sweet from sugar and zesty from chilies, it's a good condiment to have on hand. Recap it well, and it will last 3 – 6 months in your fridge.

4 Cheers!

Berger Gruner Veltliner
 (grooner velt-LEEN-er)
 Kremstal Region, Austria
 About \$17.00

Austria's premier white grape is getting famous - let Dad in on the scoop this weekend. If you like the crisp refreshing zing of a good Pinot Grigio, you're in for a treat when you taste the subtle familiarity and pleasant distinctiveness of Gruner Veltliner. This lemon and lime zesty, peachy-good wine is a super pair with Asian food, whether Chinese, Thai or even Indian. Shake up your regular white wine routine with “Gruner”!