Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Mediterranean Chicken Salad

Roasted Chicken

About 2 LBs Boneless Skinless Chicken Breasts
1 TB Extra Virgin Olive Oil
2 Tsp Smoked Paprika
2 Tsp Ground Fennel
1 Tsp Ground Cumin
½ Tsp Each Sea Salt and Freshly Ground Black Pepper

Drizzle the chicken with the olive oil and season with spices. Sprinkle with salt and pepper. Roast in a 400F oven until done, about 20 minutes or until chicken is 165F. When cool, chop in 1/2" pieces.

Salad

1 Cup Chopped Fennel (or Celery)
1 Cup Chopped Roasted Red Pepper
½ Cup Thinly Sliced Green Onions, green parts only
¼ Cup Chopped Cilantro, plus more for garnish
1 TB Lemon Juice
½ Cup Olive Oil Mayo
1 Tsp Each Smoked Paprika and Fennel Sea Salt and Freshly Ground Black Pepper to taste
½ Cup Chopped Capers
Roasted Chicken

Mix all the ingredients together in a bowl. Best if allowed to rest in the fridge for an hour or so. Garnish with chopped cilantro.

2 Kitchen Scoop

In this salad I've used both fresh fennel and the spice fennel. (Which is dried and powdered fennel.) That's a "chef" secret - adding an ingredient in different forms to make a recipe taste even more flavorful.

3 Clever Idea

I served the chicken salad up in a hollowed out tomato. When summer rolls around and juicy ripe summer tomatoes are everywhere, I love putting all kinds of salads and veggies in them. I use a melon baller to scoop out the insides. Of course, I save it in my veg bag with which I create yummy veggie stock. In the photo above I used shredded purple cabbage for its beautiful color and its crunchy texture. I often use cabbage instead of lettuce to amp up the crunch in a salad. Try it!

4 Cheers!

Nortico Dry Rosé

Minho, Portugal
About $13

Portugal is a relatively small but diverse wine producing nation, and one of its yummy wine exports is dry rosé, a wine that's ideal for summer enjoyment. Three grapes whose names don't roll off your tongue easily: Vinhao, Alvarelhao and Pedral contribute freshness and complexity to this dangerously delicious wine. You'll enjoy Red berries like strawberry, raspberry and citrus fruit flavors in this light, crisp and almost spritzy wine.

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